

EFIT Essentials Training

March 2026

About...

EFIT Essentials combines the former Level 1 and Level 2 EFIT trainings into a single, seamless intensive program. It provides both foundational and advanced understanding of the empirically validated EFIT model within an attachment science framework. Through theoretical teaching and experiential exercises, participants learn to apply the model effectively with individuals, developing skills to become adept, attuned, and responsive EFIT therapists.

This 4-day (24-hour) training is a didactic and experiential program focused on applying EFIT principles and interventions. It explores the core of the empirically validated EFIT model, providing a coherent framework for understanding individual emotional processing and change.

Event Details:

When: March 17th - March 20th All day 4-day (24hr)

Where: Holiday Inn and Suites
Calgary South

Cost: \$1450 Early Bird (Before Feb 15th)
\$1600



Information & Registration:

 eftcalgary.ca/trainings/essentials-training

 eftcalgary@gmail.com

LORRIE BRUBACHER

M. Ed., LMFT, RMFT