

---

# EFT MODULE 3

**Presented by Prof. Rhonda Goldman**

17 - 19 Dec, 2014

---



---

## 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.

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 skilful in accessing the important information and meanings about themselves and their world that emotions contain, as well as become more skilful in using that information to live vitally and adaptively.

### Rhonda Goldman



**Rhonda N. Goldman, PhD**, is a professor at the Illinois School of Professional Psychology at Argosy University, Schaumburg and a therapist affiliate of the Family Institute at Northwestern University in Evanston, Illinois where she conducts psychotherapy with both couples and individuals. She has co-authored three prior texts on Emotion-Focused Therapy and has one forthcoming in November 2014.

She practices, teaches, and conducts research on emotional processes and outcomes in Emotion-Focused Therapy and has written on empathy, vulnerability, depression and case formulation. She is the recent recipient of the Carmi Harrari Early Career Award from the Society of Humanistic Psychology, Division 32 of the American Psychological Association. She is currently president of the Society for the Exploration of Psychotherapy Integration (SEPI).

---

## Course Content

Module 3 is a more advanced level of EFT training. It will review the identification of task markers and facilitation of tasks. In addition, case formulation will be introduced. It would include case conceptualisation which is about how to proceed in terms of 'what to do when.' The focus of this module is on “unfinished business. The following will be covered :

- Case conceptualisation
- Issues in identifying markers of splits and unfinished business
- Additional markers: self-interruption, self soothing
- Working with Unfinished Business: The Process
- Evocation of emotion
- The interruptive process
- The letting go process
- Forgiveness
  
- Advanced Work with Two-Chair Dialogue: The Process
- Self-interruptive dialogues
- Self-soothing dialogues
- Imaginal restructuring
  
- Promoting new narrative constructions
- Specific tools for working with anger, sadness, fear and shame

## When & Where?

- 17, 18, 19 Dec 2014
- 9 am to 5 pm
- Venue : NTU Centre for Executive Education @One North
- [http://www3.ntu.edu.sg/cce/contact\\_us/locate\\_us.htm](http://www3.ntu.edu.sg/cce/contact_us/locate_us.htm)

## Fees

- \$1500
- \$1400 for registration received on or before 16 Nov 2014
- The number of participants is limited
- Payment is needed to confirm your registration

- 
- A wait list will be made for additional billets to be opened up

## Pre-Requisite

- Participants need to have completed EFT Module I
- Please contact Caper Institute if you need further clarification on this point

## Certification

This module would fulfil part of the requirements to become a certified EFT therapist. This certification is recognised by the International Society of EFT (ISEFT) led by Leslie Greenberg.

## Registration

- Via the web [linkhttps://adobeformscentral.com/?f=FdsXEi3esIf5-iJCBfOt4Q](https://adobeformscentral.com/?f=FdsXEi3esIf5-iJCBfOt4Q)
- **A confirmation email will be send once the payment is received and processed.**

## VCF

- Please enquire for VCF funding

## Enquires

- contact [engchuan@CaperSpring.com](mailto:engchuan@CaperSpring.com)
- Mobile : 81418002