Emotion-Focused Therapy: Level One
With Dr. Rhonda Goldman, PhD
Presented by GETME

This workshop will cover the fundamentals of Emotion-Focused Therapy for Individuals. Major topics include facilitating EFT tasks to help transform difficult emotions such as core sadness, shame, fear, and vulnerability that are often the source of many clinical problems including depression, anxiety, and trauma.

This innovative and engaging program combines didactics, with videotaped demonstration of EFT in action, as well as hands-on experiential learning.

When: October 3 - 6, 2019
Where: Portland Regency Hotel & Spa
20 Milk Street
Portland, ME 04101
(207) 774-4200
theregency.com
Rooms available at discounted rate for participants; valet parking available.

Time: 8:30 am - 4:30 pm

- All practitioners welcome.
- 28 contact hours available.
- Lunch is provided.
- Early bird pricing ends July 15, 2019.
- Visit www.GETME.blog for pricing.

Please contact Tom Kubasik at emotionfocusedmaine@gmail.com
www.GETME.blog
1(207) 699-4979