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# Introduction to EFT

Presented by Prof. Robert Elliot

13 Jan 2105

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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.

### Robert Elliot

Robert Elliott, Ph.D., received his doctorate in clinical psychology from the University of California, Los Angeles and taught clinical psychology at the University of Toledo (Ohio) for nearly 30 years; there, in collaboration with Leslie Greenberg and Laura Rice, he developed Emotion-Focused Therapy (EFT).



He is currently Professor of Counselling in the Counselling Unit at the University of Strathclyde, where he directs its research clinic and teaches counselling research and EFT. His central interest is the change process in humanistic psychotherapies, particularly as experienced by clients or expressed in language. He is co-author of *Facilitating Emotional Change* (1993), *Learning Process-experiential Psychotherapy* (2004), *Research Methods in Clinical Psychology* (2002), and *Developing and Enhancing Research Capacity in Counselling and Psychotherapy* (2010), as well as more than 140 journal articles and book chapters.

He is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research*, and *Person-Centered and Experiential Psychotherapies*. He is a fellow in the divisions of Clinical Psychology, Psychotherapy, and Humanistic Psychology of the American Psychological Association. In 2009 he received the Distinguished Research Career Award of the Society for Psychotherapy

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Researchers, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association.

Robert is married and has two grown children and two grandchildren; he enjoys music of many different types, science fiction, exploring Scotland, and running.

## Unique Proposition of EFT

- Evidence based treatment
- 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.

## Course Content

- The principles involved in the construct of EFT
- The principles of change in EFT
- Nature of emotion, emotion generation, emotion Scheme
- Emotion assessment and types of emotions:
  - primary/ secondary emotions;
  - adaptive/ maladaptive emotions
- Empathy, Validation and Focusing on Feeling
- Creating an alliance
- Empathic attunement
- Validation
- Emotional exploration
- Evocation
- Conjecture

## When & Where?

- 13 Jan 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)

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## Fees

- \$200
- \$150 for registration received on or before 12 Dec 2014

## EFT Module 1

- Participants could also continue with a three-day EFT Module 1 training following this.

## 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 [EFT Training Jan 2015](#)
- **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 [81418002](tel:81418002)