

The Institute of Emotion-Focused Therapy Ireland  
presents  
**Emotion-Focused Therapy - Level 2**

A four-day intensive training workshop  
9.30-5pm, 6<sup>th</sup> - 9th September 2018

Facilitated by

**Dr. Ladislav Timulak**

Centre For Professional Therapy, Baggot St., Dublin  
Fee: €550 (€500 early bird bookings made before 30/06/2018)

*The Institute of Emotion-Focused Therapy Ireland hosts an intensive four-day level 2 training workshop in Emotion-Focused Therapy. The training is open to participants who have already completed a Level 1 training and wish to advance their practice of EFT. It is also suitable for participants with more experience who are interested in further training & the opportunity to explore issues that have arisen in clinical practice.*

**Training Outline:** This workshop provides participants with more in-depth skill training beyond the introductory Level One workshop and enables discussion of challenges that have emerged in using EFT in participants' own clinical practice. Participants receive in depth skill training through a combination of brief lectures, video demonstrations, live modelling, case discussion and extensive supervised experiential practice (in which participants learn by working as both client and therapist in small groups). Topics covered over the course of the four days include advanced emotion assessment; productive and unproductive arousal; advanced work with experiential tasks such as two chair and empty dialogues; work with worry and interruptive processes; imaginal restructuring; application of EFT to specific populations & problems (with a particular focus on generalised anxiety); and case formulation for specific disorders.



**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).

**The workshop is a small group training experience and enrolment is strictly limited.**

*This workshop is open to qualified counselling/clinical psychologists and accredited psychotherapists/counsellors who have completed at least a Level 1 training in Emotion-Focused Therapy (for individuals)*

For all enquiries and bookings, please contact: [ieftireland@gmail.com](mailto:ieftireland@gmail.com)

Registration is on a first come, first served basis. No refund will be given without one week's notice of cancellation.

The Institute of Emotion Focused Therapy, Ireland is an accredited isEFT institute.  
[www.ieft.ie](http://www.ieft.ie) | [www.iseft.org](http://www.iseft.org)