

Institute for Emotionally Focused Therapy



2017

Courses & Workshops

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IEFT INSTITUTE

The Institute's primary focus is to train practitioners in Emotionally Focused work. IEFT is a registered Higher Education provider and offers accredited postgraduate training as well as ongoing professional development in Emotionally Focused work. IEFT is an accredited international Institute with the International Society for Emotion Focused Therapy (isEFT).

CONTINUING PROFESSIONAL DEVELOPMENT

The Institute offers courses and workshops as 'stand-alone' subjects for continuing professional development for health practitioners. The courses and workshops are aligned with the Medicare requirements for focussed psychological work.

Accredited Postgraduate Programs

Graduate Certificate in Emotionally Focused Counselling Program
Graduate Diploma of Emotionally Focused Therapy Program

WHAT WE EXCEL IN

- ◆ Practitioner-based training
- ◆ Experienced practitioners being the trainers
- ◆ Showing video & audio tapes demonstrating protocols
- ◆ Clinical tapes involving real and demonstration clients
- ◆ Practitioner-friendly manuals outlining the approach
- ◆ Learning protocols for interventions
- ◆ Small group skills practices facilitated by trainers
- ◆ Skills practices recorded for student review

POSTGRADUATE

PROGRAMS

Graduate Certificate

Graduate Diploma

COUNSELLING

Emotion-Focused Work

Working with Experience

Experiencing Emotion

Focusing

Emotional Signature

Adult-Child Polarity

Clinical Day 1

Clinical Day 2

Anger

Shame

Fear & Anxiety

THERAPY

Psychotherapy

EFT-Being

COUPLES

Couple Assessment

Couple Talk

Creative Couple work

Current Attachment Injuries

Impasse

Past Couple Trauma

EFT STUDIOS

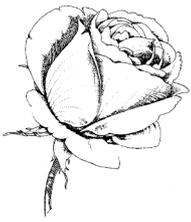
FPS - Interpersonal Therapy

Parenting in Therapy

SUPERVISION

Supervision Training

Supervision Groups



Graduate Certificate Emotionally Focused Counselling (Grad. Cert. EFC)

The Graduate Certificate in Emotionally Focused Counselling is designed for health practitioners wishing to develop an Emotionally Focused approach to counselling. The aim of Emotionally Focused counselling is the regulation, debriefing, exploring and experiencing of emotions for the development of emotional health, thinking and understanding. The heart of the Emotionally Focused approach involves working with emotion at both a verbal and creative level. The focus of this program is the assessment, exploration and working with emotional experience with individuals and couples in a short-term way. Methods of discovering, exploring, managing and working with emotional experience are outlined and demonstrated. Protocols for interventions using verbal and creative methods, such as unpacking, focusing, visualisation, drawing and cushion work, are provided.

Time Commitment

The program is part-time, 1-3 years candidature to allow flexibility of study. The subjects in the Graduate Certificate are the subjects for the first year of the Graduate Diploma of Emotionally Focused Therapy. Students must complete 125 counselling sessions in their work environment and 10-15 hours of individual or group supervision with the Institute.

Subjects

Students are required to complete a number of compulsory workshops and a minimum of one elective, to the value of 22 points: The Individual counselling strand involves the 6 counselling workshops and 2 clinical days (see pages 4-5), Couple Assessment, Couple Talk, Multiple Chair workshop, and a minimum of one elective from the available workshops.

Please go to the website for further details

Accreditation

The Graduate Certificate is accredited under the Higher Education Act (TEQSA, 2011) as a recognised tertiary qualification.

Applications

Standard applications: Applications are sought from students with a relevant tertiary degree (arts, science, social sciences, etc) who are eligible for associate or member status in a professional association, and are currently working in face-to-face supervised counselling.

Non-standard applications: Applications can be accepted from students who do not possess relevant tertiary qualifications but have an accreditation of equal standing from a recognised professional body (eg. PACFA, ACA; or employed with a marriage & family agency accredited by Federal Attorney General's Department), have comparable training at a tertiary level, and are currently working in face-to-face supervised counselling.

Supervision

Students are required to complete 10-15 hours of Emotionally Focused supervision. Supervision can be undertaken in individual/group format with a trainer or recognised supervisor. Students must complete 5-10 hours of supervision with a trainer. Students can use some work supervision with a supervisor approved by the Institute for remaining hours.

Satisfactory Completion Requirements

Students will be given guidelines in each subject setting out the requirements of attendance and completion of written and practical work.

Final Document

Students will be required to submit a audio tape of a current counselling session accompanied by written text within 6 months of completing all subjects for the Graduate Certificate. There is a \$150 fee to submit the final document.

Fees

Enrolment fee: \$170 for initial enrolment

Re-enrolment fee: \$130 per year

Enrolment fees are for Higher Education levies & charges.

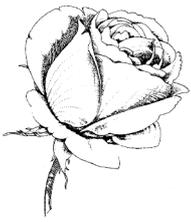
Subject fees: \$395 per 2-day workshop; \$27.50 per manual

Students pay fees on a subject basis when they are accepted into a course or workshop. Fees for approved courses & workshops are GST free. Costs of manuals incur GST. The cost of this postgraduate program, over 2 years, including enrolments, subjects and final document fees, but not including supervision is \$5,165.

Information Morning

Come and talk with trainers about the program

Friday 25 November, 10am - 12noon



Graduate Diploma Emotionally Focused Therapy (Grad. Dip. EFT)

The aim of the Graduate Diploma of Emotionally Focused Therapy is to provide practitioners with clinical skills for both counselling and psychotherapy using the Emotionally Focused approach. The program will provide practitioners with the means to work with emotional experience, understand emotional signatures, and transform emotion schemes. Practitioners will be able to work with current problems, and past adult matters, as well as facilitate the healing of childhood traumas.

The program draws on theories of emotion, attachment, self and relationship to develop a model for understanding and working with emotional experiences. A central theme in the course is using emotional signatures to assess and work with present issues and past childhood traumas. Emotionally Focused therapy is a relational therapy, and involves therapeutic ways of being with clients in respectful, caring and real ways, while exploring and working with the symbolic aspects of the relationship.

Time Commitment

The program is part-time, 3-5 years candidature to allow students flexible pathways of study. Students must complete 250 clinical sessions of individual or couple work in their work environment. Students will need to complete a minimum of 20 hours of individual or group supervision with the Institute.

Subjects

Students are required to complete a number of compulsory subjects and a minimum of four elective workshops or course equivalence, to the value of 42 points. The first year of study comprises the subjects for the Graduate Certificate in Emotionally Focused Counselling. The second year compulsory subjects are the two Individual Therapy courses. Four electives can be completed from the individual and couple workshops and couple therapy.

Accreditation

The Graduate Diploma is accredited under the Higher Education Act (TEQSA, 2011) as a recognised tertiary qualification. Students holding a Graduate Diploma in Emotionally Focused Therapy can apply for advanced standing in Masters courses at other tertiary institutions.

Applications

Standard applications: Applications are sought from students with a relevant degree from a tertiary institution (arts, science, social sciences, etc) who are eligible for associate or member status to a professional association, and who are currently working in face-to-face supervised clinical work.

Non-Standard Applications:

1. Applicants who have successfully completed the subjects in the Graduate Certificate in Emotionally Focused Counselling.
2. Applications will be accepted from students who do not possess relevant tertiary qualifications but have an accreditation of equal standing from a recognised professional body (eg. PACFA, ACA; or employed with a marriage & family agency accredited by Federal Attorney General's Department). Training must be comparable to a tertiary qualification, counselling experience of two years or 250 hours supervised practice.

Supervision

Students are required to complete a minimum of 20-30 hours of supervision. Supervision can be undertaken in individual/group format with a trainer or recognised supervisor. Students must complete 10 hours of supervision with a trainer. Students can use some work supervision with a supervisor approved by the Institute for remaining hours.

Final Documents

Students are required to submit two pieces of work: a themed article, and a video/audio tape of clinical work accompanied by written text, within 12 months of completing all subject modules for the Graduate Diploma. There is a \$150 fee for each item submitted.

Please go to the website for further details

Fees

Enrolment Fee: \$170 for initial enrolment

Re-enrolment Fee: \$130 per year

Enrolment fees are for Higher Education levies and charges.

Subject fees: \$395 per 2-day workshop; \$27.50 per manual

Courses & Workshops: Students pay fees on a subject basis when they are accepted into a course or workshop. Fees for approved courses & workshops are GST free. Costs of manuals incur GST. Cost of postgraduate program over 3 years, including enrolment, subjects, and final document fees, but not including supervision, is \$8,195.

MEET THE TRAINERS

Go to our website & meet our lovely trainers!

INDIVIDUAL COUNSELLING WORKSHOPS

1 Emotion-Focused Work 3-4 March

Emotionally Focused counselling deals with symptom management, self and relational problems via emotion regulation, developing awareness and working with different levels of emotional experience. In this workshop we will introduce you to Emotion Focused work, both the Canadian model (Leslie Greenberg, Sandra Paivio, Susan Johnson et al) and the Annandale model. The technical side that includes assessment using process markers and intervention protocols for verbal and creative work will be introduced. The protocol of the first interview for assessment of symptoms, relational difficulties and self-experience will be outlined and demonstrated. The protocols for ongoing sessions will also be presented and demonstrated. The relational side of the counselling work will be discussed and demonstrated. There will be an opportunity to consider the elements in Emotion Focused work experientially and theoretically, view demonstration tapes, and to practise the technical skills.

2 Working with Experience 7-8 April

Emotional experience is a layered process that individuals experience at sensorimotor, schematic and conceptual levels. Individuals need to be participant-observers of their experience, beginning with having their experience then symbolising or making meaning, before discovering the associated action tendencies.

In this 2-day workshop we will show you how to access and work with emotional experience using the interventions of **sequencing** and **visualisation**. We will begin with the verbal techniques of accessing and working with emotional sequences before progressing to the creative techniques of visualisation. The options in visualisation enable clients to develop self-awareness, begin to regulate their experience, and discover primary feelings as well as being the springboard into further emotional processing.

3 Experiencing Emotion 5-6 May

The goal of counselling is the emotional well-being of our clients. This involves helping them have their emotional experience and integrating this into their current self-organisation. Emotional experiences are classified into their different types so that practitioners can then utilise appropriate interventions for working with the feelings, cognitions and behaviours that are the essence of the experience. One of the primary aims in Emotion-Focused counselling is to help clients process their emotional experiences. In this 2-day workshop we will show you how to assess emotions using the experience triangle and then how to facilitate clients' processing of their experiences using the interventions of **experiencing** and **drawing**. We will show you how to help your clients move from talking about difficult emotional experiences to experiencing the feelings. We will show you how to use the creative medium of drawing to facilitate emotional regulation and the experiencing of emotions. The contraindications for regulating emotions versus experiencing will be discussed.

Clinical Day 1: Working with Feelings

9 June

The aim of the first clinical day will be to focus on some of the specifics of the technical and relational aspects in Emotion-Focused counselling. The trainers will show and demonstrate elements of the counselling process and provide opportunities for practitioners to practice and discuss the technical and relational elements. Issues relating to assessing clients' experiences moment-by-moment in the first and ongoing interviews will be practiced. The verbal and creative interventions involving sequencing, visualisation, experiencing and drawing will be practiced.

This clinical day will be tailored to the participants and their counselling practice. Practitioners who have attended workshops on Emotion Focused Work, Working with Experience and Experiencing Emotion are eligible to attend. Practitioners who have completed the Foundations and Individual Counselling courses are also eligible to attend.

INDIVIDUAL COUNSELLING WORKSHOPS

4 Focusing 4-5 August

The first aim of Emotion-Focused counselling and therapy is to facilitate awareness in order to regulate or process emotional experiences. Focusing is about developing awareness and experiencing and this involves discovering, acknowledging and touching in to the experience that is felt. In this 2-day workshop we show you how to help your clients develop their awareness of their emotional experiences using the interventions of **bodily** and **emotional focusing**. Both techniques help clients learn to attend to their inner experience at a bodily and emotional level. The theories of dialectical constructivism, phenomenology and hermeneutics that underpins experiencing will be lightly touched. The similarities and differences between Gendlin's focusing, the Canadian Emotion-Focused protocols and our Annandale approach will be demonstrated.

5 Emotional Signature 1-2 September

The second aim of Emotion-Focused counselling and therapy is to transform emotion schemes. Emotion schemes are the internalised patterns developed from both adult & childhood experiences. They are implicit idiosyncratic structures of human experience, and they serve as the basis of self-organisation in terms of attachment and identity. They determine how we respond and react to ourselves and others. The Institute's foundational research has identified emotional signatures as the outplay of emotion schemes. In this 2-day workshop we will show you how to unpack clients' patterns of relating to self and other. Using the intervention of **unpacking experience**, we will show you how to identify the different emotional signatures so that you can adjust your relating to clients as well as help you identify the intervention pathway most suited to your clients' needs and difficulties.

6 Adult-Child Polarity 13-14 October

Individuals come to counselling because they feel unhappy and dissatisfied with aspects of their life. These difficulties they are experiencing tend to erode their feelings of lovability and worthiness and so assertive action become diminished. Clients lose their ability to operate from an adult place and instead revert to reacting in ways that developed from past adult & childhood experiences. In the Annandale model we use the language of the inner child in order to conceptualise and work with the adult, parental and child aspects of clients. In this 2-day workshop we will show you how to strengthen the adult aspect and hold the inner child using the verbal interventions as well as the creative intervention of **cushion work**. By helping clients become aware of their reactivity and to identify the different elements, we can support them in regaining and strengthening their adult self in order to be ready and able to do the experiencing work.

Clinical Day 2: Working with Patterns 10 November

The aim of the second clinical day will be to focus on the patterns of emotion, thinking and behaviour that can be discovered and known in counselling. Both practitioners and clients bring with them a complex network of patterns of relating to self and other. How practitioners become aware of their own and their clients' ways of relating will be explored in order to strengthen the counselling relationship and to find effective ways to work with clients. The trainers will demonstrate aspects of focusing, unpacking and cushion work for further exploration and practise. Practitioners will get opportunities to practise some of the complex and difficult aspects of working with external and internal patterns in the counselling process. Practitioners who have attended workshops on Focusing, Emotional Signature and the Adult-Child Polarity are eligible to attend. Practitioners who have completed the Foundations and Individual Counselling courses are also eligible to attend.

FEES: 2-day workshops: \$395 & 1-day clinical: \$180 (incur gst if attending for cpd) **Manual: \$27.50**

Participants who attend workshops 1-3 will receive a 30% discount for clinical day 1.

Participants who attend workshops 4-6 will receive a 30% discount for clinical day 2.

Points towards the postgraduate programs: 2 per workshop, 1 per clinical day.

INDIVIDUAL COUNSELLING WORKSHOPS

Anger 2-3 June

This is a practical, hands-on workshop to explore ways of understanding and working with anger from irritation and frustration to anger and rage. The methods for working with anger are deemed focussed psychological strategies and include psycho-information, behavioural interventions, exposure techniques, cognitive interventions, relaxation procedures, and skills training.

In an Emotionally Focused approach, anger can be classified as primary, maladaptive, secondary or interior. Knowing these classifications and the typical patterns of experiencing and expressing anger can help practitioners work with clients.

Protocols outlining the methods of regulating, exploring, experiencing and expressing anger will be demonstrated using client and demonstration tapes. There will be a progression from psycho-education and verbal exploration to the active techniques of drawing, cushion work, baton and telephone-book work. There will be opportunities to experience and practise the techniques. Contra-indications for working with anger will be discussed.

Shame 18-19 August

The aim of this workshop is to explore ways of working with shame. Clients come to counselling/therapy with their experiences of embarrassment, shame and humiliation. These can pervade their lives and limit clients in relating to themselves and others.

During the workshop four types of shame; primary, maladaptive, secondary and interior, will be distinguished & explored.

The methods of working with each type of shame using an Emotionally Focused approach will be outlined.

There is an opportunity in the workshop to view demonstration tapes and to have mini-practices of the protocols.

There will be a focus on working both verbally and experientially, and using both personal and professional experience.

Fear & Anxiety 3-4 November

The aim of this workshop is to explore and understand fear and anxiety using an Emotionally Focused approach, and to understand the associated reactions of freezing, panic and terror. By exploring the experience of fear & anxiety, practitioners will discover how they impact physiologically, emotionally, behaviourally and cognitively.

While fear can be assessed as primary, maladaptive or secondary, anxiety can be classified as primary anxiety about self, and secondary anxiety expressed in helplessness, catastrophic expectations, performance fears and negative evaluations. Methods of working with clients to facilitate their attention to their internal cues through focusing, enactment, imagery, and the systematic unfolding of experiences will be explored and practised. Protocols for working with negative self-talk, abreactions to earlier experiences, and processing of earlier experiences will be demonstrated and practised. There will be a focus on working experientially with these feelings. The strategies for working with anxiety and fear are focussed psychological strategies and include psycho-information, behavioural interventions, exposure techniques, cognitive interventions, relaxation procedures, and skills training.

FEES: 2-day workshops: \$395 (incur gst if attending for cpd) Manual: \$27.50

Points towards the postgraduate programs: 2 per workshop

Workshops are generally scheduled on a biennial basis.

APPLICATIONS

Individuals wishing to attend the studios, workshops, courses and/or join the postgraduate programs need to complete an application form. Prospective participants can read an information sheet listing all administrative requirements for training on our website, www.EFTherapy.com. Please note the boundary requirements for attending training at the Institute. The Institute also supports a policy of punctuality for attendance.

All postgraduate award fees for approved subjects are GST exempt. GST is applicable for continuing professional development students. GST has been applied to printed manuals for all subjects.

INDIVIDUAL THERAPY COURSES

The Individual Therapy courses are designed for counsellors and therapists who wish to understand and work with the effects of trauma and attachment injury on their clients. These courses utilise the concept of emotional signatures - how clients relate to themselves and others - to be more effective in relating to clients as well as matching interventions with clients' processes. For practitioners, these courses provide a comprehensive understanding of the subjective effects of past emotional trauma and how to utilise this information in short-term work. For practitioners who are working medium to long-term with clients these courses provide ways of intervening that begin the healing of past traumas and developing new emotional signatures through both emotional processing and therapeutic relationship.

INDIVIDUAL THERAPY

The central theme of this course is working with the past adult and childhood effects of trauma. Trauma based on neglect and abandonment is differentiated from trauma based on emotional, physical and sexual abuses.

The course will begin by working with emotional patterns in the present, developing links to past experiences and patterns, and working with childhood material. Emotion schemes and emotional signatures will be explored using the adult-child polarity in order to chart a therapy that fits with the subjectivity of the client. An important aspect of this course is understanding and developing a therapeutic presence, a way of 'being with' the client that is respectful, caring and real while also honouring the transference aspects of the relationship.

Prerequisite: Individual Counselling subjects (1-6) & 2 Clinical days

Dates: Planned for 2018

Points: 6

ADVANCED THERAPY

This course builds on the Individual Therapy course to provide participants with the opportunity to focus on how to heal and modify the client's internal world.

The development of the false self and internal configurations will be explored using the metaphors of adult, child and parent.

The initial work involves disempowering the critical energy and beginning to develop self-care. Ways to acknowledge the responding child, healing work with the wounded and discovering the free child are demonstrated. Understanding regression work and what is required for healing is examined. A crucial aspect of this course is the ongoing development of the therapeutic relationship, especially the duality of the real and symbolic aspects.

Prerequisite: Individual Therapy course.

Dates: Planned for 2018

Points: 6

EFT-Being

How to be as a practitioner in EFT?

How do we balance following and leading as a practitioner?

How can I be authentic and therapeutic?

While there has been much written about the treatment protocols and the therapeutic relationship, there has not been as much written on the practitioner. The relationship in Emotionally Focused work has been described as a crucial aspect of treatment from forming a therapeutic alliance to being the 2nd source of change for working with emotional experience. What does this mean for us as practitioners? How are we supposed to be in our various roles of leading, following, facilitating, coaching, providing a corrective emotional experience and being authentic and symbolic?

In this program of reflection and study there will be an opportunity to reflect on being a practitioner. We will draw on the essential work of the early Humanistic writers, the current writings of Leslie Greenberg and associates as well as the new contemporary thinkers.

We will explore how to be in the role of practitioner within the context of theory and protocols in Emotionally Focused work. We will consider the self of the practitioner in order to consider how we influence the process. There will be an exploration of clinical work via audio and video tapes. This course of study will be facilitated by Clare Stapleton and Dr Michelle Webster.

Participants: Practitioners who have completed the therapy courses are invited to express interest in attending this course. Practitioners need to be working medium to long-term with clients.

Dates: 9.30 - 5pm, 17 February & 27 October (includes Psychotherapy)

9.30 - 4.30pm, 31 March, 19 May, 28 July, 15 September

Fee: \$930 (+ gst if attending for cpd)

CONTINUING PROFESSIONAL DEVELOPMENT

All courses, workshops & studios at the Institute are available for practitioners for ongoing professional development. The Emotionally Focused approach is an evidence-based approach that demonstrates excellent research outcomes in working with emotional experience with individuals and couples. At the Institute we have developed very effective protocols for working in the individual and couple field that harness the technical craft of counselling and therapy without losing the essence of the artistry that is required in our clinical work.

PSYCHOTHERAPY 17 February & 27 October

The Psychotherapy mornings are an opportunity for practitioners to meet and reflect on issues relating to longterm Emotion-Focused psychotherapy. In 2017 the Institute will offer two meetings in order for EF practitioners to meet and explore some of the difficult psychotherapy matters. At times practitioners have to decide how to deal with client requests and ways of relating that can be problematic. How to think about these matters as well as how we deal with them will be explored and discussed. These meetings will be facilitated by Dr Michelle Webster and Clare Stapleton.

Participants: Practitioners who have completed the individual and advanced therapy courses are eligible to attend. Please indicate your interest and provide details of your psychotherapy practice in the 2017 application form.

Dates: The sessions are from 9.30am - 1pm with an opportunity to lunch together afterwards.

Cost: \$250 (+ gst if attending for cpd)

EFT STUDIOS

EFT Studios are a venue where practitioners present their ideas and work in Emotion-Focused therapy.

Studios are open to practitioners who have completed the individual counselling programs.

Each studio is scheduled from 9.30am - 4.30pm. Cost: \$210 per studio (+GST if not undertaking accredited postgraduate studies).

EFT Studio 1: Focussed Psychological Strategies (FPS)- Interpersonal Therapy (IPT) 25 August

What is Interpersonal Therapy? How does Interpersonal Therapy fit with an EF approach to our work? This studio begins with outlining Interpersonal Therapy, one of the focussed psychological strategies for treatment. In the studio we will consider how Interpersonal Therapy fits with our Emotionally Focused approach.

The studio will be facilitated by Maria Gray and Dr Michelle Webster.

EFT Studio 2: Parenting in Therapy 20 October

This studio explores working with clients in regression using some of the ideas and techniques drawn from more recent literature on attachment based parenting. The studio will draw upon the teachings of current experts such as Dan Siegal and Daniel Hughes to explore ways that long term Emotionally Focused therapy can be enhanced by current attachment and child development theory. This studio will be facilitated by Clare Stapleton and Dr Michelle Webster.

EFT-Online

An online Journal for Emotion-Focused Practitioners
<http://journal.eftherapy.com>

We have an online journal for practitioners in Emotion-Focused work. It is an international, peer-reviewed journal which aims to contribute to the practice of counselling and psychotherapy. EFT-Online will publish counselling and therapy articles, case-studies, and practitioner-based research featuring single-case studies, qualitative, or mixed-method approaches.

EFT-Online encourages practitioners to write about their experiences and their discoveries in clinical practice as well as practice-based research. The editorial group will encourage articles that inspire the reader, written in easy English and/or employing creative methods of writing.

COUPLE COURSES & WORKSHOPS

COUPLE THERAPY

Couple Therapy is a suite of four workshops designed to give practitioners an opportunity to develop ways to work more deeply with couples. This couple therapy program focuses on interventions, particularly those relating to the emotional process in the session. Protocols for intervening with couples at the site of ongoing interactional impasses, current attachment injuries and past unresolved trauma will be outlined and demonstrated.

Prerequisites: Having completed Couple Assessment, Couple Talk & Emotions in Couple Work.

1. CREATIVE COUPLE WORK

10-11 February

Couple work can be creative and fun.

At times, couples get stuck or are unable to develop awareness or understanding of what is happening in their relationship. Practitioners can facilitate their clients' awareness using creative methods. The aim of the workshop is to explore the place of experiential methods in couple work. Protocols for working with drawings, sculpture and cushions will be presented and integrated with couple talk and working with emotional experience.

2. CURRENT ATTACHMENT INJURIES

24 March, 21 April

In this workshop we will explore current relational difficulties and unresolved matters relating to communication, decision making and commitment that create attachment injuries for couples. The aim of working with these difficulties as well as ways to access and deal with the attachment injuries will be explored and practised.

3. IMPASSE

26 May

Couple work involves assessing and working with each partner's psychology as well as the relational elements. In this workshop we will explore how to assess the adult in each partner and how to begin adult strengthening using verbal & creative means as a precursor to working with past couple trauma and couple psychotherapy.

4. PAST COUPLE TRAUMA

14 July, 11 August

Many couples are dealing with past difficulties in the present. Relationship matters may not have been discussed or have been inadequately dealt with. How to discuss these matters and find a pathway through the difficulties and resultant trauma in the couple's relationship will be explored and practised.

COUPLE ASSESSMENT

21-22 July

This workshop is designed to provide practitioners with comprehensive assessment protocols for couple work. The Emotionally Focused approach to couple work deals with relational processes as well as each person's style of relating. Couple assessment will include identifying symptomatic and relationship issues, interactional assessments, drawing out partners' emotional experiences, and ways of responding. Protocols for conducting assessment will be outlined and practised. Introducing a partner to couple sessions will be explored as well as contraindications for couple work.

Points: 2

COUPLE TALK

22-23 September

The aim of this workshop is to present a comprehensive approach to couple work that allows for the restructuring of the emotional bond through healthy dialogue and the fostering of partner responsiveness. Couple talk is the platform to help couples talk together in-session so that clinicians can intervene and facilitate a dialogue that allows couple issues to be dealt with.

Protocols for beginning couple talk, assessing and intervening in the conversations will be outlined and demonstrated. Specific interventions for identifying sender and receiver positions, facilitating couples talking together, observing and processing couple talk, and intervening in sender/receiver process will be outlined and demonstrated.

Prerequisite: Having attended Couple Assessment.

Points: 2

TO BE SCHEDULED IN 2018

- ◆ Emotions in Couple Work
- ◆ Couple Psychotherapy

See our website for further information

FEES:

2-day workshops: \$395 (incur gst if attending for cpd) Manual: \$27.50

Points towards the postgraduate programs: 2 per workshop

1-day workshop: \$180 (incur gst if attending for cpd)

SUPERVISION SERVICES

POSTGRADUATE

Supervision LEVEL 1

Group supervision is available for the Institute's students completing the postgraduate programs. Level 1 supervision is available for practitioners who are/have completed the Individual Counselling workshops or equivalent Foundations & Individual Counselling courses. The groups will meet for 10 sessions on a monthly basis for 3 hours. There will be opportunities for intensive sessions to facilitate clinical work. Students must present their clinical work by audio/video as a means to develop skill competency in assessment and interventions.

Applications: Postgraduate students wishing to complete their supervision hours in 2017. Practitioners who wish to have group supervision and revise their EF counselling skills are also eligible to apply.

Dates: TBA. Scheduled for a Monday/Thursday morning.

Cost: \$1,150

POSTGRADUATE

Supervision LEVEL 2

Group supervision is available for the Institute's students completing the postgraduate program. Level 2 supervision is available for practitioners who are/have completed the Individual and Advanced Therapy courses. The group will meet for 10 sessions on a monthly basis for 3 hours. There will be opportunities for intensive sessions to facilitate clinical work. Students must present their clinical work by audio/video as a means to develop skill competency in assessment and interventions.

Applications: Postgraduate students wishing to complete their supervision hours in 2017. Practitioners who are wishing to revise their EF therapy skills are also eligible to apply.

Dates: TBA. Scheduled for a Monday/Thursday morning.

Cost: \$1,150

Individual Supervision

The trainers provide individual supervision to meet the skills competencies for the postgraduate requirements as well as supervision for ongoing clinical work. It is a requirement that practitioners have completed workshops and courses in Emotionally Focused work at the Institute. Please contact the trainers for further information.

Please contact trainers to inquire about their availability.

Supervision Training in Emotionally Focused Work

How do you supervise a counsellor or therapist using an Emotionally Focused approach?

How do you supervise a new counsellor? An experienced counsellor?

How do you begin to assess their work and work with them in a respectful and productive manner?

This workshop will provide a conceptual framework for individual supervision to help supervisors develop a safe environment, work with supervisees' ongoing clinical issues and facilitate a supervisee's professional journey. The orientation of the course is Emotionally Focused and is integrative, incorporating systemic ideas, depth psychology, gender theory and adult learning.

The workshop will focus on:

1. Supervision: Developing and assessing clinical assessments, exploring options for intervening, delineating the various sub-systems in supervision, working with the supervisee's reactions, verbal and experiential methods in supervision.

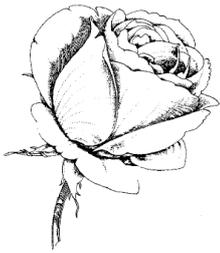
2. The Supervisory Process: Starting supervision, clinical versus administrative aspects, in-session process.

Participants will have an opportunity to reflect personally and professionally, view demonstrations/supervision tapes, discuss their supervision practice and practise aspects of supervision.

Applications: Practitioners who have attended courses and workshops at the Institute.

Dates: Friday & Saturday, 17-18 March

Costs: Fee: \$395 (+ gst if attending for cpd) Manual: \$27.50



Application Form 2017

Programs, Courses & Workshops

Institute for Emotionally Focused Therapy

PO Box 97, 83 Johnston Street Annandale 2038 NSW

Please indicate which program, course(s) or workshop(s) you are applying for:-

Postgraduate Programs:-

New Students:-

- Graduate Certificate *
- Graduate Diploma *

Ongoing students: -

- Re-enrolling

Supervision: -

- Supervision Level 1
- Supervision Level 2
- Supervision Training

Individual Counselling:-

- 1. Emotion-Focused Work
- 2. Working with Experience
- 3. Experiencing Emotion
- 4. Focusing
- 5. Emotional Signature
- 6. Adult-Child Polarity
- Clinical Day 1 Working with Feelings
- Clinical Day 2 Working with Patterns

Individual Therapy: -

- Psychotherapy
- EFT-Being

Workshops: -

- Anger
- Shame
- Fear & Anxiety

Couple program: -

- Couple Assessment
- Couple Talk
- 1. Creative Couple Work
- 2. Current Attachment Injuries
- 3. Impasse
- 4. Past Couple Trauma

Studios

- Studio 1: FPS-Interpersonal Therapy
- Studio 2: Parenting in Therapy

Date of your last application for IEFT course/workshop: _____

Please indicate your professional association: _____

Your Name:

Age:

Home Address:

Home Phone:

Position:

Mobile:

Office/Agency:

Email:

Business Address:

Business Phone:

List Duties:

Sessions per week:- eg. Number of sessions

	Individuals	Couples
Counselling	<input type="checkbox"/>	<input type="checkbox"/>
Therapy	<input type="checkbox"/>	<input type="checkbox"/>
Supervision	<input type="checkbox"/>	<input type="checkbox"/>

Please list tertiary qualifications or equivalent:

Please list skills training courses completed:

Please list relevant experience (include comment on counselling/therapy work):

Please list reasons for applying to your selected postgraduate program, courses or workshops.
In addition, please indicate if you have any special learning or dietary needs.

Closing Date: Friday 2nd December 2016

Online, eMail, fax or post completed application to:

Institute for Emotionally Focused Therapy PO Box 97 Annandale NSW 2038 or: admin@EFTherapy.com

* Please attach relevant documentation with applications for Postgraduate Certificate or Diploma.

The Institute for Emotionally Focused Therapy reserves the right to request supporting documentation as required.