



Course: creating emotional change with emotion-focused therapy

Address: <https://asadis.net/en/course/creating-emotional-change-with-emotion-focused-therapy/>

Duration: 3h30

Type of course: continuing education

Location: online course

Individual price: \$120.00

Overview:

This workshop is aimed at practitioners who may be interested in pursuing EFT training in the future but wish first to learn more about the approach. The presentation will give an overview of EFT theory and practice, covering such topics as differentiating between primary, secondary and instrumental emotion; maladaptive emotional processes; assessing client emotion processing styles; case conceptualisation; the role of the therapeutic relationship in EFT; working with emotional avoidance and emotional dysregulation; key EFT tasks and interventions (such as Two Chair Dialogue for working with self-criticism); and transforming core emotional pain in therapy through the activation of adaptive emotional processes. The workshop will consist of a lecture supported by a video illustration. It will not involve experiential exercises.

Learning objectives:

1. Learn about primary, secondary, and instrumental emotions.
2. Learn about how emotional vulnerability develops.
3. Learn about the therapeutic strategies that facilitate transformation of emotional vulnerability through the generation of adaptive emotional processes.

Learning material:

This workshop includes theory as well as clinical examples. It includes videos of 5 to 15 minutes each. The power-point of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert, Dr. Ladislav Timulak

Ladislav Timulak, Ph. D. is Professor in Counselling Psychology. Ladislav (or short Laco; read Latso) is involved in the training of counselling psychologists and various psychotherapy trainings in Ireland and internationally. Laco is both an academic and practitioner. His main research interest is psychotherapy research, particularly the development of emotion-focused therapy. He currently is developing this form of therapy as a transdiagnostic approach. He has written or co-written seven books, over 90 peer reviewed papers and various chapters in both his native language, Slovak and in English. His most recent books include Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach (Routledge, 2015) and Transforming Generalized Anxiety: An Emotion-Focused Approach (Routledge, 2017). He serves on various editorial boards. He maintains a part-time private practice.

Syllabus

Powerpoint

What is Emotion-Focused Therapy?

Presentation

Main Trials

Understanding and Transforming Emotional Pain

Understanding of Psychological Distress

Emotional Pain

Loneliness, Shame and Fear

Responding to Emotional Pain

Clinical Vignette

Working with Emotion-Focused Therapy

Emotion Focused Therapy

EFT Therapist

Differentiation of Emotions

Therapist's Style

Clinical Vignette

Experiential Tasks

Transformatory Tasks

Clinical Vignette

Corrective Relational Experiences

Examples of Tasks

Compassionate and Validating Relationship

Use of Case Conceptualization

Modulating Dysregulation

Symptoms and Core Pain

Summarize

Bibliography