



ARIZONA CENTER FOR EMOTIONALLY FOCUSED THERAPY

proudly presents

Attunement: The Music of Connection

with EFT Certified Supervisor **Sandy Jardine, MS, LPC**

Attunement is the foundation of safety and trust in EFT. This experiential workshop will teach EFT therapists to **develop and strengthen their attunement skills** in order to create greater safety and security in the therapeutic experience. Further, this workshop will define 'Attunement,' 'Empathy,' and 'Presence' and the associated processes that are linked to each of these words. The presenter will **use music, video clips, guided imagery, and role plays** to help participants have a felt sense of the process of attunement and presence. The goal of this workshop is for participants to understand and experience the power of therapeutic attunement and presence as the over-arching driver of the healing process.



Objectives: (1) Define Attunement, Empathy, and Presence; (2) Apply skills to deepen and strengthen attunement and evoke attachment; (3) Demonstrate attention to micro-expressions and other non-verbal cues to help the client deepen their emotional experience; (4) Identify when the therapist is attuned/mis-attuned through role play; and (5) Develop skills to regulate when the therapist becomes triggered or mis-attuned in session.

Date:	Friday, October 4, 2019	
Time:	9:30am - 10:00am Registration & Networking (optional) 10:00am - 12:00pm Community Workshop	
Location:	Fuller Theological Seminary, 1110 E. Missouri Ave, Bright Angel Room (Suite 770), Phoenix 85014	
Cost:	<i>Members</i>	<i>Non-Members</i>
	\$15 online pre-registration	\$20 online pre-registration
	\$20 at the door	\$25 at the door

To register online, please go to www.AZEFT.com

This workshop is open to licensed mental health professionals and students in clinical programs.