

MAY
7-8
2021

EFBA-P ONLINE WORKSHOP
"WORKING WITH DEFENSES AND RESISTANCES
IN THE CONTEXT OF TELETHERAPY"

WITH

LOUISE FRÉCHETTE



Louise Fréchette got her Masters in Psychology degree at the Université de Montreal in 1976. She has been in private practice in Montreal since that year. She became a CBT in 1982 and has been an IIBA Faculty member since 1992. She has been teaching in Canada, the USA, France, Belgium, Spain, Russia, Argentina, Brazil and New-Zealand.

"A teacher who is a wise woman, with the ability to teach in a clear and structured way. She works precisely with the emotional body on a deep level, together with the relational dynamics, so important in the therapeutic relationship."

Fina Pla Vila

WORKSHOP FOR

CBT's

CBT

EFBA-P Members
non-EFBA-P Members

PRICE

€95.00
€120.00

Workshop contents



This workshop will address the challenges that bioenergetic therapists face when working with defenses and resistances in video teletherapy. It will also address other important challenges like how to build trust in a relationship in the context of teletherapy and how to create a therapeutic alliance, which are prerequisites to being able to work with defense and resistances. It will also address the topic of how to create optimal logistical conditions for body work in video teletherapy.

Methodology



During the workshop, there will be theoretical presentations followed by experiential work in dyads or triads as well as large group debrief following the experiential work, where the various experiences will be shared and commented.

Friday, May 7 and Saturday May 8, 2021



**From 15h to 19h45 European (Paris) Time
(including a 15 minutes break)
Duration: 9h in total (4h30 each day)
The workshop will be in English**



**Applications by: 20.04.2021
via email: efba.psychoterapy@gmail.com**

**Limited number of participants.
The order of applications decides about admission.**