

**EFIT Essentials**  
Emotionally Focused *Individual* Therapy

September, 2026  
21.-24.9.

Helsinki, Finland

[www.tunnekeskeinenpariterapia.fi/](http://www.tunnekeskeinenpariterapia.fi/)

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Jef Sloopmaeckers



## **EFIT ESSENTIALS**

### **September 21-24, 2026**

### **Helsinki**

#### **EFIT Essentials - Emotionally Focused Therapy for Individuals**

Emotionally focused individual therapy offers a comprehensive attachment-based approach to the treatment of an individual's emotional life and relationship difficulties. If you are looking for more tools for deeper work with emotions, this training provides just that!

What is Emotionally Focused Individual Therapy? EFIT, or emotionally focused individual therapy, is based on the same research and practice as the previously well-known emotionally focused couple therapy in Finland. This therapy, developed by Dr. Sue Johnson (Johnson, 2009 & 2019), has the same therapeutic goal: to help clients identify the self-reinforcing negative cycles created by their protective mechanisms, into which they have become stuck in their lives and relationships. The work focuses on generating corrective emotional experiences that enhance the sense of internal safety and enable a new way of relating to oneself, emotions, relationships, and life's existential challenges.

The basic course in emotionally focused individual therapy provides psychotherapists with a solid foundation for deep emotional work with individuals. The training is approved by the governing body of emotionally focused therapy (ICEEFT), and after that, it is possible to continue studies in emotionally focused therapy towards international certification as an emotionally focused individual therapist. The training is also suitable for emotionally focused couple therapists who wish to deepen their expertise in understanding and processing an individual's emotional experience.

The key contents of the training are:

- The key principles and interventions of emotionally focused individual therapy
- The role of emotions and attachment in individual therapy
- Techniques for identifying and regulating deep emotional processes
- How to support clients in achieving a secure attachment and self-acceptance

- Interventions that can change dysfunctional patterns in the present moment and promote self-compassion

The training is in English.

For who: For psychotherapists

Location: Helsinki, Pasila – IN PERSON

Price: €955 (+ VAT 25.5%) including morning and afternoon coffee.

Registration: LINK by June 15, 2026

For more information: [vanskamaarit@gmail.com](mailto:vanskamaarit@gmail.com)

### **Trainer: Jef Slootmaeckers**

Jef is a Belgian certified EFT therapist, EFT supervisor, and EFT trainer (ICEEFT). He is the director of EFT-Belgium. He has years of experience in both training and psychotherapy work with individuals and couples.

### **Co-trainer: Maarit Vänskä**

Maarit is a psychotherapist, family therapist, emotion-focused individual (EFIT) and couple therapist (EFCT), emotion-focused supervisor and trainer (in training, ICEEFT).

### **The schedules for the days are:**

Mon 21.9. from 10 AM to 5 PM, Tue-Thu 22.-24.9. from 9 AM to 4 PM.

### **Literature:**

1. Susan Johnson and Leanne Campbell: "A Primer for Emotionally Focused Individual Therapy (EFIT), Cultivating Fitness and Growth in Every Client" (2022), Routledge.
2. Lorrie Brubacher's article in the international journal Person-Centered & Experiential Psychotherapies, 2017, VOL. 16, NO. 1, 50-67: Lorrie Brubacher: "Emotionally focused individual therapy: An attachment-based experiential/systemic perspective."
3. Susan Johnson: "Attachment Theory in Practice, Emotionally Focused Therapy (EFT) with Individuals, Couples and Families." (2019), Guilford Press.

### **Cancellation Policy:**

If participation is canceled a month before the training, we will charge 50% of the participation fee. We will charge the full participation fee if the cancellation occurs on the training day or if the registered participant does not attend the training. In case of illness, we require a medical certificate.