

The Institute of Emotion-Focused Therapy Ireland
presents

Emotion-Focused Therapy for Couples

A four day intensive training workshop

9.30-5pm, 22nd - 25th March 2017

Facilitated by

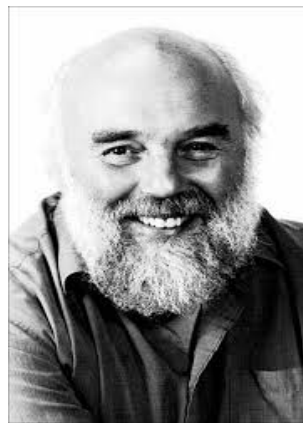
Dr. Leslie Greenberg

Marine Hotel, Sutton, Co. Dublin

Fee: €775 (€700 early bird bookings made before 09/12/2016)

The Institute of Emotion-Focused Therapy Ireland is proud to host an intensive four-day workshop in Emotion-Focused Therapy for Couples, led by Dr. Leslie Greenberg. Building on the latest research conducted by Dr. Greenberg and his colleagues, this training will provide participants with in-depth skills training through lectures, video demonstrations, modelling and supervised role-playing practice.

Emotion-Focused Couples Therapy focuses on the emotional bond between a couple and on each partner's emotional experience, attachment longings, needs, and fears as well their needs for validation of their identities. EFT strives to uncover how each partner reacts emotionally to events that cause negative interactional patterns. These patterns are seen as being created when partners express secondary emotions, often anger, rather than openly expressing their primary emotions and needs, such as their basic attachment fears and needs, shame at self esteem injury, and needs for validation of their identity. The fractured emotional bond is healed by identifying negative interactional cycles that dominate the couple's interaction and transforming these by means of the expression of primary attachment and identity related emotions. The essential goal of EFT is the creation of new, healthy patterns of interaction by using emotion to restructure interactions.



Dr. Leslie S. Greenberg, PhD, is Distinguished Research Professor Emeritus of Psychology at York University, Toronto, Canada, where he also directs the Emotion-Focused Therapy (EFT) training clinic. He is the primary originator and developer of EFT, and has published hundreds of research papers on the subject of working with emotion in psychotherapy. His most recent books include *Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings* (2015), and with Rhonda Goldman, *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power* (2008). Dr. Greenberg has received the Distinguished Research Career Award of the International Society for Psychotherapy Research, as well as the Carl Rogers Award and the Award for Distinguished Professional Contribution to Applied Research from the American Psychological Association.

This workshop is open to qualified counselling/clinical psychologists and accredited psychotherapists/counsellors
Prior training in EFT or EFT for Couples is not required.

For all enquiries and bookings, please contact: ieftireland@gmail.com

Registration is on a first come, first served basis. No refund will be given without one week's notice of cancellation.

The Institute of Emotion Focused Therapy, Ireland is an accredited isEFT institute.
www.ieft.ie | www.iseft.org