

Empathy & Empathic Attunement in EFT

Docent:

Juliette Becking, EFTiN (EFT instituut Nederland)

Locatie:

EFTiN, Kloosterhotel Zin, Vught

Over deze workshop / werkwijze en didactische werkvormen

Deze training leert u de vaardigheden die nodig zijn om maximaal empathisch te zijn met cliënten, met als doel effectiever te kunnen werken in Emotion-Focused Therapy en om een productieve werkrelatie aan te gaan. 'Empatic Attunement to Affect' is in EFT een onmisbare basis van waaruit gewerkt wordt om een diepe en blijvende verandering te bewerkstelligen bij de cliënt.

Gedurende deze training komen de volgende werkvormen aan bod:

- Inleiding van theorie en literatuurbespreking, ondersteund met PowerPointpresentaties
- Bestuderen en nabespreken van Engels video-instructie materiaal
- Het experiëntieel oefenen van de (nieuwe) werkwijze door middel rollenspelen
- Discussie en zelfreflectie naar aanleiding van het oefenen

Inspanningen die van de cursisten wordt verwacht:

- Cursisten hebben enige kennis en ervaring met Emotion-Focused Therapy
- Cursisten bereiden de Masterclass voor door de opgegeven literatuur te bestuderen.
- Cursisten nemen actief deel aan de experiëntiële oefeningen, die een onmiskenbaar onderdeel zijn van het proces om aan den lijve te ervaren van wat de effecten zijn van EFT interventies.

Omdat deze masterclass gegeven wordt door zowel Prof Dr Jeanne Watson uit Canada (een van de grondleggers van Emotion Focused Therapy) en/of Juliette Becking hebben wij het programma en de geformuleerde leerdoelen in het Engels gehandhaafd.

Empathy

After a review of the research on specific elements of the psychotherapy Norcross & Wampold (2011) noted that empathy is demonstrably effective in promoting change in psychotherapy. Empathy is recognized as a trans theoretical construct that contributes to positive outcomes across different therapeutic approaches (Watson, Steckley & McMullen, 2014). This workshop will provide participants with a solid grounding in the skills required to be maximally empathic with their clients, to work more effectively in emotion focused psychotherapy, and develop productive therapeutic alliances.

Participants will be trained in the skills of moment-by-moment attunement to client's experience in the session to facilitate clients cognitive-affective processing in emotion-focused psychotherapy. Skills training will include a combination of brief lectures, video demonstrations, case discussions and supervised practice in experiential exercises. The workshop will begin with a discussion on the role of empathy in therapeutic practice. First an overview of empathic resonance drawing from recent developments in neuropsychological research will be presented and ways of facilitating clinicians' responsiveness discussed. Second empathic expression including the behavioral components of empathy, along with different response modes and markers for how to intervene differentially will be identified and demonstrated. Third the role of empathic attunement in the processing of overwhelming emotion, self-criticism, and emotional injuries from the past will be presented. Videotaped examples of ways of working empathically will be presented and discussed.

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.

Educational Objectives:

- Participants will gain a differentiated understanding of empathy
- Participants will understand empathic resonance in the findings in context of research findings in neuroscience
- Participants will identify ways to enhance their empathic resonance
- Participants will differentiate empathic response modes and the behavioral correlates of empathy
- Participants will learn to intervene differentially using empathic markers
- Participants will learn how to help clients process overwhelming emotion, self-criticism, and emotional injuries from the past

Literature

- Jeanne C. Watson and Leslie S. Greenberg, Empathic Resonance: A Neuroscience Perspective
- Barret Lennard, The Empathy Cycle Refinement of a nuclear concept
- Barret Lennard, Empathy in Human Relationships
- Facilitating Empathy European Psychotherapy/Vol. 7 No. 1. 2007pages 59-65
- Jeanne Watson, Revisioning Empathy
- Barret Lennard, the phases and focus of Empathy
- Jeanne Watson, Development of an Observer Pages 304-314,
- Jeanne Watson, The role of Empathy in psychotherapy-theory research and practice Pages 115-136,

Programme:

15th Oktober 2020 - Empathic Resonance

09 : 30 – 10 : 00	Introductions
10 : 00 – 11 : 00	A. Overview of empathy
11 : 00 – 11 : 15	Break
11 : 15 – 12 : 15	B. Empathy and neuroscience
12 : 15 – 13 : 00	In vivo exercise & discussion of applied techniques in relation to theory and educational aims
13 : 00 – 14 : 00	Lunch
14 : 00 – 15 : 00	Empathic Resonance
15 : 00 – 16 : 00	In vivo exercise / Demonstration
16 : 00 – 16 : 15	Break
16 : 15 – 17 : 30	Discussion of the applied technique's in relation to theory and casus presented and wrap up

16th Oktober 2020 - Empathic expression & systematic evocative unfolding

09 : 30 – 10 : 45	A. Functions of Empathy – Empathic responses
10 : 45 – 11 : 00	Break
11 : 00 – 11 : 30	B. Systematic Evocative Unfolding
11 : 30 – 12 : 30	In vivo exercise
12 : 30 – 13 : 00	Discussion of applied techniques in relation to presented casus, theory and educational aims
13 : 00 – 14 : 00	Lunch
14 : 00 – 15 : 00	Demonstration
15 : 00 – 16 : 00	In vivo exercise
16 : 00 – 16 : 15	Break
16 : 15 – 17 : 30	Discussion of applied techniques in relation to presented casus, theory and educational aims and wrap up

17th Oktober 2020- Empathy and processing emotional injuries and self-criticism

09 : 30 – 10 : 45	A. Review of empty chair work
10 : 45 – 11 : 15	In vivo exercise
11 : 15 – 11 : 30	Break
11 : 30 – 12 : 15	B. Review two chair work
12 : 15 – 13 : 00	In vivo exercise
13 : 00 – 14 : 00	Lunch
14 : 00 – 15 : 00	Demonstration
15 : 00 – 16 : 00	In vivo exercise & Discussion of applied techniques in relation to presented casus, theory and educational aims.
16 : 00 – 16 : 15	Break
16 : 15 – 17 : 30	Discussion of applied techniques in relation to presented casus, theory and educational aims and wrap up

Jeanne Watson



Dr. Watson is Professor at OISE, the University of Toronto, Canada. A major exponent of humanistic-experiential psychotherapy, she has contributed to the development of emotion focused psychotherapy, the process experiential approach. Dr. Watson teaches in the Counselling and Clinical Psychology Program and is an active researcher investigating the process and outcome of psychotherapy. She has conducted and collaborated on clinical trials comparing emotion focused psychotherapy with client centered psychotherapy and cognitive behavioral psychotherapy in the treatment of depression. Her research into identifying processes of change has yielded a number of observer measures to rate therapists' expressed empathy as well as clients' affect regulation in session. She has co-authored and co-edited a total of 7 books and has written over 60 articles and chapters, and delivered over 100 presentations including workshops and invited addresses on the theory and practice of Emotion Focused Therapy with an emphasis on empathy, the working alliance, emotional expression, and emotion focused therapy in the treatment of depression. Dr. Watson received the "Outstanding Early Career Award" from the International Society for Psychotherapy Research in 2002 and is currently General Vice-President of the Society. In 2013 she was appointed a Fellow of the American Psychological Association, Division 29 in recognition of her contributions to the discipline of psychology. She has a part-time practice in Toronto

and / or

Juliette Becking



Juliette is a clinical psychologist /psychotherapist and one of the founders of Apanta, a mental health institution in the Netherlands. She started Apanta- Academy, a training institute, 15 years ago. Recently, Juliette started EFTiN, EFT Institute Netherlands to further develop EFT in the Netherlands and the world. She is a passionate person-centered, experiential psychotherapist and trainer for many years. From the moment she learned about EFT, she was fascinated by the efficiency and the beauty of this therapy. She started to invite the founding fathers of EFT- Les Greenberg, Robert Elliott and Jeanne Watson - to the Netherlands to teach EFT and she went to Glasgow and Canada to learn in depth from the founders of Emotion-Focused Therapy.

The International Society for Emotion-Focused Therapy (isEFT) recognized EFTiN officially as an EFT-Training Center, and Juliette became international EFT-Trainer and EFT Supervisor. Since 2017 Juliette was nominated and joined the board of isEFT.