



Apanta-Academy  
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## Emotion Focused Therapy Level II

### Day 1 – 6 (Basic programme outline)

Time	Topic
09.30 – 10.00	A. Introductions; Questions from last time, mini supervision discussion
10.00 – 11.00	B. Presentation of Taks
11.00 – 11.15	Break
11.15 – 12.30	C. Skill practice; exercise
12.30 – 12.45	Discussion/processing
12.45 – 13.45	Lunch
13.45 - 14.15	D. Questions from previous exercise task, mini supervision
14.15 – 15.00	E. Presentation of task, with video or live demonstration
15.00 – 15.15	Break
15.15 – 17.00	F. Skill Practice; exercise
17.00 – 17.30	Discussion /processing

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

- Therapist experiential response modes
- Client modes of engagement
- Narrative Retelling of difficult/traumatic experiences
- Relational Dialogue for Alliance difficulties

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

- Two chair enactment for Self-interruption splits
- Two chair conflict split work for depression, anxiety and self-harm behaviour
- Empty chair work for unfinished business
- Compassionate Self-soothing for painful self states

## **Day-by-Day Programme:**

### **Day 1: Therapist Experiential Response Modes, Clearing a Space, and Focusing**

<b>Time</b>	<b>Topic</b>
09.30 – 10.00	A. Introductions and Overview
10.00 – 11.00	B. Description of therapist experiential response modes; exercise: analysis of example video
11.00 – 11.15	Break
11.15 – 12.30	C. Skill practice: experimenting and observing different response modes
12.30 – 12.45	Discussion/processing
12.45 – 13.45	Lunch
13.45 - 14.15	D. Clearing a Space: Presentation of task with video
14.15 – 15.00	E. Skill practice
15.00 – 15.15	Break
15.15 – 16:15	F. Focusing in EFT: Presentation of task with video
16:15 – 17:15	G. Skill practice
17.15 – 17.30	Discussion /processing

### **Day 2: Client modes of engagement, EFT case formulation; Alliance Difficulties**

<b>Time</b>	<b>Topic</b>
09.30 – 10.00	A. Questions/processing from last time, mini supervision discussion
10.00 – 11.00	B. Client modes of engagement: Presentation with video & discussion
11.00 – 11.15	Break
11.15 – 12.30	C. Exercise
12.30 – 12.45	Discussion/processing
12.45 – 13.45	Lunch
13.45 - 14.15	D. Questions from previous exercise task, mini supervision
14.15 – 15.00	E. Alliance Difficulties task presentation, with videos
15.00 – 15.15	Break
15.15 – 17.00	F. Skill Practice
17.00 – 17.30	Discussion /processing

### **Day 3: Narrative retelling, Two Chair work**

<b>Time</b>	<b>Topic</b>
09.30 – 10.00	A. Questions/processing from last time, mini supervision discussion
10.00 – 11.00	B. Narrative Retelling Task: Presentation with video & discussion
11.00 – 11.15	Break
11.15 – 12.30	C. Skill practice
12.30 – 12.45	Discussion/processing
12.45 – 13.45	Lunch
13.45 - 14.15	D. Questions from previous exercise task, mini supervision
14.15 – 15.00	E. Two Chair work task presentation, with videos
15.00 – 15.15	Break
15.15 – 17.00	F. Skill Practice
17.00 – 17.30	Discussion /processing

**Day 4: Systematic Unfolding, Two Chair Work/Depression**

<b>Time</b>	<b>Topic</b>
09.30 – 10.00	A. Questions/processing from last time, mini supervision discussion
10.00 – 11.00	B. Systematic Evocative Unfolding Task: Presentation with video & discussion
11.00 – 11.15	Break
11.15 – 12.30	C. Skill Practice
12.30 – 12.45	Discussion/processing
12.45 – 13.45	Lunch
13.45 - 14.15	D. Questions from previous exercise task, mini supervision
14.15 – 15.00	E. Two Chair Work for Depressive splits: task presentation, with video or live demonstration
15.00 – 15.15	Break
15.15 – 17.00	F. Skill Practice
17.00 – 17.30	Discussion /processing

**Day 5: Two Chair Enactment and Motivational/self-harm Splits**

<b>Time</b>	<b>Topic</b>
09.30 – 10.00	A. Questions/processing from last time, mini supervision discussion
10.00 – 11.00	B. Two Chair Enactment Task: Presentation with exercise & discussion
11.00 – 11.15	Break
11.15 – 12.30	C. Skill Practice
12.30 – 12.45	Discussion/processing
12.45 – 13.45	Lunch
13.45 - 14.15	D. Questions from previous exercise task, mini supervision
14.15 – 15.00	E. Motivational/Self-harm splits: task presentation, with video or live demonstration
15.00 – 15.15	Break
15.15 – 17.00	F. Skill Practice
17.00 – 17.30	Discussion /processing

**Day 6: Empty Chair Work and Compassionate Self-Soothing**

<b>Time</b>	<b>Topic</b>
09.30 – 10.00	A. Questions/processing from last time, mini supervision discussion
10.00 – 11.00	B. Empty Chair Work: Presentation with video or live demonstration & discussion
11.00 – 11.15	Break
11.15 – 12.30	C. Skill Practice
12.30 – 12.45	Discussion/processing
12.45 – 13.45	Lunch
13.45 - 14.15	D. Questions from previous exercise task, mini supervision
14.15 – 15.00	E. Compassionate Self-Soothing: task presentation, with video
15.00 – 15.15	Break
15.15 – 16.30	F. Skill Practice
16.30 – 17.30	Processing; closing exercise discussion