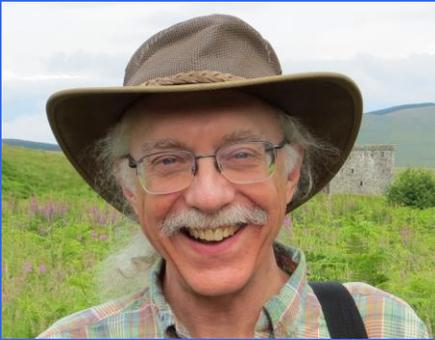


SALOMONS CENTRE FOR APPLIED PSYCHOLOGY HOSTS

# Emotion–Focused Therapy

WITH **Robert Elliott**

**28–31 MAY 2018**



## ABOUT ROBERT ELLIOTT

Robert Elliott, Ph.D. is Professor of Counselling at the University of Strathclyde. Before moving to Scotland in 2006, he was Professor of Clinical Psychology at the University of Toledo (Ohio). He is co-author of *Facilitating Emotional Change* (1993), *Learning Emotion–Focused Psychotherapy* (2004), and *Research Methods in Clinical Psychology* (2002), plus more than 150 journal articles and book chapters. He is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research*, and *Person–Centered and Experiential Psychotherapies*. He has received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association.

To REGISTER and FOR MORE INFO

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Tel +44 (0)1227 927076

Full rate £ 800

Early Bird (before 28 February) £ 750

Held at: Salomons Centre for Applied Psychology  
1 Meadow Road, Royal Tunbridge Wells  
Kent TN1 2YG



Robert Elliott will be delivering Level 1 Emotion–Focused Therapy (EFT) training offering an exciting opportunity for delegates to learn directly from one of the developers of this psychotherapeutic approach.

Emotion–Focused Therapy (EFT) is an empirically supported humanistic treatment that views emotions as centrally important in human functioning and therapeutic change. EFT involves a therapeutic style that combines both following and guiding the client's experiential process, emphasizing both relationship and intervention skills. Using two chair and empty chair approaches it helps support clients to work through 'blocks' and 'unfinished business' supporting the emergence of primary needs and letting go of unmet needs.

A substantial body of research outlining the effectiveness of EFT now exists in both individual and couples forms of therapy in a number of randomized clinical trials for difficulties including depression, anxiety, trauma and relationship distress (e.g. Elliott, Watson, Greenberg, Timulak & Freire, 2013; Johnson, Hunsley, Greenberg & Schindler, 1999).

## LEVEL 1 PROGRAMME

This intensive four day training provides therapists with the skills they need to work more directly with emotions in psychotherapy. It covers major principles of emotional change in psychotherapy: awareness, expression, regulation, reflection, transformation, and corrective emotional experience. The training is experiential working on personal material, including brief lectures, video demonstrations, live modelling, case discussions and extensive supervised practice using your own experiences.



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