

---

# Emotion-Focused Therapy - Level 1 [Online]

**Presented by Prof. Robert Elliott**

8 Sep - 1 Dec 2020 [Every Tuesday]

---

## Introduction

Emotion-Focused Therapy (EFT) is informed by an understanding of the role of emotion in psychotherapeutic change. It is founded on a careful analysis of the meanings and contributions of emotions to human experience and change in psychotherapy. The focused leads both therapist and client toward strategies that promote the awareness, acceptance, expression, utilisation, regulation, and transformation of emotion. The goals of EFT are strengthening the self, regulating affect, and creating new meaning.

## Aim of Workshop

This online 13 week training equip learners with a basic understanding of the theoretical foundation of EFT. It introduces key EFT interventions (two different types of chair work). Learners would be able to apply these basic skills with their clients.

## Synopsis

This is the first of three Levels of EFT workshop delivered online. It offers a grand tour of this therapeutic approach that integrates person center therapy, gestalt therapy, experiential therapy and existential therapy. This level is like a grand tour of the EFT knowledge landscape. It provides an understanding of EFT Emotion Theory, and the role of emotion in human function and dysfunction.

The hallmark of EFT, in addition to providing an empathic relationship, is that therapist guides clients' emotional processing in a very active manner. EFT therapist would identify certain client in-session states, which are called "markers". These markers point to underlying affective/cognitive processing problems. There would be different interventions best suited to work on that problem state.

---

Key EFT interventions, commonly referred to as “EFT Tasks”, will be covered. Examples of these tasks includes painful self-criticism (referred to as “splits”) and emotional injuries from past relationships (referred to as “unfinished business”).

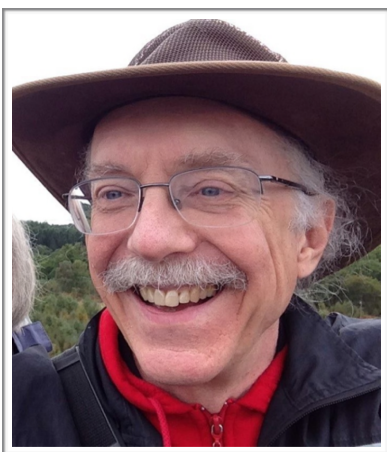
Participants will be trained in moment-by-moment attunement to emotion, and the use of methods for dialoguing with aspects or configurations of self and imagined significant others in an empty chair.

## Learning Objectives

Participants would acquire the following at the end of Level 1:

1. The principles of change in EFT
2. EFT emotion theory including emotion schemes
3. Introduction to building therapeutic relationship
4. Emotion response types
5. EFT tasks and their corresponding markers
6. Introduction to Focusing
7. Introduction to “Two Chair” dialogue for conflict splits
8. Introduction to “Unfinished Business”
9. Personal Development as a EFT Therapist

## 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 EFT. He is a 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 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.

---

## Online Workshop Schedule

Week	Date	Time	Learning Activities
1	8 Sep	6:30 pm - 10 pm	Online Teaching 1
2	15 Sep	6:30 pm - 10 pm	Online Teaching 2
3	22 Sep	6:30 pm - 9 pm	Skill Practice 1
4	29 Sep	6:30 pm - 9 pm	Skill Practice 2
5	6 Oct	6:30 pm - 10 pm	Online Teaching 3
6	13 Oct	6:30 pm - 10 pm	Online Teaching 4
7	20 Oct	6:30 pm - 10 pm	Online Teaching 5
8	27 Oct	6:30 pm - 9 pm	Skill Practice 3
9	3 Nov	6:30 pm - 9 pm	Skill Practice 4
10	10 Nov	6:30 pm - 10 pm	Online Teaching 6
11	17 Nov	6:30 pm - 10 pm	Online Teaching 7
12	24 Nov	6:30 pm - 9 pm	Skill Practice 5
13	1 Dec	6:30 pm - 10 pm	Online Teaching 8

## Fees

- **\$1400** - Super Early Bird - [ before 8 July 2020 ]
- **\$1500** - Early Bird - [ before 8 August 2020 ]
- **\$1600** - Normal - [ from 8 August 2020 ]

## Registration

- **REGISTER NOW!**

## Enquires

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