
Basic Skills of EFT

[Module 1]

Presented by Prof. Rhonda Goldman

8 - 10, Dec 2015



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.

Unique Proposition of EFT

- Evidence based treatment¹
- Progression to become a certified EFT (Individual) Therapist, by undertaking a series of prescribed learning and clinical supervision.
- EFT continues to be developed and research for application such as depression, social anxiety and trauma.

Course Content

- Dialectical Constructivist theory
- Markers identification and EFT tasks - A roadmap for EFT
- Emotion assessment
- Principles of emotional change
- Model of change in EFT
- Introduction to Focusing
- Introduction to Two chair dialogue for splits
- Introduction to Unfinished Business

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

When & Where?

- 8 - 10, Dec 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

Fees

- \$1100 [before 7 Oct 2015]
- \$1200 [before 7 Nov 2015]
- \$1300 [from 7 Nov 2015]

Introduction to EFT

- Participants are strongly encouraged to participate in the one-day “Introduction to EFT” on 7 Dec. This is particularly important if you are considering certification to be an EFT therapist.

Certification

This module fulfils 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. Please see <https://iseft.wildapricot.org>

Registration

- Via the web link [EFT Training Dec 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
- Mobile [81418002](tel:81418002) Robert Elliot

Workshop Leader - Prof. 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 works with both couples and individuals. She has co-authored four books on Emotion-Focused Therapy; *Learning Emotion-Focused Therapy* (2003), *Case Studies in Emotion-*

Focused Treatment of Depression (2007), and *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power* (2008) and *Case formulation in Emotion-Focused Therapy* (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 was the recipient of the Carmi Harrari Early Career Award (2011) 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).