



INTERNATIONAL
SOCIETY *for*
EMOTION
FOCUSED
THERAPY

ISEFT CONFERENCE – PORTO 2023

EFT TRAINERS MEETING (in person) – June 27-28, 2023

ISEFT CONFERENCE (in person) – June 29-30, 2023

CONFERENCE THEME: *CHANGING EMOTIONS IN A CHANGING WORLD*



Esteemed Emotion-Focused Therapy Community around the world:

WELCOME

The International Society for Emotion-Focused Therapy (ISEFT) is thrilled to announce the upcoming, in person, 2023 ISEFT conference and EFT Trainers Meeting to be held in Porto (Portugal). Four years after our last in person conference in Glasgow, and having been through a global pandemic, we are happy for the opportunity to gather again our vibrant, international Emotion-Focused Therapy community. We look forward to seeing you all in Porto, again bringing together our cherished Founders, Experts from several generations and our talented community of Practitioners, Researchers, Students, and enthusiasts of EFT, all united under the common interest of fostering psychotherapeutic change and personal growth through emotion transformation.

CALL FOR SUBMISSIONS

Our conference theme “Changing Emotions in a Changing World” aims to highlight the latest developments that are occurring in Emotion-Focused Therapy (EFT), having extended this approach through new modes of reaching clients and delivering EFT, adjusting to extraordinary experiences of going through a global pandemic and trying to impact new generations of psychotherapists across the world in contemporary training initiatives. We aim to show new developments in EFT, namely for working with new client populations, from recent practice and research developments and, therefore, we invite submissions in all areas of EFT practice, research, training, and supervision. Submissions may be placed under five different formats: Symposiums, Mini workshops, Structured discussions, Brief papers, and Posters (more on this below).

The due date for submissions of proposals for the 2023 ISEFT conference is February 28th, 2023, through the conference website (that will be launched soon). The conference website will be announced through the EFT listserv and the ISEFT website (www.iseft.org). So, please check the ISEFT website and the conference website regularly for more, updated details on the scientific and social programs, among other information.

LOCATION

As usual, the **EFT Trainers Meeting (in person)** will precede the ISEFT conference, and will take place between June 27th to 28th, 2023, at *Hotel Cristal*, located in the city center of Porto. The **2023 ISEFT Conference (in person)** will be hosted June 29th to 30th, 2023, at the beautiful *Centro de Congressos da Alfândega do Porto*, overlooking River Douro. More information on the venues, accommodation and social program will be released soon, within the conference website. There will be a dinner (optional, pre-booking necessary) for those attending the EFT Trainers Meeting, on June 27th. The 2023 ISEFT Conference Social Dinner will be held on the evening of June 29th (also optional, pre-booking necessary).

INSTRUCTIONS FOR SUBMISSIONS

We take this opportunity to provide the following overview of submission types and specific information. Since our wonderful EFT community is growing from conference to conference, you may be asked by the Scientific Program Committee to present your submission in a different format (e.g., a brief paper as a poster).

Symposiums

Symposiums are structured panels, focused on a common theme, with a total duration of 75 minutes (1h15). These symposiums should include one of two possible formats: i) four brief presentations (maximum of 15 minutes duration), with 5 to 10 minutes left for Q&A with the audience, or ii) three brief presentations and a Discussant (3+1), also with 5 to 10 minutes left for Q&A with the audience. The moderator will be appointed among the proponents of that symposium (usually the organizer of the panel).

Mini workshops

Mini workshops provide an opportunity for more in-depth learning upon a specific topic for EFT practice, research, or training. With a total duration of 75 minutes (1h15), they may involve one, two or up to three presenters, which will structure the learning goals and methods with the aim of providing training in a specific area of EFT. When proposing this submission format, proponents are encouraged to explicitly state the learning goals for the trainees by the end of their participation in that mini workshop. Although we encourage this form of submissions, the total number of mini workshops featured in the ISEFT conference will have to be limited.

Structured discussion

Structured discussions provide opportunity for a more interactive conversation among the presenters and the audience around a specific theme. With a total duration of 75 minutes (1h15), they should start with a pitch-presentation (5 minutes or less) on the theme to be discussed, then each presenter (3 to 5 presenters) conducts a very brief presentation to kickoff discussion (5 minutes or less) among the proponents and colleagues in the audience. They are mostly suitable for emerging topics in EFT, such as new developments in practice, supervision, and training, among other issues.

Brief papers

Brief papers are 10 to 15 minutes presentations. We hope to group them in panels aggregating common or complementary topics, with a few minutes left for Q&A with the audience at the end of the brief paper panel. We will designate an internal or external moderator (if within or outside the participants of that panel) to keep track of the time flow of the panel.

Posters

Poster sessions will be available during the ISEFT conference program. Posters should be featured in A1 size (59 x 84 cm; 23 x 33 inches) and are appropriate for research reports, including case studies, completed research projects, pilot studies or work-in-progress studies. Word count should be limited within 300 to 800 words and an effective use of text (bullets, numbering, and headlines) and design (figures, graphics, color) is recommended. Specific instructions for their display will be provided upon acceptance.

FYI – For your information

All proposals will have to be submitted until February 28th, 2023, according to the instructions on the conference website, displaying information concerning names of presenters, authors (co-authors, if applicable), affiliation (organization which you represent), country of presenters and (co)authors and corresponding e-mail. There will also be a specific place for stating which presentation methods you will use, so we can prepare specific resources, in advance, for your presentation (e. g. video presentation, requiring data show and sound devices). Presentations at the ISEFT Conference will begin at 9:00am (WET), Thursday, June 29th, and end at 7:00pm (WET), Friday, June 30th. Information regarding the participation and registration for the EFT Trainers Meeting will follow.

We hope to see you all in Porto!



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