



EMOTION-FOCUSED THERAPY (EFT) - LEVEL 1

Fundamental Principles of EFT

presented by

Robert Elliott, PhD

co-developer of EFT with L. Greenberg, R. Goldman
J. Watson, S. Pavio and others

April 11 - 14, 2016 in Paris

These in-depth 4-days training provide therapists with solid grounding in the foundational skills and tasks required to work more directly with emotions in psychotherapy. The focus of the training is experiential process and learning how to provide change in core emotional structures.

Emotion-Focused Therapy (EFT) Can Add Unique and Valuable Tools to Your Practice

Learn to build stronger alliances with clients. Work more effectively with clients with over regulated and under regulated emotions. Gain skills to transform the impact of attachment losses, trauma, neglect and abuse. Facilitate deeper and more enduring change. Help clients harness the wisdom of emotional intelligence.

Emotion-Focused Therapy (EFT) boosts the effectiveness of other therapies by bringing in the constructive use of emotions, going beyond *why* to how problems are maintained. It provides a richer understanding of self and previous interpersonal relationships.

Research on individual Emotion-Focused Therapy (EFT) has demonstrated that it is as effective as CBT in treating general depression and more effective in relational depression. A 75% success rate for treating depression was obtained within 16-20 weeks. It is also used for eating disorders, anxiety and trauma.

This training, introduces a complete EFT 17 days cycle : Level 1, 2 & 3 with 2 sessions on Empathy Adjustment in EFT.

All trainings are simultaneously translated in French by trained EFT psychologists.

Participants enhance their therapeutic skills and conceptual understanding through a combination of brief lectures, video demonstrations, live modelling, case discussions and supervised role-playing practice. Supervised role-playing practice will involve extensive experiential practise in which participants learn by working as both a client and a therapist in small groups.

Educational Objectives

Participants on the training programme will learn:

1. To implement the basic principles of EFT
2. To identify different types of emotional response;
3. When to help clients contain and when to access emotion;
4. To help clients reprocess difficult emotions;
5. To facilitate emotional processing to resolve, problematic reactions, conflict splits and unfinished business.

DAY 1

FOUNDATIONS, EMOTION THEORY

- Distinctive features of the EFT: neo-humanism & therapeutic principles
- Process-experiential emotion theory: emotion schemes
- Emotion response types & emotional change principles

THERAPEUTIC TASKS, ACCESSING AND MANAGING EMOTION

- Emotion regulation
- Clearing a Space
- Skills practice

DAY 2

THERAPEUTIC TASKS; REPROCESSING PROBLEMATIC EXPERIENCES

- Review of EFT emotion theory
- EFT task analysis & summary of EFT tasks
- Empathic exploration, evocative empathy, empathic conjecture
- Evocative unfolding
- Skills practice

ACCESSING PRIMARY ADAPTIVE EMOTIONS & RESTRUCTURING EMOTION SCHEMES; EMPIRICAL SUPPORT

- Empty chair dialogue and unfinished business
- Supporting the emergence of primary needs
- Letting go of unmet needs
- Skills practice
- Research evidence for EFT and Humanistic therapies

DAY 3

ACTIVE EXPRESSION PROCESSES - I

- Dialectical constructivist models of self
- Two chair dialogue and splits
- Accessing adaptive and problematic emotional responses
- Skills practice

ACTIVE EXPRESSION PROCESSES – 2

- Accessing core problematic emotion schemes
- Varieties of splits
- Dealing with the collapsed experiencer in chair work
- Skills practice

DAY 4

IDENTIFYING TASKS; OPEN MARKER WORK

- Review of tasks
- Strategies for identifying and selecting tasks
- Skills practice

PERSONALIZED APPLICATIONS

- Practical parameters
- Application to depression, PTSD, social anxiety, fragile processes
- Question & answer period
- Where from here?
- Processing of the training

About the presenter Robert Elliott, PhD.

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.

Comments on Greenberg's work

« There is no doubt that Greenberg is both a pioneer and the field's premier investigator in the important work of applying the basic research on emotions to the process of psychotherapy... a fabulous compendium of strategies for working with emotions.»

Marsha M. Linehan, PhD

"Immensely valuable [for] psychotherapists of all persuasions... theoretically innovative and clinically practical."

Michael J. Mahoney, PhD

"Most psychotherapists and theories of psychotherapy recognize, in one way or another, the centrality of emotion in both psychopathology and therapeutic change. [Dr.Greenberg's] 'emotionally focused' therapeutic approach [is one] that virtually all therapists will find useful."

Morris Eagle, PhD

"Although emotion has long been recognized as playing a significant role in the development, maintenance and change of most clinical problems, the guidelines for working with emotions therapeutically have always left something to be desired. Not so with [those of] Greenberg... [his are] lucid, jargon-free... a landmark contribution."

Marvin R. Goldfried, PhD

"Truly outstanding work [for] every researcher and practitioner involved with psychotherapy."

David H. Barlow, PhD

Comments on book: Emotion-focused therapy: Coaching clients to work through their feelings.

"This book is a must for psychotherapists of all theoretical orientations" **Louis Castonguay, Associate Professor, Pennsylvania State University, President of North American Society of Psychotherapy Research**

"An excellent complement to the traditional work of cognitive-behavior therapists" **Arthur Bohart , Professor of Psychology, California State university**