

**Advanced Methods in Emotion-Focused Therapy**  
**EFT Level 2 – Module C**  
**15-17 & 22-24 May 2023**  
**Delivery: Online**  
**Time: Evening sessions, 17:00 to 21:00 (UK time)**

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

The Counselling Unit at the University of Strathclyde is pleased to offer an Advanced Methods module as part of its innovative Level 2 training in Emotion-Focused Therapy (EFT). This course is for counsellors and psychotherapists who have completed EFT Level 1 and EFT Level 2 (Module B - Fundamentals) training courses. This intensive series of 6 sessions will further develop your skills and theoretical knowledge of the EFT model, covering material not presented in other EFT trainings, e.g., Reprocessing Work in EFT and Advanced Conflict split resolution models.

The format will be a mixture of brief lectures, videos or demonstrations, experiential practice exercises in small groups, and discussion. The timetable will include a 30-minute break.

**Course content:**

- Reprocessing Work in EFT: Systematic Evocative Unfolding & Narrative Retelling; Creation of Meaning
- Advanced Conflict Split resolution models: Self-Interruption Splits; Motivational conflicts
- Advanced Chair work: Unfinished Business (Empty Chair work); Compassionate Self-soothing

This Advanced Methods course is recognised by the International Society for Emotion-Focused Therapy (<https://www.iseft.org/>) and is appropriate for those interested in pursuing accreditation as an EFT Therapist.

The course can also be taken for Continuing Professional Development (21 hours).

Module Cost: Regular: **£345**  
Early bird: **£295** (deadline: 15 April 2023)  
Frequent Flyer discount: **£172.50** (repeat level 2C)

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, any questions on how to apply for this course or other Advanced Professional Training events