
Emotion-Focused Therapy [Module 1]

Presented by Prof. Robert Elliott

1st - 3rd Nov 2017 [Wed - Fri]



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.

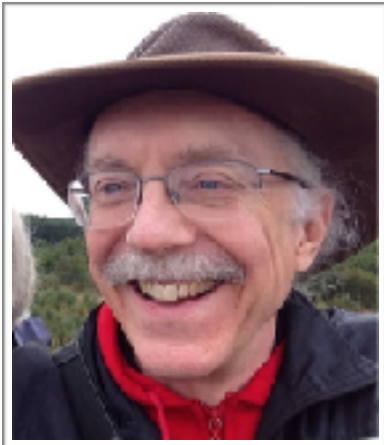
Course Content

This is the first of four modules of EFT workshop. It offers a grand tour of this therapeutic approach that integrates person center therapy, gestalt therapy, experiential therapy and existential therapy.

The hallmark of EFT is that in addition to providing an empathic relationship the therapist also guides clients' emotional processing in different ways at different times. The following topic will be covered:

- 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

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.

When & Where?

- 1st - 3rd, Nov 2017
- 9 am to 5 pm
- Venue : To be Determined

Fees

- \$1200 - Super Early Bird - [before 1 Sep 2017]
- \$1300 - Early Bird - [before 1 Oct 2017]
- \$1400 - Normal - [from 1 Oct 2017]

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 [Sign Up Now!](#)
- **A confirmation email will be send once the payment is received and processed.**

VCF

- Application for “pre-approved” funding has been submitted. Pending approval.

Enquires

- contact hello@CaperSpring.com
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