

## The Institute of Emotion-Focused Therapy Ireland

presents

# Emotion-Focused Therapy - Level 1

A Four Day Training Workshop from 29th August – 1st September 2018

Presented by Ladislav Timulak, PhD

**Dublin; Marino Institute of Education**

**Fee: €675 (€600 early bird bookings made before 30/06/2018)**

Training is open to counselling/clinical psychologists and accredited psychotherapists/counsellors



**Ladislav Timulak**, Ph.D. is an Associate Professor at Trinity College Dublin, where he is also Course Director of the Doctorate in Counselling Psychology. He trained in emotion-focused therapy with the developers of EFT; Professors Leslie Greenberg and Robert Elliott.

His main research interest is in the area of psychotherapy research, in particular emotion-focused therapy; and he is Principal Investigator on a Randomised Controlled Trial comparing EFT with CBT in the treatment of Generalised Anxiety Disorder. He is the author of a number of books, including two books on Emotion-Focused Therapy; *'Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach'* (Routledge, 2015), and *'Transforming Generalised Anxiety: An Emotion-Focused Approach'* (Routledge, 2017).

**Workshop Content:** Dr. Timulak, will lead a 4-day introductory and experiential workshop on EFT as a treatment for working with complex emotions in individual psychotherapy. The approach will be illustrated with video recorded case studies, and significant time will be given to experiential exercises in small break out groups where participants will be supported in learning core EFT tasks. The phases of treatment will be described and the specific processes that led to the resolution of the clients' presentation will be highlighted and illustrated.

**Emotion-Focused Therapy (EFT)** is an evidence-based experiential psychotherapy in the humanistic tradition of Person-Centered and Gestalt therapy, influenced by family & systemic therapy as well as ongoing research in affective neuroscience. EFT is established as a treatment for depression, trauma, and in its couples format, relationship distress. It has also been applied to the treatment of eating disorders, and most recently, to the treatment of anxiety, specifically social anxiety and generalized anxiety. EFT is a unique empirically-based approach, based on methods designed to help people accept, express, regulate, make sense of, and transform emotion. It focuses on the development of emotional intelligence and on the importance of secure relationships. Based on emotion, attachment, and growth theory, it helps people identify which of their emotions they can trust and rely on as adaptive guides and which of their emotions are residues of painful memories that have become maladaptive and thus need to be changed. With the help of the therapist's empathic understanding and the use of experiential methods, clients learn how to make healthy contact with and transform, feelings, memories, thoughts, and physical sensations that have been ignored, feared or avoided.

*Registration is on a first come, first served basis. Places can be reserved by paying a non-refundable deposit of €150. The early bird rate applies when the full fee is paid before 29/06/2018. No refund will be given without one week's notice of cancellation. This event will be registered for CPD credits with PSI. For all enquiries and bookings please contact: [ieftireland@gmail.com](mailto:ieftireland@gmail.com)*

### Upcoming Level 2 and Level 3 workshops

**EFT 2** (4 day advanced workshop) 6<sup>th</sup> – 9<sup>th</sup> September 2018 (€550 / €500 early bird)

**EFT 3** (3 day group supervision workshop) 6<sup>th</sup> – 8<sup>th</sup> December 2018 (€450 / €400 early bird)

All workshops count towards certification as an EFT therapist: <https://iseft.wildapricot.org/page-18205>

The Institute of Emotion Focused Therapy, Ireland is an accredited isEFT institute.