

Emotion-Focused Therapy: Level 2 [6-Day model]

2017 Workshop Series [revised dates:]

Three Friday-Saturday Workshops, 9.30-16.30:

3-4 Feb; 10-11 March; 12-13 May 2017

Venue: University of Strathclyde, Glasgow

Facilitated by Professor Robert Elliott and Lorna Carrick University of Strathclyde

The Counselling Unit at the University of Strathclyde is pleased again to offer further training in Emotion-Focused Therapy (EFT) for counsellors and psychotherapists (Diploma level or above) who have completed Level One training in EFT and have had previous empathy training (see below). This six-day series follows a schedule of three two-day Friday-Saturday sessions spread over early 2017 to allow participants to begin to implement EFT in their client work in the course of the training; it covers a broader range of topics than 4-day EFT level 2 trainings allow. The format will be a mixture of brief lectures, videos or demonstrations, experiential practice exercises in small groups, and discussion.

The specific topics to be covered will feature material not covered in the Level 1 course, including

- Therapist experiential response modes
- EFT client case formulation and modes of engagement
- The EFT adaption of Focusing
- Relational Dialogue for Alliance difficulties
- Creation of Meaning for meaning protests & Narrative retelling of difficult or traumatic experiences

In addition, different forms of Chairwork will be particularly emphasized:

- Two chair conflict split work for: self-criticism, self-interruption, and self-damaging activities
- Empty chair work for unfinished business
- Compassionate Self-soothing for painful self states

- Enrolment is set for a minimum of 15, with variable staffing to accommodate up to 30.
- The course could be taken for continuing professional education credit.
- This course is part of Level A Completion of Basic EFT Training, recognised by the International Society for Emotion-Focused Therapy (ISEFT)
- *Previous empathy training requirement:* In accord with ISEFT training guidelines, participants must have had a prior training in a humanistic-experiential psychotherapy (such as person-centred, focusing-oriented or gestalt therapy) or undertake the Advanced Empathic Attunement Workshop before commencing EFT Level 2.

Cost: Before Weds 4th Jan 2017: **£545** or After Weds 4th Jan 2017: **£595**

In order to keep costs to a minimum, catering is not included in these costs

Please send a non-returnable deposit of £50.00 to secure a place if not paying the whole fee at time of booking. Online booking and payments can be made at the following link:

<http://onlineshop.strath.ac.uk/browse/product.asp?catid=45&modid=2&compid=1>

Contact: jan.bissett@strath.ac.uk or 0141-444 8415 for further information on this training, the facilitators, ways of applying for this course or other APT events