

Emotionally Focused Therapy Training In-Person | Singapore

Come and learn EFT's transformative approach that restores connection and strengthens resilience as families grow to deepen closeness and gain flexibility in relationships across generations.

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4-Day EFT Externship

Date: 25th-28th Oct 2023

Time: 9am - 5.30pm

Fee: S\$1,700

40% off for Externship Refreshers!



2-Day EFFT Level 1

Emotionally Focused Family Therapy

Date: 30th -31st Oct 2023

Time: 9am - 4.30pm

Fee: S\$950

For inquiries, please write in to infosgeft@gmail.com

Our Trainer

Ting Liu, Ph.D., LMFT, serves as the director and Founder of EFT Asia as a certified EFT trainer, supervisor and therapist. She is licensed in Pennsylvania as a Marriage and Family Therapist. She maintains a Private Practice in Wayne, PA. Dr. Liu received her doctorate in Child Development and Family Studies with a specialization in Marriage and Family Therapy from Purdue University. She completed a postdoctoral fellowship at the Center for Family Intervention Science at Children's Hospital of Philadelphia. Her publications include four books she has translated into Chinese in the fields of MFT and EFT. She has also published several journal articles on different applications of EFT and wrote a chapter on multi-cultural therapy in the EFT casebook. She is currently involved in several outcome studies examining the cultural applicability of EFT to diverse populations. Dr. Liu offers EFT training, supervision, and case consultation to therapists in the Philadelphia area, as well as to therapists in Beijing, Hong Kong, London, Shanghai, Shenzhen, Singapore, Taipei, Chiangmai, Istanbul, Ukraine, and Iran. She has authored and translated EFT books in Chinese and produced training Videos using EFIT and EFFT with Chinese clients.



Dr. Ting Liu, Ph.D. ICEEFT
Certified Emotionally Focused Therapy
Trainer, Supervisor, and Therapist

This is an official EFT Training, endorsed by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) and brought to you by The Singapore Community for Emotionally Focused Therapy (SGEFT)

Externship in Emotionally Focused Therapy (EFT) Foundation Training in EFT

About EFT Externship

The four-day EFT Externship is the first official step to learning EFT (approximately 30 hours) includes the observation of live and video recorded couple and individual therapy sessions, presentations of theory and clinical techniques, skills training exercises, and discussion of specific cases, clinical material and issues.

Following this workshop, participants will be able to:

- Gain clear understanding of theoretical underpinnings, research and road map of EFT;
- See relational and emotional distress of couples, families and individuals through the lens of attachment theory;
- Explore, organize and distinguish negative interaction patterns that maintain relational distress;
- Access, assemble and deepen core attachment emotions that underlie negative interaction patterns;
- Apply systemic, experiential and humanistic interventions as EFT micro-interventions;
- Practice the 5 core moves of the EFT Tango macro-intervention;
- Shape key bonding events that build secure connection;
- Overcome therapeutic impasses and address existential dilemmas.

EFT is a relational therapy. The Externship will focus on the general model of EFT as laid out in the 2019 book, Attachment Theory in Practice, and teach the model as implemented in couple and individual therapy sessions.

EFFT - Emotionally Focused Family Therapy Level 1

A practical approach to engaging families at an emotional level

EFFT is an attachment-based approach that combines both systemic and experiential interventions to mend broken bonds and heal fractured families. EFFT therapists focus on the emotional experience within a family and the problem patterns that block family members from accessing the resources they would otherwise share. EFFT provides a practical approach to engaging families at an emotional level. Accessing, processing, and connecting family members through the power of emotional experience promotes healing and fosters a family's resilience to the everyday and unexpected challenges of life.

EFFT Course Objectives:

1. Participants will understand the theoretical underpinnings of EFFT.
2. Participants will discuss how to conceptualize case from an Attachment viewpoint.
3. Participants will Learn how to apply EFT Tango Moves with families.
4. Participants will practice the micro-interventions of EFT with families with adolescents.
5. Participants will learn effective ways to help adult children healing together with their parents.
6. Participants will understand goals, tasks, stages of EFFT.