

Emotion Focused Therapy (EFT) LEVEL 2, June 2019, Tel-Aviv, Israel:

The program provides participants **advanced training** in the skills required to work more directly with emotion in psychotherapy. Participants receive in-depth skills training through a combination of brief lectures, video demonstrations, live modeling, case discussions, and extensive supervised practice with each other.

Day 1 - Wednesday June 19th:

Empathic Attunement to Emotion and Marker Identification

Morning:

Advanced Emotion Assessment and Advanced Empathy:

- Productive and unproductive emotion
- The moment-by-moment tracking of affect.
- Empathic exploration and conjecture
- Empathic evocation

Marker Identification

- Identifying markers of Splits, Unfinished Business, Problematic reactions, Unclear feeling, Self-interruption.
- Additional markers: Vulnerability, Trauma, Alliance ruptures

Afternoon:

- Stages of therapy and case Formulation
- Empathy skills

Day 1 - Thursday June 20th:

Case Formulation and Advanced work with Two Chair Dialogue

Morning:

Case Formulation

- The Two-Chair process
- Sensing the opposed forces
- Following and leading
- The role of the “other person” in two chair dialogue
- Dealing with collapsing and impasses

Afternoon:

Variants

- Self-interruptive dialogues
- Self-soothing dialogues

Day 3 - Sunday June 23rd:

Case Formulation and Advanced Work with Unfinished Business

Morning:

The Process

- Evocation of emotion
- The interruptive process
- The letting go process

Afternoon:

Variants

Forgiveness

Imaginal Restructuring and Self soothing

Day 4 - Monday June 24th:

Case Formulation and Continued Practice and Supervision

Morning:

Difficult clients and processes

Afternoon:

Applications to specific populations and types of problems