

Emotion-Focused Therapy: Level 2 [New 9-Day model] 2017-18 Training Series

Three Modules, 9.30-17.00:

16-18 Nov 2017; 19-21 March 2018; 17-19 May 2018

Venue: University of Strathclyde, Glasgow

**Facilitated by Professor Robert Elliott and Lorna Carrick
University of Strathclyde**

The Counselling Unit at the University of Strathclyde is excited to offer an innovative, restructured and enhanced Level 2 training in Emotion-Focused Therapy (EFT) for counsellors and psychotherapists (Diploma level or above) who have completed Level One training in EFT. This nine-day series consists of three separate three-day modules, spread over the 2017-2018 academic year to allow participants to begin to implement EFT in their client work. This intensive training is broader and more in-depth than EFT level 1 or the previous EFT level 2, in particular adding training in the specialised empathy skills required to carry out EFT. The format will be a mixture of brief lectures, videos or demonstrations, experiential practice exercises in small groups, and discussion.

Module A: Advanced Empathic Attunement & EFT (Thurs – Sat, 16-19 Nov 2017)

Day 1: Accessing Empathic Resonance; Evocative Empathy and Empathic Affirmation

Day 2: Exploratory Empathy and Empathic Conjecture

Day 3: Rapidly engaging clients & establishing presence; Empathy & Chairwork

Module B: EFT Fundamentals (Mon – Weds, 19-21 March 2018)

Day 4: EFT Therapist Response Modes; Focusing & EFT

Day 5: The Five Dimensions of EFT Client Case formulation; Alliance Ruptures

Day 6: Two-Chair work & self-critical splits in Depression

Module C: Advanced Methods in EFT (Thurs – Sat, 17-19 May 2018)

Day 7: Narrative Work in EFT: Systematic Evocative Unfolding, Creation of Meaning, & Narrative Retelling

Day 8: Advanced Two Chair Work: Self-Interruption & Motivational conflicts

Day 9: Empty Chair work; Compassionate Self-soothing

Enrolment is set for a minimum of 15, with variable staffing to accommodate up to 30. The course could be taken for continuing professional education credit. This course is part of Level A Completion of Basic EFT Training, recognised by the International Society for Emotion-Focused Therapy (ISEFT)

Whole Series Package Cost: Regular: **£845**; Early bird: **£795** (by 15 Oct 2017);

Per Module Cost: Regular: **£345**; Early bird: **£295** (prior to 30 days before each module)

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

Please send a non-returnable deposit of £50.00 to secure a place if not paying the whole fee at time of booking. Online booking and payments can be made at the following link:

<http://onlineshop.strath.ac.uk/browse/product.asp?catid=45&modid=2&compid=1>

Contact: claire.mcconnell@strath.ac.uk or 0141-444 8417 for further information on this training, the facilitators, ways of applying for this course or other APT events

