

Masterclass Emotion-Focused Therapy for Generalized Anxiety Disorder

Facilitated By Jeanne Watson
October 2020

Introduction

Generalized Anxiety Disorder (GAD) is known as a persistent disorder which often does not respond well to therapy and often re-occurs. It is also apparent that diagnoses are being missed or clients are wrongly diagnosed as being depressed or having a personality disorder. GAD symptoms are: a consistent presence of anxiety and fear, together with deep feelings of shame and desperation, which cause constant worrying and severe physical suffering. Eventually this causes total exhaustion and depression.

EFT is an integrative therapy approach that brings together interventions and concepts from humanistic, experiential, and gestalt theory and practice to work more effectively with clients. It has been found to be effective in the treatment of a number of different disorders including depression, trauma, anxiety and couples.

Emotion Focused Therapy is particularly suited to address maladaptive 'emotion schemes', which are at the root of a generalized anxiety disorder, and to facilitate positive and lasting changes in clients.

Masterclass content

In this masterclass the role of EFT in promoting clients' emotional processing and affect regulation in the treatment of Generalized Anxiety (GAD) will be presented.

The etiology of GAD and case formulation using EFT will be introduced along with different processing markers to guide specific treatment interventions and enhance the development of the therapeutic alliance. Working with clients to resolve negative life experiences and develop positive ways of being with self and other is an essential to the healing process. The workshop will demonstrate how to work with worry in GAD as well as how to work with clients to change

their negative relationships with self-compassion. The use of two chair tasks to develop self-compassion and self-soothing will be presented. The use of empty chair work to promote clients' differentiation and self-assertion will be discussed. Participants will learn how to differentiate specific in-session processes that occur with clients with GAD and how to work with these to promote change and resolution.

Participants will learn how EFT therapists attune to clients' emotional experience moment to moment in the session using verbal and non-verbal markers of clients' cognitive-affective states. They will learn how to work with worry-splits, enhance the development of clients' self-soothing, and facilitate the development of clients' self-assertion to overcome GAD. Specific interventions and ways of working with clients' emotional pain will be reviewed and illustrated with case vignettes.

The days will consist of a combination of theory and skill practice in small groups.

The days are targeted at psychologists and psychiatrist working in Mental Health. To attend this masterclass you will need to have followed EFT level I. It is preferred that you are familiar with the client centered methods. (think of experiential therapies or focusing)

Literature

Book: [Emotion-Focused Therapy for Generalized Anxiety](#), ISBN: 978-1-4338-2678-8

Article: EFT for Generalized Anxiety Disorder

Program day 1

09.30 - 10.00	Introductions
10.00 - 11.00	Overview of GAD and etiology
11.00 - 11.15	<i>Break</i>
11.15 - 11.45	GAD and etiology
11.45 - 13.00	Working with worry part 1
13.00 - 14.00	<i>Lunch</i>
14.00 - 15.00	Excercises
15.00 - 15.30	Working with worry part 2
15.30 - 15.45	<i>Break</i>
15.45 - 17.00	Excercises
17.00 - 17.30	Conclusion & wrap-up day 1.

Program day 2

09.30 - 10.00	Building the self: Developing self-compassion and self-soothing part 1
10.00 - 11.00	Exercise
11.00 - 11.15	<i>Break</i>
11.15 - 11.45	Building the self: Developing self-compassion and self-soothing part 2
11.45 - 13.00	Exercise
13.00 - 14.00	<i>Lunch</i>
14.00 - 14.30	Transforming pain and building self-assertion part 1
14.30 - 15.30	Exercises
15.30 - 15.45	<i>Break</i>
15.45 - 16.15	Transforming pain and building self-assertion part 2
16.15 - 17.00	Exercises
17.00 - 17.30	Conclusion & wrap-up day 2.

Practical Information

Tutor:	Professor Jeanne Watson, University of Toronto
Time:	09.30 -17.30
Group size:	26 participants
Location:	EFTiN, Kloosterhotel ZIN, Boxtelseweg 58, Vught
Costs:	€525,00 (including coffee, tea, water and lunch)

About the tutor

Jeanne Watson Ph.D. is one of the primary developers of Emotion Focused Psychotherapy. Dr. Watson is a Professor in the Department of Applied Psychology & Human Development at OISE, University of Toronto. Dr. Watson has conducted research on EFT in the treatment of depression and GAD. Together with Dr. Les Greenberg, she has published a book on the treatment of GAD published by APA. Dr. Watson is a member of the Board of Directors of the International Society for Emotion Focused Psychotherapy and is involved in the training, research, and ongoing development of EFT. She does workshops and presentations in Europe and North America.