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# EFT MODULE 4

Presented by Prof. Leslie Greenberg

4 - 6 May 2015

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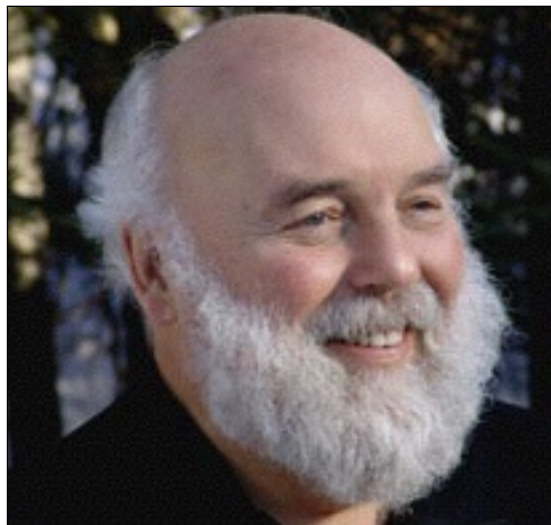
## Emotion-Focused Therapy

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.

## Leslie Greenberg

Leslie Greenberg, Ph.D., is Distinguished Research Professor of Psychology at York University in Toronto, Ontario, Canada. He is Director of the York University



Psychotherapy Research Clinic and is the developer of Emotion Focused Therapy.

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), *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power* (2008), and *Case Formulation in Emotion-Focused Therapy* (2014).

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## Course Content

The focus of this final module is on case formulation using the EFT approach. There would be a review of empathy and participants would have opportunities to consolidate their skills practice.

- Case Formulation
  - 📄 Underpinnings of case formulation in EFT
  - 📄 Three stages of case formulation
- Advanced Emotion assessment
  - 📄 Identification of Productive emotion & Unproductive emotion
- Empathy – A review and extension
- Advanced Skill practice

## When & Where?

- 4, 5, 6 May 2015
- 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 3 Apr 2015
- 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

- Please contact Capex Institute if you need further clarification on this point

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## 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 link below
- <https://adobeformscentral.com/?f=%2A-D9vR3jjHyBZ6XvegvU3Q>
- **A confirmation email will be send once the payment is received and processed.**

## VCF

- Please enquire for VCF funding

## Enquires

- contact [hello@CaperSpring.com](mailto:hello@CaperSpring.com)
- Mobile 8141-8002