

Emotion-Focused Therapy Training

The Transforming Power of Affect

With Rhonda N. Goldman, Ph.D.

February 22-23, 2019, 9:00 a.m. – 5:00 p.m.

Sponsored by the University of Louisville Counseling Center



Emotion-Focused Therapy (EFT) is a Humanistic, evidence-based form of psychotherapy that integrates Person-Centered and Gestalt therapies and emotion theory. There is a particular relevance to working with depression, trauma, and anxiety difficulties. This experiential training will provide participants with a grounding in the theory and skills required to work more effectively with emotion in psychotherapy.

Learning Objectives:

- Provide in-depth skills training through a combination of brief lectures, video demonstrations, and supervised practice with real personal material.
- Provide an overview of EFT Emotion Theory, including basic principles and the role of emotion and emotional awareness in function and dysfunction
- Demonstrate differential intervention based on specific process markers.
- Review videos of evidence based methods for evoking and exploring emotion schemes, painful self-criticism, and emotional injuries from past relationships.
- Train participants in moment-by-moment attunement to emotion, and the use of methods for dialoguing with aspects or configurations of self and imagined significant others in an empty chair.

Training will be held at Spalding University, Louisville, KY

Specific location TBA

Training is open to all licensed mental health professionals and to mental health graduate students.

CEU's approved for social workers and we are applying to the Psychology, Professional Counselors, and MFT boards for CEU's.

Early bird registration- Ends Dec. 7th, 2018

\$330 for licensed professionals, \$280 for students

After Dec. 7th, licensed professionals \$355, students \$305

Registration Link: <https://louisville.edu/studentaffairs/forms/ubm/counseling-conference/>

Questions? Contact Dr. Sarah Kolb at skkolb09@gmail.com

About the presenter

Rhonda N. Goldman, PhD, is a professor of Clinical Psychology at the Illinois School of Professional Psychology at Argosy University, and a therapist affiliate of the Family Institute at Northwestern University in Evanston, Illinois where she conducts psychotherapy with both couples and individuals. She has co-authored/edited five texts on Emotion-Focused Therapy including Learning Emotion-Focused Therapy (2004), Case Studies in Emotion-Focused Treatment of Depression (2007), Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power (2008). Case Formulation in Emotion-focused therapy: Co-creating Clinical maps for Change (2015), and the Clinical Handbook of Emotion-Focused Therapy (2018). She has also co-authored a number of book chapters as well as research articles establishing empirical support for Emotion-Focused Therapy. 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 is the past-president of the Society for the Exploration of Psychotherapy Integration. She is the recipient of the Carmi Harari Early Career Award from Society of Humanistic Psychology, a division of the American Psychological Association. Dr. Goldman has over 20 years of experience, practicing and training clinicians in practicing Emotion-Focused Therapy (EFT).