



AUSTRALIAN
INSTITUTE OF
EMOTION
FOCUSED
THERAPY

AIEFT training - New Structure

Dates for Semester 2, 2017

Dr Melissa Harte (Counselling Psychologist) and Internationally Certified EFT Trainer

B. App. Sci.(Med. Lab. Sci.), Grad. Dip. (Psych), B. Sci. (Hons) Psych. D. Psych.(Couns)

Level 1 - Introduction Workshop **29/07/17 & 30/07/17** (Sat & Sun)

Level 2 - Workshops are didactic with experiential components.

Level 2A – Focusing **12/08/17 & 13/08/17** (Sat & Sun)

Level 2B – Empty chair and other tasks **09/09/17 & 10/09/17** (Sat & Sun)

Level 2C – Two Chair **21/10/17 & 22/10/17** (Sat & Sun)

Level 2D – Case Formulation and Clinical Applications **18/11/17 & 19/11/17** (Sat & Sun)

Level 1 – 2 days

- Introduce core EFT concepts
- Rogerian relational foundations
- Basic formulation
- Attending moment by moment
- Attunement
- Empathy based tasks
- Working alliance
- Emotional arousal
- Grounding/Safe place
- Emotion response styles
- Emotion Processing
- Demonstration
- Encouraging expression of Primary Emotion
- Emotion Schemes
- Reprocessing Tasks
- Narrative Marker for trauma retelling
- Meaning Protest
- Systematic evocative unfolding

Level 2A - Focusing – 2 days

- Importance of facilitating Experiencing
- Safety to proceed or come back to ...
- Felt Sense
- Development of felt sense in practitioner and client
- Reprocessing painful and traumatic events using Focusing Model
- Focusing demonstration

Level 2B – Empty Chair work and other tasks – 2 days

- Enactment Tasks – empty chair work

Level 2C – Two chair work – 2 days

- Dialectal Constructivism on the theory of change
- Enactment Tasks – two chair work, conflict, self-interruptive, anxiety and depressive splits
- Demonstration of chair work

Level 2D – Case Formulation & Clinical Applications – 2 days

- Review of Tasks and Markers, interventions, meaning bridges and end states
- Case Formulation
- Clinical applications - depression, anxiety, PTSD, complex PTSD, trauma and abuse.

Level 3 collapses Level 5 and 6 and includes 21 individual supervision and two weekend group workshops. The aim of Level 3 is to prepare trainees for certification and is based on competency and on the international standards of the ISEFT. In the two group supervision workshops you will be required to bring a videoed session of your EFT work or you can do a live demonstration that will be recorded. These workshops will be in a smaller group.

Level 3 – Individual and Group Supervision

Group supervision **26/08/17 & 27/08/17** (Sat & Sun) and **23/09/17 & 24/09/17** (Sat & Sun)

International Certification – Completion of Levels 1-3 and recorded client work brought to supervision with at least 4 clients for a total of 60 sessions and a written case description including Case formulation of about 2500 words.

Where: Harte Felt Centre
The Emotion Focused Training Centre
Level 1, 16a Toorak Road, South Yarra, 3141
www.hartefeltcentre.com.au

Cost: Level 1 - \$550.00
Level 2A - \$440.00
Level 2B - \$440.00
Level 2C - \$440.00
Level 2D - \$440.00

Full reading pack supplied upon receipt of payment

Early bird 10% 30 days prior to start date

Pay as you go or book in and pay for all 4 sessions of level 2 - \$1500.00

Student rate: Available on request and limited places. Early bird does not apply.

Limited Places: Workshops is limited to 20 people.

Catering: Morning & Afternoon Tea provided.
Please bring a plate to share for lunch. We have kitchen facilities.

Enquiries: Melissa Harte – 0407 427 172 (mobile), info@hartefeltcentre.com (email)
FAX 03 9867 4701