



Emotion Focused Therapy (EFT) – for individuals

Masterclass Case Formulation in Emotion-Focused Therapy

**A one-day masterclass facilitated by
Prof. Dr. Rhonda Goldman PhD. (C.Psych)**

On May 23, 2018

Case Formulation in EFT is process-guided and works toward the identification of the core maladaptive emotion scheme as the source of the various problems that people bring to treatment. Case formulation is described in 3 stages, entailing a focus on emotional processing style and unfolding the narrative, identification of the core maladaptive emotion scheme, and process formulation guided toward transformation of underlying emotion processing difficulties. In the master class we will learn the three stages of case formulation, and the accompanying skills necessary to carry it with various types of clients. Goldman will focus on how to identify different types of emotional processing style, how to identify core emotion schemes, and the ongoing identification of markers that indicate the correct task to engage in order to help clients transform emotions and work through their problems.

Learning Objectives

1. Identify emotional processing style.
2. Identify core emotion schemes such as...
3. Relate core emotion schemes to presenting problem.
4. Identify ongoing markers as task indicators across cases.

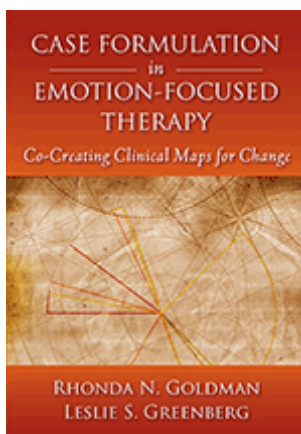
About the tutor

Rhonda N. Goldman, PhD, is an associate professor of Clinical Psychology at the Illinois School of Professional Psychology at Argosy University, Schaumburg Campus. She is also an affiliate therapist of the Family Institute at Northwestern University in Evanston, Illinois, where she works with both couples and individuals. She has co-authored three texts on Emotion-Focused Therapy including Learning Emotion Focused Therapy, Case Studies in Emotion-Focused Treatment of Depression, and Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love and Power. Together with Les Greenberg she is author of the most recent book (2014) on Case Formulation. She practices, teaches, and conducts research on emotional processes, empathy, vulnerability, depression, and soothing. She is the 2011 recipient of the Carmi Harrari Early Career Award from the Society of Humanistic Psychology, Division 32 of the American Psychological Association. She is past-president of the Society for the Exploration of Psychotherapy Integration (SEPI).



Practical information

Costs:	€ 245,--
Groupsize:	maximum 30 participants
Location:	Apanta-academy, Provincialeweg 50, Veldhoven on
Registration:	www.apanta-academy.nl
Contact information:	Brigitte Pelt via info@apanta-academy.nl
Recommendation:	Book on Case Formulation in Emotion-Focused Therapy: Co-Creating Clinical Maps for Change, ISBN 978-1-4338-1820-2



Apanta: 'ontmoeting', jezelf aan het werk zetten, avontuur met goede afloop