



ADVANCED EMPATHY TRAINING FOR EMOTION-FOCUSED THERAPY (EFT)

presented by **Robert Elliott, Ph.D**
co-founder & co-author of books with L. Greenberg
November, 17 – 19, 2015 in Paris

This workshop will be translated simultaneously from English into French by bilingual psychologists trained in the **Emotion-Focused Therapy (EFT)**.

Participants : this training is aimed at all mental health professionals (GP, psychiatrists, psychologists, psychotherapists, psychoanalysts....), preferably already trained in EFT.

This EFT full training is being initiated for the first time in a French speaking country. The complete EFT training has three levels, with two additional workshop on Empathy within EFT.

This workshop « **Advanced Empathy Training for Emotion-Focused Therapy**» is a unique opportunity to be trained by one of the co-founder of EFT, Robert Elliott, Ph.D

Empathy is the engine that makes the active chair tasks in EFT work. This training will combine personal development and skills practice to help all professionals being trained in EFT deepen their practice with clients.

The proposed training would consist of the following:

Module 1: Empathy and EFT Therapist Responses

Module 2: Using Focusing to access the bodily basis of empathic resonance

Module 3: Task empathy": open marker work focused on empathising with client agentic experiencing.

Module 4: Using Systematic Unfolding to develop empathic co-experiencing with clients

Module 5: Working inside the client's experiencing in chair work

Module 6: Radical Acceptance/self soothing/empathic affirmation: Offering empathic presence to your own and others' emotional pain.

About the presenter Robert Elliott, Ph.D

Robert Elliott, Ph.D., is Professor of Counselling in the Counselling Unit at the University of Strathclyde, where he directs its research clinic and teaches counselling research and emotion-focused therapy. A professor Emeritus of Psychology at the University of Toledo (Ohio), he is co-author of *Facilitating emotional change* (1993), *Learning process-experiential psychotherapy* (2004), and *Research methods in clinical psychology* (2002), as well as 140 journal articles and book chapters. He previously co-edited *Psychotherapy Research*, and *Person-Centered Counseling and Psychotherapies*, and is a Fellow in the Divisions of Humanistic Psychology, Psychotherapy, and Clinical Psychology of the American Psychological Association. He has received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association. He regularly teaches EFT in Scotland, the Netherlands, Belgium and elsewhere; he also practices and does research on EFT for social anxiety.

