

The North Texas Emotionally Focused Therapy Community and the Tarleton State University Counseling Department invite you to

Self of the Therapist

Friday, January 13th

9:30 am to 1:30 pm (registration begins at 9 am)

6777 Camp Bowie Blvd, Fort Worth, TX 76116

(Tarleton's Fort Worth Campus) Room 101

About the Workshop

We all have moments when our personal triggers get in the way of our making progress with clients. Perhaps we're frustrated, angry, numb, or out of ideas for how to work with them. What to do? This workshop focuses on specific strategies for accessing the therapist's self-awareness and self-compassion. You'll learn a six-step process that includes techniques for: Getting beyond the trigger and back to the present by harnessing your own authentic emotional responses; Learning how to engage with the underlying part of you that's feeling hopeless or blocked; Experience corrective healing by providing new responses to old triggers; Repairing the therapeutic relationship by re-attuning with a client's unmet needs; Tracking your responses to triggers to help you deal with them effectively in the future.



About George Faller, LMFT

George Faller, LMFT, is a retired Lieutenant of the NYC Fire Department, a Licensed Marriage and Family Therapist in New York and Connecticut, and an Approved Supervisor for the American Association of Marriage and Family Therapists. He is an Emotionally Focused Therapy Trainer, and the Founder of the New York Center for EFT. George is an adjunct faculty member at the Ackerman Institute for the Family, a board member of the Porter Cason Institute for the Family at Tulane University, and the Director of Training at the Center for Hope and Renewal in Greenwich, CT.

Registration Fees

Professionals: \$100 (plus \$30 for 4 CEUs)

NTEFTC Members: \$75

Currently Enrolled Graduate Students (all programs): \$25

Contact Dr. Tom Burdenski (Burdenski@tarleton.edu) to register for this event.

Payment will be made by cash, check, or credit card at the door.