
EFT MODULE II

Presented by Prof. Robert Elliott

22 - 24 Feb 2016



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.

Workshop Leader : Prof. Robert Elliott



Robert Elliott, Ph.D. is Professor of Counselling in the Counselling Unit at the University of Strathclyde, where he directs its research clinic and teaches counselling research and emotion-focused therapy. A professor Emeritus of Psychology at the University of Toledo (Ohio), he is co-author of *Facilitating emotional change* (1993), *Learning emotion-focused therapy* (2003), and *Research methods in clinical psychology* (now in its third edition, 2015), as well as more than 150 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 Counseling and Psychotherapies*. He is a Fellow in the Divisions of Psychotherapy and Humanistic Psychology of the American Psychological Association. In 2008 he received both the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association. He offers EFT training in Scotland, the Netherlands, Belgium, Ecuador and elsewhere. He practices and research on social anxiety.

Course Content

By attending this module, you will become familiar with:

- Evocation, Arousal and Exploration
- Focusing
- Evocative unfolding
- Two chair dialogue and splits
- Accessing Primary Adaptive Emotions & Core Maladaptive Schemes
- Accessing primary emotions
- Accessing core dysfunctional emotion schemes
- Allowing, accepting and owning
- Restructuring Core Schemes
- Supporting the emergence of primary needs
- Tapping positive emotional resources
- Integration and self acceptance

When & Where?

- 22, 23, 24 Feb 2016
- 9 am to 5 pm
- Venue : NTU Centre for Executive Education @One North
- <http://www.ntu.edu.sg/CCE/Pages/LocateUs.aspx>

Fees

- \$1350 Super Early Bird [Before **21 Dec** 2015]
- \$1400 Early Bird Fee [Before **21 Jan** 2016]
- \$1500 Normal Fee [After **21 Jan** 2016]
- Payment is needed to confirm your registration

Pre-Requisite

- It is preferable that participants have completed EFT Module I
- Please contact Caper Institute if you need further clarification on this point

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.

Registration

- Via the web link Registration
- **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