

Additional informations

Language: English

Supervision: 16 units in small groups or one-to-one. Acceptance of up to 6 units of supervision of individual EFT for isEFT certified level B or C therapists.

Costs: Overall cost: CHF 4'785.-. The costs for the individual supervision sessions are settled with the respective supervisor and are not included in the price of the workshops. The workshop costs are due in three installments. 1st installment: CHF 1'595.-, end of 2018, 2nd installment: CHF 1'595.- mid 2019 and 3rd installment: CHF 1'595.- beginning of 2020.
Early Bird: CHF 4'500.- for registrations before 01.05.2018.

Price reduction: Members of the Swiss Society for Emotion-Focused Therapy (EFT-CH) profit from a price reduction of CHF 50.-.

Certificate: Provided the requirements are met, the training concludes with an isEFT- approved certification.

Location and time: Aki, Alpeneggstrasse 5, CH-3012 Bern, 9:15 to 17h

Registration: Written registration by online contact form: www.ieft.ch. There is a limited maximum number of participants. The training will only be held if there are enough participants.

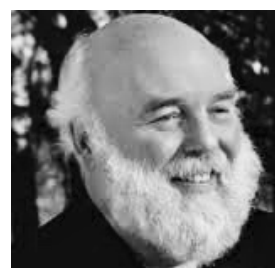
Registration deadline: 01.11.2018

Provisions for cancellations: Cancellation of the registration is possible before 01.11.2018 without any costs. For cancellations after 01.11.2018 the first installment will be charged. It is possible to avoid this by finding a replacement.

Queries: 031 302 03 93 / info@ieft.ch / www.ieft.ch

Emotion-Focused Therapy for couples (EFT-C)

Leslie Greenberg, Rhonda Goldman and Serine Warwar



The institute for Emotion-Focused Therapy in Switzerland (IEFT.ch) is organizing an isEFT (International Society for Emotion-Focused Therapy) - approved and certified one-year training course in Emotion-Focused Couples Therapy according to Leslie Greenberg.

Goals

Emotion-Focused Couples Therapy (EFT-C) is an empirically validated (Snyder, Castellani, & Whisman, 2006) and highly effective therapeutic procedure for the treatment of difficulties in couples (Johnson & Greenberg, 1985; Goldman & Greenberg 1992), whereby findings from Emotion-Focused Therapy (EFT) are complemented by a systemic perspective. The aim of Emotion-Focused Couples Therapy is to recognize and change negative interactional cycles between the partners. EFT-C assumes that, in addition to attachment, identity and attraction, the regulation of affect is **also an important driving force in relationships** (Greenberg & Goldman, 2008). Affect regulation means that both partners strive to

experience positive emotions and to avoid unwanted emotions within the relationship. Therefore, affect regulation is a key concept in understanding and changing couples' interactions. EFT-C pursues two main goals: 1) The partners learn to access their vulnerabilities and painful emotions, to communicate appropriately and to respond to each other in a validating way. 2) The partners learn to regulate their painful and maladaptive emotions, which have their roots in early childhood injuries, themselves.

Target group

Psychological and medical psychotherapists with a completed or very advanced training in psychotherapy and experience in working with couples.

Procedure

Besides presentations, video examples, case descriptions and the modelling of the approach, intensive experiencing and practice of the central principles and techniques in the roles of therapist and client within supervised subgroups is emphasized. During the further training, the participants bring in video recordings of their own cases, which are then supervised in a process-oriented manner. Between the seminars, one-to-one supervision will take place for the more in-depth supervision of the participants' cases and also for the elaboration of the content conveyed in the seminars.

Contents

- Introduction to emotion theory and the theory of interactional cycles
- Getting to know the three basic motivational systems (attachment, identity and attraction)
- Recognizing and working with emotions relevant to attachment and identity
- Learning to attune empathically to emotions

- Dealing with relationship problems in couples therapy
- Discussion of different interactional cycles
- Teaching the 5 phases and 14 steps of the EFT-C model
- Working with emotional injuries, betrayal and forgiveness
- Promoting self-soothing

Trainers

Prof. Dr. Leslie Greenberg, Professor emeritus for clinical psychology at York University, Toronto and head of the associated centre for psychotherapy research. Head of isEFT.

Dr. Rhonda Goldman, PhD., Professor for psychology at the University of Argosy, Schaumburg, Illinois and founding member of isEFT.

Dr. Serine Warwar, PhD., head of the clinical centre for Emotion-Focused Therapy in Toronto, Ontario. IsEFT-certified trainer.

Facilitator

Dr. Catalina Woldarsky, isEFT- approved supervisor and EFT-C trainer.

Supervisors

Dr. Leslie Greenberg, Dr. Rhonda Goldman, Dr. Serine Warwar and Dr. Catalina Woldarsky

Seminar dates

- | | | | | | |
|------|------------|----|------------|----------|-------------------|
| I. | 01.05.2019 | to | 04.05.2019 | (4 days, | Leslie Greenberg) |
| II. | 05.11.2019 | to | 08.11.2019 | (4 days, | Rhonda Goldman) |
| III. | 02.06.2020 | to | 05.06.2020 | (4 days, | Serine Warwar) |