

Further informations

Dates

22.-25.10.2024 (4 days, Tu-Fr)

Time / Location

02:00pm – 9:30pm CET / Online

Language

English

Target audience

For practicing therapists who are presently working with or intend to work with couples

Cost

CHF 800.-

Early Bird

CHF 650.- for registration before 22.04.2024

Credits

One credit corresponds to a 60-minute unit. Recognition takes place according to the guidelines of the respective professional society.

Registration

The number of places is limited. The course will only be held if there are enough registrations.

Registration deadline

22.08.2024

Cancellation policy

Cancellation of the binding registration by the participant is possible up to 90 days before the start of the course. In this case, only the administrative costs (CHF 50.-) will be charged. In case of withdrawal of the registration less than 90 days before the beginning of the course, the full amount of the course will be charged.

Organization and contact

Swiss Institute for Emotion-Focused Therapy (IEFT Switzerland),
Länggassstrasse 23, CH-3012 Bern, www.ieft.ch / info@ieft.ch



Institut für Emotionsfokussierte Therapie
Institut pour la thérapie centrée sur les émotions
Institute for Emotion-Focused Therapy
Schweiz / Suisse / Switzerland



Four-Day Online Workshop, Emotion-Focused Couples Therapy (EFT-C Level 1)

22. to 25.10.2024 - Online
with Dr. Leslie Greenberg

The Swiss Institute for Emotion-Focused Therapy is very pleased to announce a four-day workshop in Emotion-Focused Therapy for Couples with Dr. Leslie Greenberg (EFT-C, Level 1). This four-day online training is designed for practising therapists who are interested in learning Emotion-Focused Couples Therapy from its founding father without committing to the full two-year EFT-C training.

Content and method

This program provides participants with a solid grounding in the skills required to work more directly with emotion in psychotherapy with couples. In order to provide some degree of experiential training participants will be asked to script another member as a relational partner and we will work in this manner with each persons couple patterns. The training program will begin with a theoretical discussion of the role of emotion and emotional awareness in function and dysfunction in couples. The importance of working with amygdala based emotion in therapy will be emphasized. The principles of emotionally focused couples work will be presented. We will look at ways for dealing with affect regulation in marriage especially in relation to power and identity issues and emotional injuries that lead to depression. The role of the emotions of shame and anger related to threats to identity, status or power central in depression in couples will be addressed in addition to the emotions of fear and anxiety, related to abandonment fears and loss and threats to attachment security. We will look at how to access adaptive emotions, such as sadness at loss and empowering anger at violation. This leads to a change in self-other narratives and interaction. Tapes of how to work in couple therapy with the emotions related to, intimacy and attachment, power and identity, to transform vicious cycles into virtuous ones will be discussed.

Participants receive in-depth skills training through a combination of brief lectures, video demonstrations, live modeling, case discussions, and supervised role-playing practice. The course will be held in English. However, panel discussions can be facilitated in English, German and French.

Educational Objectives

- Develop formulations, treatment goals, and create plans based on the EFT- C model.
- Understand the phenomenon of marital distress in the context of emotion and its role in intimacy and attachment.
- Identify specific interventions to help couples externalize their problem as a negative interactional cycle.
- Learn to identify different types of emotions, emotion schemes and forms of emotional expression.

- Learn to differentiate between attachment and identity-oriented emotions.
- Learn how to intervene differentially with emotion.
- Learn how to access adaptive emotions to produce change.
- Learn to facilitate the transformation of negative interactional cycles and related problematic affect states and access more intimate states.
- Change both intra-psychic and interpersonal dynamics.
- Deal with blocks and impasses in responsiveness.

Trainer



Dr. Leslie Greenberg

Leslie Samuel Greenberg is a distinguished research professor emeritus of psychology at York University in Toronto, Canada, and director emeritus of the Emotion-Focused Therapy Clinic in Toronto. He is the founder and principal developer of Emotion-Focused Therapy for individuals and for couples. Leslie Greenberg has published over 100 articles and is co-author of major books on emotion-focused approaches to psychotherapy. He is a founding member of the Society for the Exploration of Psychotherapy Integration (SEPI) and past president of the Society for Psychotherapy Research (SPR), from which he received the Distinguished Research Career Award in 2004. The Canadian Psychological Association honored him with the Professional Award for Distinguished Contributions to Psychology as a Profession, and the American Psychological Association presented him with the "APA Award for Distinguished Professional Contributions to Applied Research" and the "Carl Rogers Award". He has served on the editorial boards of numerous psychotherapy journals, including the "Journal of Clinical Psychology," the "Journal of Consulting and Clinical Psychology," the "Journal of Family Psychology," the "Journal of Marital & Family Therapy," the "Journal of Psychotherapy Integration, and Psychotherapy Research." Currently, Les trains people in emotion-focused approaches in countries around the world.



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