

# EMOTION-FOCUSED THERAPY

4-day workshop

presented by

**Robert Elliott, Ph.D.**

November 16. - 19., 2016, Copenhagen

Emotion-Focused Therapy (EFT) is a humanistic, evidence-based form of psychotherapy that integrates person-centred, gestalt therapies and other experiential therapies, with particular relevance to working with depression, trauma, and anxiety difficulties. It has gained international recognition through the work of Les Greenberg, Laura Rice, Robert Elliott, Jeanne Watson, Rhonda Goldman, Sandra Paivio, Antonio Pascual-Leone, Ladislav Timulak and others.

Institute for Emotions-Focused Therapy Denmark is pleased to present this successful introductory 4-day-workshop, that will provide participants with a grounding in the theory and skills required to work more effectively with emotion in psychotherapy. Participants will receive in-depth skills training through a combination of brief lectures, video demonstrations, live modeling, case discussions, and supervised role-playing practice. We will begin with an overview of EFT Emotion Theory, including basic principles and the role of emotion and emotional awareness in function and dysfunction; this will be illustrated by Focusing-oriented exercises. Participants will be trained in moment-by-moment attunement to affect in an empathetic validating relation. Differential intervention based on specific process markers will be demonstrated and trained: Systematic evocative unfolding and empty chair work. Videos of evidence based methods for evoking and exploring emotion schemes, and for dealing with overwhelming emotions, puzzling emotional reactions, and emotional injuries from past relationships will be presented. 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. This training will provide therapists from person-centred, psychodynamic, cognitive-behavioural and related backgrounds an opportunity to develop their therapeutic skills and interests, and provides the first step toward certification as an EFT therapist.

**Time:** 16-19. November 2016 from 9.00 to 17.00

**Place:** Copenhagen

**Participants:** Psychologist (& related academics with psychotherapy training)

**Contact & Registration:** Niels Bagge [mail@ieft.dk](mailto:mail@ieft.dk) or tlf. (+45) 20841884

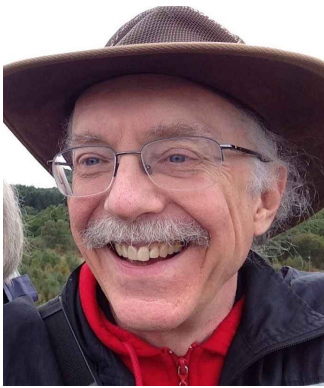
**Cost:** 7000 Dkr. (935 €)

**Bank:** 84110004083983 // **IBAN:** DK3084110004083983



**INSTITUT FOR EMOTIONSFOKUSERET TERAPI**

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### About the presenter:

**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 process-experiential psychotherapy* (2003), *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 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 also offers EFT training in Scotland, the Netherlands, Belgium, and Denmark. He also practices and does research on EFT for social anxiety.

### Litteratur:

Elliott R., Watson J.C., Goldman R.N. & Greenberg L.(2003). *Learning emotion-focused therapy. The process-experiential approach to change.* APA

### About Institute for Emotion Focused Therapy (Denmark):



Institute for Emotion Focused Therapy (Denmark), IEFT, was established in 2010 by Niels Bagge, licensed psychologist, specialist and supervisor by the Danish Psychological Association and EFT-supervisor by the International Society for Emotions Focused Therapy (ISEFT). IEFT aims to promote emotion focused therapy and related person-centred and experiential psychotherapies in Denmark through lectures, training, workshops, supervision, information and research.



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Institute for Emotion Focused Therapy (Denmark) is a recognized training institute by International Society for Emotions Focused Therapy ([www.iseft.org](http://www.iseft.org))

### Contact Information:

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