



Masterclass Advanced Chair Work in Emotion-Focused Therapy

By Robert Elliott

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Two-Chair and Empty-Chair work are distinctive features of Emotion-Focused Therapy and a key element of EFT practice. The basic types of chair work and the relational and task elements and stages of this work are relatively straightforward and have been described. However, in actual practice they can turn out to be more complicated and challenging. In this one-day EFT Masterclass we will take another look at EFT chair work in order to help therapists who have been practicing EFT for a while to reflect on and deepen their practice.

We will start with a brief summary of the varieties and elements of EFT chair work. We will identify common stuck points or difficulties in chair work that participants encounter, and offer strategies for addressing these. This will be followed by skill practice.

We will then turn to creative forms of chair work, including standing enactments, therapist proxy enactments, alternatives to chair work (e.g., configuration work with arms or objects), and the use of additional chairs or other props.

Finally, we will look at and practice working with more complex forms of chair work that have complex markers, leading to the use of embedded or sequential chair tasks. These include, among others, conflicts about unresolved relationships embedded in conflict split work and self-interruption of unfinished business. Particularly interesting are complex conflict splits that involve efforts to cope with situations that end up creating the very problem they attempt to solve (e.g., anxiety, depression, self-neglect/self-damage).

General information

- **Tutor:** Robert Elliott
- **Data:** April 5, 2017, 9.30 - 17.30
- **Location:** Apanta-Academy, Provincialeweg 50 in Veldhoven The Netherlands
- **Information:** www.apanta-academy.nl or e-mail: info@apanta-academy.nl