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Programme Emotion Focused Therapy Level I

23-24-25-26 Mei 2016 **&** **12-13-14-15 October 2016**

Apanta-academy **Apanta-academy**

Location to be announced **Provincialeweg 50**

5503 HH Veldhoven

Schedule: EFT Level 1, Part A Training: Emotion Theory and Introduction to Key Tasks

Day 1: *Foundations, Emotion, Empathy & Alliance Formation*

Time	**Topic**
09.30 – 10.00	A. Introductions; What is EFT?
10.00 – 11.00	B. Emotion Theory Intro; *exercise*
11.00 – 11.15	*Break*
11.15 – 12.30	C. Emotion Schemes
12.30 – 13.30	*Lunch*
13.30 – 14.30	D. Classifying forms of emotion response
14.30 – 16.00	E. Moderating Emotion: Clearing as Space; *exercise*
16.00 – 16.15	*Break*
16.15 – 17.30	F. Accessing Emotion: EFT-Focusing; *exercise*

Day 2: *Reprocessing Problematic Experiences*

Time	**Topic**
09.30 – 10.00	A. Emotion Theory Summary
10.00 - 10.30	B. Therapeutic Tasks and Task analysis
10.30 – 11.00	C. Systematic Evocative Unfolding; *exercise*
11.00 – 11.15	*Break*
10.15 – 13.00	C. D. Empty Chair Work; exercise Systematic Evocative Unfolding; *exercise*
13.00 - 14.00	*Lunch*
14.00 – 15.15	D. Empty Chair Work; *exercise/video*
15.15 – 15.30	*Break*
15.30 – 16.00	D. Empty Chair Work: *exercise*
16.00 – 17.30	E. Research evidence; review, discussion & evaluation

Schedule: EFT Level 1, Part B Training: Emotion Theory and Introduction to Key Tasks

Day 3: *Active Expression Processes - 2*

Time	**Topic**
09.30 – 10.30	A. Therapist Experiential response modes
10.30 – 11.00	B. Dialectic Constructivism; Two Chair Work
11.00 – 11.15	*Break*
11.30 – 13.00	C. Two Chair Work for Conflict Splits - *exercise*
13.00 – 14.00	*Lunch*
14.00 – 15.30	D. Two Chair work for Conflict Splits, cont; demonstration/video/*exercise*
15.30 – 15.45	*Break*
15.45 – 17.30	E. Two Chair work for Self-criticism/depression; video/*exercise*

Day 4: *Identifying Tasks: Empirical support*

Time	**Topic**
09.30 – 10.45	A. Review of key tasks (Focusing, Space Clearing, Unfolding, Empty Chair)
10.45 – 11.30	B. Identifying therapeutic tasks; *practice*
11.30 – 11.45	*Break*
11.45 – 13.00	B. Identifying therapeutic tasks; *practice*
13.00 – 14.00	*Lunch*
14.00 - 15.30	C. Putting EFT into practice; specific client populations (Depression; PTSD, Borderline, Social anxiety)
15.30 – 15.45	*Break*
15.45 – 17.30	D. Useful research tools (HAT, Change Interview, Strathclyde Inventory) E. Review, discussion & evaluation

Literatuur:

Elliott R., Watson J.C., Goldman R.N. & Greenberg L.(2007). ***Learning emotion-focused therapy. The process-experiential approach to change****. APA. ISBN 1-59147-080-3*