

Emotion-Focused Therapy: Level 2 [Online Version]

2023-24 Training Series - 3 modules:

Module A – 3 days, 20-22 Nov 2023

Module B – 4 days, 12-15 Feb 2024

Module C – 3 days, 13-15 May 2024

Led by ISEFT Certified Trainers Joan Shearer, Ligia Manastireanu and Lorna Carrick
 with contributions from Robert Elliott

The Counselling Unit at the University of Strathclyde is excited to offer its innovative, enhanced Level 2 training in Emotion-Focused Therapy (EFT) for counsellors and psychotherapists (Diploma level or above) who have completed training at EFT Level 1. This series consists of three separate modules, spread over the 2023-2024 academic year and delivered online via Zoom. This intensive training is aimed at helping participants to begin to implement EFT in their client work. Building on EFT Level 1, this training is broader and more in-depth than other briefer versions of EFT Level 2 training. It includes working with the specialised empathy and interpersonal skills required in this model and offers advanced methods in EFT. The format will be a mixture of brief lectures, videos or demonstrations, experiential practice exercises in small groups, and group discussion. Timetable: 9:30 – 17:00.

Module A: Advanced Empathic Attunement & Relational Work (Mon-Wed, 20-22 Nov 2023; 3 days)

Day 1: Empathic Attunement: Accessing Empathic Resonance & Opening our Channels of Receptivity; Empathic Responses: Evocative Reflections and Empathic Affirmation.

Day 2: Empathy Responses: Exploratory Reflections, Empathic Conjecture, Process Reflection, Empathic Formulation

Day 3: Relational Work: Engaging Clients & Establishing Presence; Working with Relational Difficulties

Module B: EFT Fundamentals (Mon – Thurs, 12-15 Feb 2024; 4 days)

Day 1: EFT Client Case formulation

Day 2: Focusing & EFT; Empty Chair work

Day 3: Two Chair work - working with Depression and critical splits; Compassionate Self-soothing

Day 4: Reprocessing Tasks - Systematic Evocative Unfolding, Narrative Retelling and Meaning Work

Module C: Advanced Methods in EFT (Mon – Wed, 13-15 May 2024; 3 days)

Day 1: Self Interruption processes and Advanced Empty Chair work

Day 2: Working with Anxiety, Anxiety splits and Social Anxiety

Day 3: Working with Complex Trauma and Motivational splits

Enrolment is set for a minimum of 15, with variable staffing to accommodate larger numbers. The course could be taken for continuing professional education credit. This course is part of Level A Completion of Basic EFT Training, recognised by the International Society for Emotion-Focused Therapy (ISEFT)

Whole Series Package Cost: Regular: **£845**; Early bird: **£795** (by **23 October 2023**);
 Per Module Cost: Regular: **£345**; Early bird: **£295** (prior to 30 days before each module)

Frequent Flyer discount: **£172.50** (repeat individual module)

Online booking and payments can be made at the following link: [Onlineshop](#)

Contact: claire.mcconnell@strath.ac.uk or 0141-444 8417 for further information on this training, the facilitators, ways of applying for this course or other APT events