

**Emotion-Focused Therapy: Level 2 [Online Version]**  
**2020-21 Training Series [9-Day model]**  
**Three Modules: 11-13 Nov 2021; 28 Feb-2 March 2022; 9-11 May 2022**  
**Facilitated by Professor Robert Elliott & Lorna Carrick**

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 Level One training in EFT. This nine-day series consists of three separate three-day modules, spread over the 2021-2022 academic year and delivered online via Zoom. This intensive training is aimed at helping participants to begin to implement EFT in their client work. Broader and more in-depth than EFT level 1 or other, briefer versions of EFT level 2, this training adds training in the specialised empathy and interpersonal skills required to carry out EFT as well as advanced EFT skills. The format will be a mixture of brief lectures, videos or demonstrations, experiential practice exercises in small groups, and discussion. Timetable: 9:30 – 17:00.

**Module A: Advanced Empathic Attunement & Relational Work** (Thurs-Sat, 11-13 Nov 2021)

Day 1: Accessing Empathic Resonance; Opening Channels, Evocative & Exploratory Reflection

Day 2: Process Reflection, Empathic Affirmation, Empathic Conjecture & Empathic Refocusing

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

**Module B: EFT Fundamentals** (Mon – Weds, 28 Feb-2 March 2022)

Day 4: EFT Client Case formulation

Day 5: Focusing & EFT; Two-Chair work

Day 6: Working with Depression: Self-Critical Splits; Empty Chair Work

**Module C: Advanced Methods in EFT** (Mon – Weds, 9-11 May 2022)

Day 7: Reprocessing Work in EFT: Systematic Evocative Unfolding & Narrative Retelling; Creation of Meaning

Day 8: Self-Interruption Splits; Motivational conflicts

Day 9: Advanced Empty Chair work; Compassionate Self-soothing

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 **15 Oct 2021**);

Per Module Cost: Regular: **£345**; Early bird: **£295** (prior to 30 days before each module)

In order to keep costs to a minimum, catering is not included in these costs

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

Contact: [claire.mcconnell@strath.ac.uk](mailto: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