

Emotion-Focused Psychotherapy

2017 Level 1 Training

Tuesday 29th August – Friday 1st September 2017, 09.30 – 17.00

Venue: University of Strathclyde, Glasgow

Facilitated by Robert Elliott and Lorna Carrick

Emotion-Focused Therapy (EFT) is a humanistic, evidence-based form of psychotherapy/counselling that integrates person-centred and gestalt 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 and others. The Counselling Unit at the University of Strathclyde is the leading centre of EFT training in the UK, and is again pleased to offer Level One professional training in this approach to qualified counsellors and psychotherapists (Postgraduate Diploma/MSc Level or above).

Offered at the University of Strathclyde since 2006, this successful, four-day Level One EFT training programme 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 modelling, case discussions, and supervised role-playing practice.

We 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. Differential intervention based on specific process markers will be demonstrated. Videos of evidence based methods for evoking and exploring emotion schemes, and for dealing with overwhelming emotions, puzzling emotional reactions, painful self-criticism, 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.

- The course could be taken for continuing professional education credit.
- Progressing from this training to EFT Level 2 requires either a previous training in empathy or participation in our Advanced Empathic Attunement training.

Cost: Before Monday 17 July 2017: **£445** or After Monday 17 July 2017: **£495**

In order to keep costs to a minimum, catering is not included in these costs

Register via our online shop at: <http://onlineshop.strath.ac.uk/>

Contact: jan.bissett@strath.ac.uk or 0141-444 8415 for further information on this training, the facilitators, ways of applying for this course or other APT events

