**Emotion-Focused Therapy (i)**

**Level 2**

**Tutors:**

* Juliette Becking, EFTiN – EFT Trainer
* Robert Elliott, University of Strathclyde- EFT-Trainer

**Location:**

Kloosterhotel ZIN, Boxtelseweg 58, Vught The Netherlands

**Emotion-Focused Therapy Level 2**

1. Two modules Advanced Chairwork: This training will provide therapists from a variety of clinical backgrounds with an opportunity to enhance their skills in Emotion Focused Therapy:

Learning objectives / topics:

* Therapist experiential response modes
* Client modes of engagement and EFT case formulation
* Narrative Retelling of difficult/traumatic experiences
* Relational Dialogue for Alliance difficulties
* Creation of Meaning for meaning protests

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

* Focusing with difficult or painful experiences
* Clearing a Space for overwhelming or chaotic experiences
* Two chair enactment for Self-interruption splits
* Two chair conflict split work for depression, anxiety and self-harm behavior
* Compassionate self-soothing for painful self-states
* Empty chair work for unfinished business

**Literature:**

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

1. Module Empathy & empathic attunement in EFT: 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.

The literature and program for this module will be sent to you separately

Enclosed you will find:

1. The Day to day program
2. Biography of the tutors
3. Hand-outs

If you are unable to attend a course day, please inform **Jolanda van Laarhoven** as soon as possible. This can be done by e-mail via **info@eftin.nl** or by telephone on +31 (0)6 5050 3272.

**Our training program is officially recognized by the International Society for Emotion Focused Therapy (isEFT).**



[***contact.iseft@gmail.com***](mailto:contact.iseft@gmail.com)

***www.iseft.org***

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**Level 2**

**2020**

**Day-to-Day Programme (module 1):**

**Day 1:**

Therapist Experiential Response Modes, Clearing a Space, and Focusing

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| **Time** | **Topic** |
| 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:**

Narrative retelling, Two Chair work

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| **Time** | **Topic** |
| 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 3:**

Two Chair Enactment and Motivational/ self-harm Splits

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| **Time** | **Topic** |
| 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-to-Day Programme (module 2):**

**Day 4:**

Client modes of engagement, EFT case formulation; Alliance Difficulties

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| **Time** | **Topic** |
| 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 5:**

Systematic Unfolding, Two Chair Work/ Depression

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| **Time** | **Topic** |
| 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 6:**

Empty Chair Work and Compassionate Self-Soothing

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| **Time** | **Topic** |
| 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 |

**Tutor**

**Juliette Becking**



Juliette is a clinical psychologist / psychotherapist and the founder of EFTiN, an Emotion Focused Training institute for psychotherapists in Eindhoven. She started this institute in September 2019, because she felt this was the next step to disseminate Emotion Focused Therapy in the Netherlands. Before, the EFT courses were housed by the Apanta-academy. EFTiN still works closely together with the Apanta-academy because the Apanta-academy still houses the course Personal Experiential Psychotherapy, which is the basis of EFT.

EFTiN is officially recognized as a training institute by the International Society for Emotion Focused Therapy (isEFT). Juliette was nominated as Board Member and she joined the Board of isEFT in 2017.

j.becking@eftin.nl

**Tutor**

**Robert Elliott**

**[](https://www.apanta-ggz.nl/fileadmin/_processed_/csm_Robert_Elliot_-vierkant_192d57300a.jpg)**

Dr. Robert Elliott is Professor of Counselling in the Counselling Unit at the University of Strathclyde in Glasgow, where he directs its research clinic and  teaches emotion-focused therapy and psychotherapy research.

A professor Emeritus of Psychology at the University of Toledo (Ohio), he is co-  author  of Facilitating emotional change (1993), Learning process-experiential psychotherapy (2004), Research methods in clinical  psychology(2002),  and Developing and Enhancing Research Capacity in Counselling and Psychotherapy (2010), as well as more than 120  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 Counseling and Psychotherapies.  He is a Fellow in the Divisions of Humanistic  Psychology, Psychotherapy, and Clinical  Psychology of the American Psychological Association.  He 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.

He regularly teaches EFT in Scotland, the Netherlands, and Belgium and is currently doing research on EFT for social anxiety.

He is Board Member of the International Society for Emotion Focused Therapy (isEFT).