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:
Emotions are a powerful instrument in psychotherapy, signaling whether our needs are being met within an environment. They can manifest as either painful or adaptive experiences, each carrying significant meaning. During sessions, painful emotions can be brought into awareness, activated, tolerated, and ultimately transformed into adaptive feelings.

Emotionally Focused Therapy (EFT) offers a robust framework for engaging with clients' emotions during sessions and aiding them in making sense of their emotional pain. To facilitate the integration of EFT's key concepts into your practice, Dr. Timulak has developed this hands-on course, which covers:

• differentiating between primary, secondary and instrumental emotion;
• assessing client emotion processing styles;
• maladaptive emotional processes;
• 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);
• transforming core emotional pain in therapy through the activation of adaptive emotional processes.

This course is designed to equip you with all the necessary tools to help your clients master their relationship with their emotions.
Learning objectives:

1. Understand primary, secondary, and instrumental emotions
2. Explore the development of emotional vulnerability
3. Apply strategies to transform emotional vulnerability through 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
Ladislav Timulak, psychologist, is Professor in Counselling Psychology at Trinity College Dublin, Ireland. He is Course Director of the Doctorate in Counselling Psychology.

Ladislav ("Laco"—read "Latso") is involved in various psychotherapy trainings in Ireland and internationally. His main research interest is psychotherapy research, particularly the development of emotion-focused therapy (EFT). He currently is adapting this form of therapy as a transdiagnostic treatment for depression, anxiety, and related disorders.

He is also researching the use of mental health interventions delivered online.

He has written or co-written ten books, more than 100 peer reviewed papers and chapters in both his native language, Slovak, and in English. His most recent books include

• *Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach* (2015),
• *Transforming Generalized Anxiety: An Emotion-Focused Approach (with James McElvaney*; 2018);
• *Essentials of Descriptive-Interpretive Qualitative Research: A Generic Approach* (with co-author Robert Elliott);
• *Transdiagnostic Emotion-Focused Therapy* (with co-author Daragh Keogh);
• *Essentials of Qualitative Meta-Analysis* (with Mary Creaner)
• *Transforming Emotional Pain: An Emotion-Focused Workbook* . with several co-authors.

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 Emotional-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

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*