

Emotion-Focused Therapy: Level 2 [Online Version]
2020-21 Training Series [9-Day model]
Three Modules: 12-14 Nov 2020; 1-3 March 2021; 10-12 May 2021
Facilitated by Professor Robert Elliott & Lorna Carrick

The Counselling Unit at the University of Strathclyde is excited to offer an innovative, restructured and 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 2020-2021 academic year and delivered online via Zoom because of the Covid19 pandemic. 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 – 16:30.

Module A: Advanced Empathic Attunement & Relational Work (Thurs-Sat, 12-14 Nov 2020)

- Day 1: Accessing Empathic Resonance; Evocative Empathy and Empathic Affirmation
- Day 2: Exploratory Empathy and Empathic Conjecture
- Day 3: Rapidly Engaging Clients & Establishing Presence; Relational Difficulties

Module B: EFT Fundamentals (Mon – Weds, 1-3 March 2021)

- 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, 10-12 May 2021)

- Day 7: Narrative Work in EFT: Systematic Evocative Unfolding, Creation of Meaning, & Narrative Retelling
- 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 up to 30. 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 2020);
 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

Please send a non-returnable deposit of £50.00 to secure a place if not paying the whole fee at time of booking.

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