

# Training in Emotion Focused Group Therapy

Combining Individual and Group Therapy to  
Effectively Shift Depression and Anxiety

with Sarah Thompson & Laura Girz

660.- Euro



Online-Workshop: Wednesday, Nov. 13 until Saturday, Nov. 16 2024, from 1 PM- 6:15 PM, last day from 1 PM-3:30 PM

# Training in Emotion Focused Group Therapy

In this Online-Workshop, participants will learn how to utilize individual EFT interventions in a group setting to undo aloneness and meaningfully reduce symptoms of depression and anxiety.

This workshop blends didactic instruction and experiential participation in a facilitated training group. This group model is generalizable to evocative experiential therapies with a focus on working in real-time with emotional experience and expression (e.g. EFT, IFS, AEDP).

This training will focus on the following key areas:

- process-oriented group theory and group facilitation skills,
- overview of emotion-theory and key EFT tasks with a discussion of generalizability to other experiential modalities,
- participant selection, client intake processes, and creation of group guidelines,
- how to run a first, middle, and final group session,
- trouble-shooting common stuck points,
- tips for running online groups.

Note: This training does not focus specifically on teaching individual therapy techniques. The focus will be structuring a group psychotherapy experience and effectively utilizing individual therapy techniques within a group setting. Prior knowledge of an individual psychotherapy modality is required.

# Faciliator: Sarah Thompson, PhD. C.Psych.



is the Director and Founder of [Transforming Emotions](#), a private practice specializing in Emotion Focused Therapy, supervision, consultation, and training located in Toronto. She holds an adjunct faculty appointment with the Department of Psychology at Toronto Metropolitan University (TMU) where she was employed full-time as a faculty member in the Centre for Student Development and Counselling from 2004 to 2022. Dr. Thompson serve as Clinical Coordinator and clinical team lead for TMU's Centre for Student Development and Counselling from 2011 to 2017.

Dr. Thompson has a particular interest in the use of EFT in the treatment of anxiety, depression, and complex trauma, and in further developing emotion focused group therapy theory and application with young adults. She and her colleague, Dr. Laura Girz, developed and taught the first international training institute for [Emotion Focused Group Psychotherapy](#) in February 2022. Dr. Thompson is a certified therapist, supervisor, and trainer with the International Society for Emotion Focused Therapy.

She is the author of a national blog, [Focus On Emotions](#), available through her website at [TransformingEmotions.ca](#).

## Faciliator: Laura Gerz, PhD. C.Psych.



is a registered psychologist in practice at the Centre for Student Development and Counselling at Toronto Metropolitan University, where she provides individual counselling, group counselling, and supervision. She focuses clinically on treating depression, anxiety, disordered eating and trauma, and is a registered EFT therapist with the International Society for Emotion Focused Therapy.

Dr. Girz has served as Clinical Co-coordinator for TMU's Centre for Student Development and Counselling since 2020. She also holds key responsibilities for system and program planning, as well as evaluation at the TMU counselling centre, and is currently evaluating outcomes of EFT group therapy.

She has developed and taught international trainings on Emotion-Focused Group Psychotherapy alongside Dr. Sarah Thompson.

# Informations:

This seminar is online

Points:  
27 UE, 27 points are requested

Requirements:  
Knowledge in EFT for Individuals

For registration: <https://www.ieft.de/ausbildung-und-seminare/masterclasses.html>

Contact:  
anmeldung@ieft.de



# Further reading:



Overcoming shame and aloneness: Emotion-focused group therapy for self-criticism

<https://www.tandfonline.com/doi/full/10.1080/14779757.2019.1618370>