



Masterclass Emotion-Focused Therapy For Social Anxiety

June 6 – 7, 2019

Facilitator: Prof .Dr. Robert Elliott

Location: Apanta-Academy – Prof. Dr. Dorgelolaan 40, 5613 AM Eindhoven
The Netherlands

www.apanta-academy.nl



Course Content

Social anxiety (or social phobia) is a chronic condition with wide-ranging effects on interpersonal, occupational and psychological functioning. Although current treatment guidelines emphasise CBT, effective alternatives have recently emerged.

In this two-day workshop, current humanistic theories of social anxiety will be described. Next, the evidence on the outcomes of humanistic therapies for anxiety difficulties, including recent studies on EFT will be presented. Then the promising results from a recent study comparing EFT to Person-Centered therapy for social anxiety will be summarized, which showed large effects for both treatments but **superior outcomes for EFT**. After that, Robert will describe the application of EFT emotion theory to social anxiety, focusing on helping clients elaborate anxiety emotion schemes, understanding different kinds of anxiety, and helping clients regulate dysregulated anxiety states in sessions.

The first day concludes with a description of a set of propositions that make up the **EFT model of social anxiety**. This model posits early abuse or bullying by primary caregivers, siblings or peers, resulting in two internal self-configurations. One of these is a more explicit hypervigilant protective internal guard aspect, which scans the environment for social dangers, trying to help the person to prepare for or avoid these situations but typically causing emotion dysregulation. The other, deeper configuration is an implicit harsh, shaming critic aspect, an internalization of previous social trauma experiences, which generates a sense of self as socially defective and which is the source of the social anxiety guard aspect.

Day two will focus on the application of key EFT tasks in working with and resolving social anxiety: Unfolding anxiety episodes, working with anxiety splits, and helping client offer compassion to the vulnerable parts of self that underlie social anxiety. Robert will conclude by presenting an integrated model of EFT-SA practice, which consists of a sequence of interlinked therapeutic tasks, starting with evocative unfolding and two-chair enactment of social anxiety episodes, followed by emotion regulation work, work on deeper self-critical processes and unresolved relationships, and finally self-soothing work.

Skill practice using own experiences will be used throughout both days.



Program

Day 1: 6th June 2019

Social Anxiety: Theory, Evidence and Key Emotion Processes

09:30 – 09:45	Welcome and Introductions
09:45 – 11:00	Topics: <ul style="list-style-type: none">• The Nature of Social Anxiety• Humanistic-Experiential Theories of Social Anxiety• Current Research Evidence
11:00 – 11:15	<i>Break - Coffee / Tea</i>
11:15 – 12:45	EFT Emotion Theory and Social Anxiety: a) Elaborating Anxiety Emotion Schemes,
12:30 – 13:30	<i>Lunch</i>
13:30 – 15:00	EFT Emotion Theory and Social Anxiety: b) Identifying Different Types of Anxiety (Emotion Response Types), and c) Helping Clients Regulate Anxious Emotions; Skill practice
15:15 – 15:45	<i>Break - Coffee / Tea</i>
15:45 – 17:30	EFT Propositions for Understanding and Working with Social Anxiety



Day 2: 7th June 2019

The Emotional Deepening Process in EFT for Social Anxiety

09:30 – 11:00	Unfolding Anxiety Episodes and Working with Anxiety Splits, and helping client offer compassion to the vulnerable parts of self that underlie social anxiety;
11:00 – 11:15	<i>Break - Coffee / Tea</i>
11:15 – 12:30	Evocative unfolding and two-chair enactment of social anxiety episodes Skill practice
12:30 – 13:30	<i>Lunch</i>
13:30 – 15:15	Emotion regulation work, Work on deeper self-critical processes and unresolved relationships, Skill practice
15:15 – 15:45	<i>Break - Coffee / Tea</i>
15:30 – 17:00	Self-soothing Work; Skill practice
17:00 – 17:30	Review of EFT Model of Social Anxiety



General Information

- Tutor: Prof. Dr. Robert Elliott, co-tutor: Juliette Becking
- Dates: June 6-7 from 9.30 - 17.30u
- Price: € 525 including coffee, tea, water and lunch
- Location: Apanta-Academy, Prof. Dr. Dorgelolaan 40, Eindhoven, The Netherlands
- Accreditation will be requested at: FGzPt, NIP, VPEP, NVP and on request of a psychiatrist at NVvP
- More information, please contact: www.apanta-academy.nl or e-mail: info@apanta-academy.nl

Robert Elliot

Robert Elliott, Ph.D., is Professor of Counselling in the Counselling Unit at the University of Strathclyde, where he directs its research clinic and teaches on its new MSc in Counselling & Psychotherapy course.

Before moving to Scotland in 2006, he was Professor of Psychology at the University of Toledo (Ohio), where he taught Clinical Psychology and was Director of Clinical Training for 10 years.



One of the founders of **Emotion-Focused Therapy**, he has led EFT training in 15 countries. He has research interests in depression, social anxiety, psychotherapy change process research and the effectiveness of humanistic-experiential psychotherapies.

He is co-author of *Facilitating emotional change* (1993), *Learning emotion-focused psychotherapy* (2004), and *Research methods in clinical psychology* (2002), as well as more than 150 journal articles and book chapters. He is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research*, and *Person-Centered and Experiential Psychotherapies*. Robert has received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association.