

## Emotion-Focused Therapy Level 2: EFT Fundamentals (Module B) 20-22 February 2023 [Online]

**Led by Professor Robert Elliott with Associate Trainers Joan Shearer and Ligia Manastireanu.**

The Counselling Unit at the University of Strathclyde is pleased to offer the core stand-alone module of 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 intensive three-day training series covers material not presented in Level 1 (EFT case formulation, Focusing & EFT) and builds on previous EFT chair work training. It is aimed at helping participants to begin to implement EFT in their client work. The format is a mixture of brief lectures, videos or demonstrations, experiential practice exercises in small groups, and discussion.

**EFT Level 2: EFT Fundamentals (Module B)** (Mon – Weds, 20-22 February 2023; 9:30 – 17:00 UK time, Online)

Day 1: EFT Client Case formulation

Day 2: Focusing & EFT; Two-Chair work

Day 3: Working with Depression: Self-Critical Splits; Empty Chair Work

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. Taken with one additional day of EFT workshop training and 5 hours of EFT supervision, this course could be used to meet requirements for Level A Certification (Completion of Basic EFT Training), recognised by the International Society for Emotion-Focused Therapy (ISEFT).

This training is roughly equivalent to the standard 4-day Toronto-model Level 2 training. (The full 9-day Scottish Model level 2 training consists of three separate three-day modules, spread over the 2022-2023 academic year and delivered online via Zoom. Broader and more in-depth than EFT level 1 or other, briefer versions of EFT level 2, the full 9-day series adds training in the specialised empathy and interpersonal skills required to carry out EFT, as well as advanced EFT skills. Please inquire for further information, including the complete 9-day time-table.)

Module Cost: Regular: **£345**

Early bird: **£295** (deadline: 20 Jan 2023)

Frequent Flyer discount: **£172.50** (repeat level 2B)

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