

CAPER INSTITUTE

Basic Skills of Emotion-Focused Therapy

Module 1 – 23 to 25 Apr 2013





What is Emotion-Focused Therapy?

Emotion-Focused Therapy (EFT) proposes that emotions have an adaptive potential that, if activated, can help clients change. This view of emotion is based on the belief that emotion, at its core, is an innate and adaptive system that has evolved to help us survive and thrive.

Emotions are connected to our most essential needs. They rapidly alert us to situations important to our wellbeing. They also prepare and guide us in these important situations to take action towards meeting our needs.

Clients are helped in therapy to better identify, experience, explore, make sense of, transform and flexibly manage their emotions. As a result, clients become more skillful in accessing the important information and meanings about themselves and their world that emotions contain, as well as become more skillful in using that information to live vitally and adaptively.

Who develop Emotion-Focused Therapy?

In the 1980s, Leslie Greenberg, Ph.D. asked the question – “What makes people change in therapy?” And this fundamental question led him to develop the principles of EFT and the interventions. He is the Distinguished Research Professor of Psychology at York University in Toronto, Ontario, Canada. He is Director of the York University Psychotherapy Research Clinic.

He has been the senior author on the original texts on emotion-focused approaches to treatment of individuals and couples: *Facilitating Emotional Change* (1993) and *Emotionally Focused Couples Therapy* (1988). More recent books include *Emotion-Focused Therapy: Coaching Clients to work through their Feelings* (2002), *Emotion-Focused Therapy of Depression* (2006), and *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power* (2008).



Unique Proposition of EFT

- Evidence based treatment modality¹
- EFT continues to be developed worldwide, both in North America and other parts of the world.
- Progression to become a certified EFT Therapist, recognized by the EFT Society headed by Leslie Greenberg.

How would you benefit?

By attending this module, you will become familiar with:

- Dialectical Constructivist theory
- Markers identification and tasks
- Emotion assessment
- Principles of emotional change
- Model of change
- Focusing
- Two chair dialogue for splits

When & Where?

- 23 to 25 Apr 2013
- 9 am to 5 pm
- Venue to be determined

¹ A list of EFT research could be obtained upon request at engchuan@CaperSpring.com



Fees

- S\$1200 per participant.
- S\$1000 early bird discount, for sign up before 1 Mar 2013.
- S\$1000 per participant, for sign up of at least two participants.

VCF

- Please write to enquire. See note below².

Certified EFT Therapist

- Participants can become a Certified EFT therapist by completing the training sequence shown below.
- The International Society of EFT (ISEFT) led by Leslie Greenberg, and Caper Institute for EFT (CIEFT) award this certification jointly.

| Training | Tentative Date | Status |
|--------------------------------------|----------------|-----------|
| Introduction to EFT | Apr 2013 | Confirmed |
| EFT Module 1 | Apr 2013 | Confirmed |
| EFT Module 2 | Late 2013 | Planning |
| EFT Module 3 | Late 2013 | Planning |
| EFT Module 4 | Early 2014 | Planning |
| EFT Clinical Supervision (in person) | | |
| EFT Clinical Supervision (via Webex) | | |

² VVO can submit their applications for fee subsidy, as a non pre-approved course, via the VCF Local Training Grant through the NCSS home page, **at least one (1) month before the course commences**. Applications will be considered on a case-by-case basis.



Trainer: Rhonda Goldman



Rhonda N. Goldman, PhD, is an associate professor of Clinical Psychology at the Illinois School of Professional Psychology at Argosy University, Schaumburg Campus. She is also an affiliate therapist at the Family Institute at Northwestern University in Evanston, Illinois where she works with both couples and individuals. She has co-authored three texts on Emotion-Focused Therapy including *Leaning Emotion-Focused Therapy*, *Case Studies in Emotion-Focused Treatment of Depression*, and *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power*. She is currently writing a book on a new text entitled *Case formulation in Emotion-Focused Therapy*. She practices, teaches, and conducts research on emotional processes and outcomes in emotion-focused therapy and has written journal articles and book chapters on empathy, vulnerability, depression, and emotion. She currently sits on the editorial review board of the journals of *Psychotherapy Research* and *Person-centered and Experiential Psychotherapies*. She is the recent recipient (2011) of the Carmi Harari Early Career Award from Division 32, the Society of Humanistic Psychology of the American Psychological Association. Most recently, she is co-founder of the Emotion-Focused Therapy Institute of Chicago.



Enquiry & Clarification

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About Caper Institute

- Caper Institute is the training arm of Caper Spring LLP. Neo Eng Chuan founded these two entities. He is a counselling psychologist and a psychotherapist.
- Please see <http://caperspring.com/>