

# **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. 7<sup>th</sup>, 2018**

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

**After Dec. 7<sup>th</sup>, licensed professionals \$355, students \$305**

**Registration Link:** <https://louisville.edu/studentaffairs/forms/ubm/counseling-conference/>  
**Questions? Contact Dr. Sarah Kolb at** [skkolb09@gmail.com](mailto: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).