

# It's Official. Gail Palmer is Coming to Australia. Book Now. March 2025.

We're excited to confirm that Gail Palmer—one of the world's leading experts in attachment-informed couple and family therapy—is coming to Sydney and Canberra from Canada in March 2025. Gail has been a key figure in the development of Emotionally Focused Therapy (EFT) alongside Sue Johnson from its earliest days. As an ICEEFT Board Member, seasoned EFT Certifier, and author of multiple EFT textbooks, she brings unparalleled expertise.

Consider this your official invitation—EFT royalty is in town! Don't miss this rare opportunity to connect face-to-face with colleagues at this high-quality, world-class training experience.

To book or for more information, email [reception@ymu.com.au](mailto:reception@ymu.com.au)



## Emotions Workshop, Canberra – Full Day

Join Gail Palmer for a deep dive into working with emotion.

Wed 19 March 2025 • 9 - 5 PM

East Hotel

69 Canberra Ave, Kingston ACT

Early Bird: \$360 by 7 Feb 2025

Full Price: \$390

Take advantage of our Super Early Bird rate—buy your ticket by 5 December 2024 for a special discount! Price includes morning tea, afternoon tea and a beautiful lunch at Agostinis restaurant.



## Emotions Workshop, Sydney – Half Day

Gail Palmer offers a half-day workshop focused on working with emotion—perfect for balancing client and family commitments. Afterward, you're welcome to join her for an optional lunch.

Wed 26 March 2025 • 9 - 1 PM

Sydney Masonic Centre (SMC)

66 Goulburn St, Sydney, NSW

Early Bird: \$260 by 7 Feb 2025

Full Price: \$290

The price includes morning tea. You're welcome to join Gail Palmer for a casual lunch nearby (at your own expense) or head back to your day as you prefer.



## EFCT Externship® Workshop, Sydney – 3 Day Condensed Training

This training is the essential first step toward becoming an EFT couple therapist and is invaluable for any therapist currently working with or wanting to work with couples within an attachment-based modality. With limited places available, this workshop will fill quickly—register soon to secure your spot!

Thurs 27 March – Sat 29 March 2025 • 9 - 6 PM

Sydney Masonic Centre (SMC)

66 Goulburn St, Sydney, NSW

Early Bird: \$1,600 by 7 Feb 2025

Full Price: \$1,750

Tickets include morning tea, lunch, and afternoon tea daily. A limited number of discounted places are available for full-time students.

**Special 3-Day Condensed Training.** The EFT Externship typically spans 4 days, but this condensed training offers extended hours over 3 days. You'll only need to take 2 days away from practice and 1 weekend day.



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Amidst a sea of online training options, this in-person workshop features one of the world's leading couple and family therapists. It includes live demonstrations with two couples, providing a unique learning experience that you won't want to pass up.

## Emotions Workshop

### Creating Transformative Moments in Couple and Family Therapy – Working with Emotion

Many therapists struggle with the “how” of processing emotion. Join Gail Palmer for a workshop focused on this essential skill. Together, we'll identify common learning edges for therapists and discover powerful pathways into clients' emotional worlds. You'll observe and practice key techniques in working with emotion, including structuring new, emotionally corrective conversations.

#### In this workshop, you will learn to:

- Recognise and access attachment-significant emotion in couple and family work
- Focus and adjust emotional pacing during therapy
- Apply a five-step sequence for accessing and working with emotion
- Work with emotion safely and evocatively in couple and family contexts
- Integrate new emotional experiences for couples and family members
- Facilitate emotionally meaningful enactments

In Canberra, enjoy a **full day** of training, complete with morning and afternoon tea, plus a 2 course lunch at Agostinis.

For Sydney, join Gail for a **half-day** session with morning tea provided, plus an optional lunch afterward (at your own expense). Note: the full-day workshop in Canberra offers more opportunity for practice and skill development.

## Elevate Your Practice with Attachment Science & Emotionally Focused Therapy: A Special 3-Day Condensed EFCT Externship®

Join one of EFT's most esteemed trainers for this intensive couples training.

Discover the world's most evidence-based couple therapy, grounded in present process and attachment science. As more couples seek therapy, many therapists lack a framework to understand and address couple distress, especially when trauma complicates their interactions. This workshop serves as your first step toward certification in Emotionally Focused Couple Therapy (EFCT), with EFCT therapists in high demand and short supply in Australia.

This condensed 3-day training covers all aspects of the EFT model through extended hours. You'll explore practical techniques for de-escalating conflict, fostering emotional safety, and transforming negative cycles into secure bonds through hands-on learning.

Experience two live demonstrations—one with Gail Palmer and one with Janine Moran, EFCT Supervisor—and engage in safe, experiential small-group exercises. If you're eager to build confidence in reducing conflict and cultivating deep emotional connections with your clients, this training offers a comprehensive toolkit you can apply in your sessions.

#### Benefits of this training include:

- Gain a robust understanding of the attachment perspective on relational distress.
- Learn the three stages of Emotionally Focused Couple Therapy, including micro-interventions and the EFT Tango.
- Observe live demonstrations with real couples and practice new skills in a supportive, learning-focused workshop.

Enjoy morning and afternoon tea, as well as lunch each day. This workshop is an excellent opportunity to connect face-to-face with fellow therapists specialising in couple work. If you're looking to upskill and diversify your practice with couples, you'll leave the workshop feeling confident and empowered to do the work.



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