

The Institute of Emotion-Focused Therapy Ireland

presents

Emotion-Focused Therapy for Couples - Level 1

A Four Day Training Workshop from 3rd - 6th July, 2018

Presented by Rhonda Goldman, PhD

Dublin; Marino Institute of Education

Fee: €675 (€625 early bird bookings made before 31/03/2018)

*Training is open to counselling/clinical psychologists and accredited psychotherapists/counsellors
Prior training in EFT or EFT for Couples is not required.*

The Institute of Emotion-Focused Therapy Ireland is proud to host an intensive four-day workshop in Emotion-Focused Therapy for Couples, led by Rhonda Goldman. Building on the latest research conducted by Dr. Goldman, Les Greenberg and colleagues, this training will provide participants with in-depth skills training through lectures, video demonstrations, modelling and supervised role-playing practice.

Emotion-Focused Couples Therapy focuses on the emotional bond between a couple and on each partner's emotional experience, attachment longings, needs, and fears as well their needs for validation of their identities. EFT strives to uncover how each partner reacts emotionally to events that cause negative interactional patterns. These patterns are seen as being created when partners express secondary emotions, often anger, rather than openly expressing their primary emotions and needs, such as their basic attachment fears and needs, shame at self esteem injury, and needs for validation of their identity. The fractured emotional bond is healed by identifying negative interactional cycles that dominate the couple's interaction and transforming these by means of the expression of primary attachment and identity related emotions. The essential goal of EFT is the creation of new, healthy patterns of interaction by using emotion to restructure interactions.

This workshop constitutes one of the steps towards certification as an EFT Couples therapist. See here for training standards: <http://www.iseft.org/Standards-for-couples>



Rhonda N. Goldman, PhD, is a professor at the Illinois School of Professional Psychology at Argosy University, Schaumburg and a therapist affiliate of the Family Institute at Northwestern University in Evanston, Illinois where she conducts psychotherapy with both couples and individuals. She practices, teaches, and conducts research on emotional processes and outcomes in Emotion-Focused Therapy and has written on empathy, vulnerability, depression and case formulation. She has co-authored four texts on EFT, most recently a book on case formulation (2014). She is co-author with Les Greenberg of 'Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power' (2008), and has just recently recorded an EFT for Couples demonstration DVD for the American Psychological Association. She is a recipient of the Carmi Harrari Early Career Award from the Society of Humanistic Psychology, Division 32 of the American Psychological Association, and is a past president of the Society for the Exploration of Psychotherapy Integration.

Registration is on a first come, first served basis. Places can be booked by paying a non-refundable deposit of €150. Early bird rate applies when the full fee is paid before 31/03/2018. Full refunds will only be given with one week's notice. This event is being registered for CPD credits for members of PSI. All PSI members must sign for credits each day.

For all enquiries and bookings, please contact: ieftireland@gmail.com

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