

**The Institute of Emotion-Focused Therapy Ireland**

presents

# **Emotion-Focused Therapy for Couples - Level 1**

**A Four Day Training Workshop from 3rd - 6th July, 2018**

**Presented by Rhonda Goldman, PhD**

**Dublin – Marine Hotel Sutton**

**Fee: €675 (€625 early bird bookings made before 31/03/2018)**

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

*The Institute of Emotion-Focused Therapy Ireland is proud to host an intensive four-day workshop in Emotion-Focused Therapy for Couples, led by Rhonda Goldman. Building on the latest research conducted by Dr. Goldman, Les Greenberg and colleagues, this training will provide participants with in-depth skills training through lectures, video demonstrations, modelling and supervised role-playing practice.*

**Emotion-Focused Therapy for couples** is one of the most researched interventions in couples counselling. EFT focuses on the emotional bond between a couple but also on each partner's own emotional experiences and needs. It strives to uncover the manner by which each partner's emotional reaction to events contributes to negative interactional patterns within the relationship. Over the course of therapy, the fractured emotional bond is healed by identifying these negative interactional cycles, and transforming them by accessing, articulating and responding to primary attachment and identity related emotions and needs. The essential goal of EFT is thus the creation of new, healthy patterns of interaction by using emotion to restructure interactions. In this workshop, Rhonda Goldman will explore the foundations of EFT for Couples but will also focus on more recent developments in EFT, e.g., the development of the self and the relationship system through the promotion of self- and other-soothing; how to deal with unmet needs whether from adulthood or childhood; how to work more explicitly with emotions (specifically fear, anxiety, shame, power, joy, and love); and the affect regulation involved in three major motivational systems central to couples therapy (attachment, identity, and attraction).

*This workshop constitutes one of the steps towards certification as an EFT Couples therapist. See here for training standards: <http://www.iseft.org/Standards-for-couples>*



**Rhonda N. Goldman, PhD**, is a professor at the Illinois School of Professional Psychology at Argosy University, Schaumburg and a therapist affiliate of the Family Institute at Northwestern University in Evanston, Illinois where she conducts psychotherapy with couples and individuals. She practices, teaches, and conducts research on emotional processes and outcomes in EFT and has written on empathy, vulnerability, depression and case formulation. She has co-authored four texts on EFT and is co-author with Les Greenberg of 'Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power' (2008). She has just recently recorded an EFT for Couples demonstration DVD for the American Psychological Association. She is a recipient of the Carmi Harrari Early Career Award from the Society of Humanistic Psychology, Division 32 of the American Psychological Association, and is a past president of the Society for the Exploration of Psychotherapy Integration.

*Registration is on a first come, first served basis. Places can be booked by paying a non-refundable deposit of €150. Early bird rate applies when the full fee is paid before 31/03/2018. Full refunds will only be given with one week's notice. This event is being registered for CPD credits for members of PSI. All PSI members must sign for credits each day.*

**For all enquiries and bookings, please contact: [ieftireland@gmail.com](mailto:ieftireland@gmail.com)**

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