

The Institute of Emotion-Focused Therapy Ireland
presents
Emotion-Focused Therapy - Level 1
A Four Day Training Workshop from 22nd - 25th August, 2019
Presented by Ladislav Timulak, PhD

Dublin; Marino Institute of Education

Fee: €800 (€725 early bird bookings made before 30/04/2019)

Training is open to counselling/clinical psychologists and accredited psychotherapists/counsellors



Ladislav Timulak, Ph.D. is an Associate Professor at Trinity College Dublin, where he is also Course Director of the Doctorate in Counselling Psychology. He trained in emotion-focused therapy with the developers of EFT; Professors Leslie Greenberg and Robert

Elliott. His main research interest is in the area of psychotherapy research, in particular emotion-focused therapy; and he is Principal Investigator on a Randomised Controlled Trial comparing EFT with CBT in the treatment of Generalised Anxiety Disorder. He is the author of a number of books, including two books on Emotion-Focused Therapy; *'Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach'* (Routledge, 2015), and *'Transforming Generalised Anxiety: An Emotion-Focused Approach'* (Routledge, 2017).

Workshop Content: Dr. Timulak, will lead a 4-day introductory and experiential workshop on EFT as a treatment for working with complex emotions in individual psychotherapy. The approach will be illustrated with video recorded case studies, and significant time will be given to experiential exercises in small break out groups where participants will be supported in learning core EFT tasks. The phases of treatment will be described and the specific processes that led to the resolution of the clients' presentation will be highlighted and illustrated.

Emotion-Focused Therapy (EFT) is an evidence-based experiential psychotherapy in the humanistic tradition of Person-Centered and Gestalt therapy, influenced by family & systemic therapy as well as ongoing research in affective neuroscience. EFT is established as a treatment for depression, trauma, and in its couples format, relationship distress. It has also been applied to the treatment of eating disorders, and most recently, to the treatment of anxiety, specifically social anxiety and generalized anxiety. EFT is a unique empirically based approach, based on methods designed to help people accept, express, regulate, make sense of, and transform emotion. It focuses on the development of emotional intelligence and on the importance of secure relationships. Based on emotion, attachment, and growth theory, it helps people identify which of their emotions they can trust and rely on as adaptive guides and which of their emotions are residues of painful memories that have become maladaptive and thus need to be changed. With the help of the therapist's empathic understanding and the use of experiential methods, clients learn how to make healthy contact with and transform, feelings, memories, thoughts, and physical sensations that have been ignored, feared or avoided.

Places can be reserved by paying a non-refundable deposit of €150. The early bird rate applies when the full fee is paid before 30/04/2019. Full refunds will only be given with two week's notice. Thereafter a booking deposit of €150 will be retained unless the place can be filled from waiting list. This event will be registered for CPD credits with PSI. For all enquiries and bookings please contact: ieftireland@gmail.com

Other upcoming workshops

EFT 2 (4 day advanced workshop) 5th – 8th December 2019 (€725 / €650 early bird)

Emotion-Focused Couples Therapy (4 day training) 27th – 30th June 2019 (€800 / €725 early bird)

Emotion-Focused Skills Training for Parents and Families (clinician workshop) 2nd & 3rd April (€400 / €350)

EFT for Eating Disorders (2 day masterclass) 4th & 5th April (€400 / €350)

The Institute of Emotion Focused Therapy, Ireland is an accredited isEFT institute.