



Training in Emotion-Focused Therapy Couples (EFT-C)

with Catalina Woldarsky Meneses, Ph.D., Psychologist - Centre for Psychology and Emotional Health Switzerland

We invite you for the training of EFT-C with psychologist Dr. Catalina Woldarsky Meneses. Training will be online during two 4-day modules and one 3-day module (for a total of 11 days). In between the modules there will be supervision (at least 16 hours for those who wish to be certified under ISEFT).

DATES:

12.-15. Decemer 2023

18.-21. June 2024

4.-6. December 2024

Objective

Emotion-Focused Couples Therapy (EFT-C) is an empirically validated and highly effective therapeutic procedure for the treatment of couple difficulties (Johnson & Greenberg, 1985; Goldman & Greenberg 1992).

In this approach, insights from Emotional Focused Therapy (EFT) are complemented by a systemic perspective. The goal of Emotion Focused Couples Therapy is to identify and change negative interaction circles that underlie partnership difficulties. Negative interaction circles are nourished and maintained by emotional processing difficulties.

EFT-C assumes that, in addition to attachment, identity and attraction, affect regulation is an important driving force in the partnership (Greenberg & Goldman, 2008). Affect regulation means that in the partnership one tries to strive for pleasant emotions and avoid unwanted emotions. Thus, affect regulation is a key concept that helps to understand and change couple interactions. The EFT-C has two main objectives: 1) The partners learn to make their vulnerabilities and painful emotions accessible, to communicate appropriately and to respond to the other in a validating way. 2) The partners learn to better regulate their painful and maladaptive emotions caused by early childhood injuries.

Target group

Psychological and medical psychotherapists with completed or advanced psychotherapy training who work with or are interested in starting to work with couples.

Procedure

In addition to lectures, video demonstrations, case presentations, the focus is on promoting experience and practice of the central principles and techniques of EFT-C in supervised, small group work.

Contents

- Introduction to Emotion Focused Therapy for Couples
- Emotion theory
- Three motivation systems (attachment, identity and attraction)
- Recognizing and working with emotions that are relevant to attachment and identity
- Interactional Circle
- The 5 phases of EFT-C
- Empathic attunement and deepening emotions

Level 1

- Working with emotion
- Interactional cycles
- Processing steps

- The dimensions of attachment and identity,
- Introduction to working with influence-based cycles
- Introduction to self-soothing

Level 2

More details on processing steps

- Step 1: Logistics and building the alliance
- Stage 2: Helping couples move from reactivity to underlying vulnerability; Name the cycle and explore historical origins.
- Step 3: Empathetic attunement techniques to deepen emotions and access vulnerability; Development of basic skills (empathy, as well as the systemic description of interactional dynamics)
- Step 4: Cycle transformation through vulnerability (enactment)
- Self-soothing,
- Work on control / dominance
- Overview of working with emotional injuries

Level 3:

- Formulation of cases in EFT-C
- Work with specific emotions: Anger, Shame, Fear, Sadness, Love
- In-depth work on emotional injuries (forgiveness)
- Skills development (continued)
- Special topics in EFT-C (for example, sexuality)
- Group supervision

PRICE

Early bird price 1980 Eur is valid until 10.10., after this date it will be 2200 Eur.

People with lower income can apply for discounted price of 1390/1590 Eur. Cost of supervision is not included in Price.

REGISTRATION

<https://form.jotform.com/232326008462348>

CONTACT OF THE ORGANIZERS

eft.institut.sk@gmail.com

LECTOR

Dr. Catalina Woldarsky, PhD. Swiss-based EFT trainer and supervisor recognized by the International Society for Emotion Focused therapy. Dr. Woldarsky Meneses completed her doctorate degree at York University under the direction of Dr. Leslie Greenberg. Her research focused on exploring how forgiveness unfolds, and published a book with Greenberg in 2019 on this topic. Dr. Woldarsky Meneses is involved in training and supervising therapists learning EFT. She is currently based in Switzerland where she works in private practice, while also teaching at Webster University and dedicating time to her family and yoga practice.

