

**Emotion-Focused Therapy Level 1  
Advanced Professional Training  
In-person at the University of Strathclyde, Glasgow G1**

**Dates to be confirmed.**

**Facilitated by Lorna Carrick, Joan Shearer & Ligia Manastireanu**

Emotion-Focused Therapy (EFT) is a humanistic, evidence-based form of psychotherapy/ counselling that integrates person-centred and gestalt therapies; it has particular relevance to working with depression, trauma, and anxiety difficulties. It has gained international recognition through the work of Les Greenberg, Laura Rice, Robert Elliott, Jeanne Watson, Rhonda Goldman, Sandra Paivio, Antonio Pascual-Leone and others.

The Counselling Unit at the University of Strathclyde is the leading centre of EFT training in the UK and is pleased to offer a 4-day training course in EFT Level 1. This course is advanced professional training and is open to qualified counsellors and psychotherapists (Postgraduate Diploma/MSc Level or above).

Offered at the University of Strathclyde since 2006, this successful EFT Level 1 training programme will provide participants with a grounding in the theory and skills required to work more effectively with emotion in psychotherapy. Participants will receive in-depth skills training through a combination of brief lectures, video demonstrations, case discussions, and supervised skill practice using personal material.

The course provides an overview of key components of the EFT model including Emotion Theory; the role of emotion and emotional awareness in function and dysfunction; methods for evoking, exploring and transforming problematic emotion-based experiences; emotion regulation work; a range of differential interventions based on specific process markers; working with the self-relationship including self-critic processes and resolving emotional injuries from past relationships. Participants be given training in moment-by-moment attunement to emotion and the use of methods for dialoguing with aspects or configurations of self and imagined significant others, using chairwork.

This training will provide therapists from person-centred, psychodynamic, cognitive-behavioural and related backgrounds an opportunity to develop their therapeutic skills and interest in emotion-focused therapy.

- This course is formally recognised by the International Society for Emotion-Focused Therapy (<https://www.iseft.org/>) and provides the first step toward certification as an EFT therapist.
- It can be taken for Continuing Professional Development credit.
- Cost: Before **Date: £495** or **After date: £545** (catering not included)
- Register via our online shop at: [add link](#)

Contact: [claire.mcconnell@strath.ac.uk](mailto:claire.mcconnell@strath.ac.uk) for further information on this training, how to apply for this course or other APT events at Strathclyde.

**Counselling Unit: Advanced Professional Training**

**The place of useful learning**

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