

Emotion-Focused Therapy: Level 2 [9-Day model]

2018-19 Training Series

Three Modules, 9.30-17.00:

15-17 Nov 2018; 4-6 March 2019; 9-11 May 2019

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 2018-2019 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 & Relational Work (Thurs – Sat, 15-17 Nov 2018)

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

Day 2: Exploratory Empathy and Empathic Conjecture

Day 3: Rapidly Engaging Clients & Establishing Presence; Relational Difficulties

Module B: EFT Fundamentals (Mon – Weds, 4-6 March 2019)

Day 4: EFT Therapist Response Modes; Focusing & EFT

Day 5: The Five Dimensions of EFT Client Case formulation; Two-Chair work

Day 6: Working with Depression: Self-Critical Splits; Empty Chair Work

Module C: Advanced Methods in EFT (Thurs – Sat, 9-11 May 2019)

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

Day 8: Self-Interruption Splits; Motivational conflicts

Day 9: Advanced 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 2018);

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