

## Enhancing Empathic Attunement in Emotion-Focused Therapy (EFT)



This EFT full training has been initiated for the first time in the Netherlands. The complete EFT training has three levels, with two additional workshops on Empathy within EFT. This workshop **Enhancing Empathic Attunement in EFT** is an unique opportunity to be trained by one of the cofounders of EFT, Ms Jeanne Watson, Ph.D

After a review of the research on specific elements of the psychotherapy Norcross & Wampold (2011) noted that empathy is demonstrably effective in promoting change in psychotherapy. Empathy is recognized as a trans theoretical construct that contributes to positive outcomes accross different therapeutic approaches (Watson, Steckley & McMullen, 2014). This workshop will provide participants with a solid grounding in the skills required to be maximally empathic with their clients, to work more effectively in emotion focused psychotherapy, and develop productive therapeutic alliances.

Participants will be trained in the skills of moment-by-moment attunement to clients's experience in the session to facilitate clients cognitive-affective processing in emotion-focused psychotherapy. Skills training will include a combination of brief lectures, video demonstrations, case discussions and supervised practice in experiential exercises. The workshop will begin with a discussion on the role of empathy in therapeutic practice. First an overview of empathic resonance drawing from recent developments in neuropsychological research will be presented and ways of facilitating clinicians' responsiveness



discussed. Second empathic expression including the behavioural components of empathy, along with different response modes and markers for how to intervene differentially will be identified and demonstrated. Third the role of empathic attunement in the processing of overwhelming emotion, self-criticism, and emotional injuries from the past will be presented. Videotaped examples of ways of working empathically will be presented and discussed.

This training will provide therapists from a variety of clinical backgrounds with an opportunity to enhance their skills of empathic attunement in emotion-focused psychotherapy.

### **Educational Objectives:**

1. Participants will gain a differentiated understanding of empathy
2. Participants will understand empathic resonance in the findings in context of research findings in neuroscience
3. Participants will identify ways to enhance their empathic resonance
4. Participants will differentiate empathic response modes and the behavioural correlates of empathy
5. Participants will learn to intervene differentially using empathic markers
6. Participants will learn how to help clients process overwhelming emotion, self-criticism, and emotional injuries from the past

### **Tutors:**

Jeanne Watson; Professor and Associate Dean, Programs, OISE, University of Toronto, Canada

#### Co-tutors:

Juliette Becking; Director Apanta Academy, Veldhoven, Nederland

### **Further information:**

Group size: 20-25 participants

Date: 23-24-25 November 2015

Location: Apanta-academy, Provincialeweg 50, 5503 HH Veldhoven

Price: € 690,-- (including lunch)



## Program

### Day 1 – Empathic Resonance

09 : 00 – 10 : 00	Introductions
10 : 00 – 11 : 00	A. Overview of empathy
11 : 00 – 11 : 15	<i>Break</i>
11 : 15 – 12 : 15	B. Empathy and neuroscience
12 : 15 – 13 : 00	In vivo exercise & discussion
13 : 00 – 14 : 00	<i>Lunch</i>
14 : 00 – 15 : 00	Empathic Resonance
15 : 00 – 16 : 00	In vivo exercise / Demonstration
16 : 00 – 16 : 15	<i>Break</i>
16 : 15 – 17 : 00	Discussion and wrap up

### Day 2 – Empathic expression & systematic evocative unfolding

09 : 00 – 11 : 00	A. Functions of Empathy – Empathic responses
11 : 00 – 11 : 15	<i>Break</i>
11 : 15 – 11 : 45	B. Systematic Evocative Unfolding
11 : 45 – 12 : 45	In vivo exercise
12 : 30 – 13 : 00	Discussion
13 : 00 – 14 : 00	<i>Lunch</i>
14 : 00 – 15 : 00	Demonstration
15 : 00 – 16 : 00	In vivo exercise
16 : 00 – 16 : 15	<i>Break</i>
16 : 15 – 17 : 00	Discussion and wrap up

### Day 3 – Empathy and processing emotional injuries and self-criticism

09 : 00 – 10 : 00	A. Review of empty chair work
10 : 00 – 11 : 00	In vivo exercise
11 : 00 – 11 : 15	<i>Break</i>
11 : 15 – 12 : 15	B. Review two chair work
12 : 15 – 13 : 00	In vivo exercise
13 : 00 – 14 : 00	<i>Lunch</i>
14 : 00 – 15 : 00	Demonstration
15 : 00 – 16 : 00	Discussion and wrap up