

## Emotionally Focused Therapy (EFT) Supervision

Clinical supervision in the practice of Emotionally Focused Therapy recognizes that working with couples can be a rewarding and difficult experience. In many ways, couples therapy is more complex and challenging than individual therapy because of the speed of interaction and the highly charged emotions that fill the room. Perhaps as a new EFT therapist you are feeling frustrated or de-skilled after not being able to help a couple change the entrenched patterns that have them locked in pain and fear.

Supervision and support can really help. Together we can help couples create the love and secure attachment everyone deserves. As you feel supported and empowered, you will see your therapy skills and confidence grow.

I am a **Certified EFT Therapist** and **Supervisor**, approved by the International Centre for Excellence in Emotionally Focused Couple Therapy ([www.iceeft.com](http://www.iceeft.com)).



Sandy Jardine, MS, LPC

### All your hours will count toward EFT Certification.

My supervision for therapists in Emotionally Focused Therapy comes in a variety of forms:

**Individual EFT Supervision.** I offer individual in-person and internet-based supervision. For those of you who are technophobes (I am too), I assure you this is easy to do. The fastest way to have your tapes reviewed is to share your video file via the internet through Skype. Skype is free to download and use. Skype offers both voice-over internet and secure screen sharing. It is safe and secure. We can walk through the steps for set-up together prior to our first session.

**Live EFT Supervision.** Live supervision means you can have a “bug-in-your-ear” real time experience. You will need a webcam, good internet speed, a Skype account and phone connection. In my experience, this is the fastest, most dynamic way to learn EFT. By doing real-time supervision, you can have the experience in the moment of how to work with emotions and accomplish EFT change events.

**Group EFT Supervision.** Benefits of participating in one of my ongoing EFT supervision groups include:

- ♥ Learning EFT interventions and strategies
- ♥ Case consultation -- help with your tough couples
- ♥ DVD review -- to grow your EFT skills
- ♥ Discussing your joys, challenges and victories
- ♥ Support, encouragement and growth in confidence.

For more information about EFT supervision or for a free initial meeting in person or by phone, call Sandy at **480-990-9128** or email [sandy@couple-counseling-phoenix.com](mailto:sandy@couple-counseling-phoenix.com).

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## Supervision for Independent Licensure

Independent licensure to be a therapist in the State of Arizona requires ongoing clinical supervision even after your master's degree is earned. With my Arizona licensure in both Marriage and Family Therapy (LMFT) and substance abuse counseling (LISAC), plus the requisite Board-approved training in supervision, I can assist LAMFT's and LAC's who seek to move from an associate-level State license to full independent licensure. In this process, I provide you the benefits of my solid work experience in both community mental health and private practice (See [Meet Douglas](#)) plus a deep knowledge of and respect for the rules governing our field.

**Extra Credit.** One possibility for associate-level therapists who are also learning Emotionally Focused Therapy, is that you might participate in one of the EFT supervision groups that I co-facilitate with Sandy. You might thus earn group supervision hours that could potentially apply both to certification in EFT and to independent licensure.

**Special Board requirements.** In special cases that the Arizona Board of Behavioral Health Examiners directs, I can be of assistance to independently licensed master's level therapists who the Board has ordered to undergo a period of remedial supervision. While such experiences are typically not welcomed by therapists, they often can lead to a respectful collaboration and significant enhancements of professional skill.

**Sensitivity and Support.** Whatever the level of supervision that may be desired or required, I work hard to be sensitive to the needs of each supervisee, helping you to learn and grow. My goal is to make the supervision process both instructive and supportive, bringing you to the highest possible skill as a therapist and to skillfulness in managing the rules, regulations, and ethical principles that govern our profession.

For more information about any of these forms of supervision, call Douglas at **602-538-9094** or email [douglas@couples-counseling-phoenix.com](mailto:douglas@couples-counseling-phoenix.com).



Douglas Jardine, PhD, LMFT, LISAC

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Sandy Jardine, MS, LPC ♥ Douglas Jardine, Ph.D., LMFT, LISAC  
7411 E. 6th Ave., Suite 204 / Scottsdale, Arizona 85251