



Trainer: Dr. Ting Liu
*ICEEFT Certified Emotionally Focused
Therapy Trainer, Supervisor, and Therapist*



Emotionally Focused Family Therapy (EFFT) Essential | In-Person | Singapore

This 24-hour training provides a thorough understanding of the EFFT model within an attachment science framework. Through theoretical instruction and experiential exercises, participants are guided to apply the model to families, aiding their development into proficient EFFT therapists.

This program invites participants to explore the principles and interventions of Emotionally Focused Therapy in family settings. It presents a clear framework for understanding family emotional processing and change, based on the empirically-validated EFFT model.

Dates: 4 - 7 Aug 2025 (Mon-Thurs)
Time: 9 AM – 4.45 PM (Singapore Time)
Early Bird: SGD 1700 – Register and complete payment by 31 May 2025
Regular: SGD 1800 – Register after 31 May 2025 and complete payment by 30 Jun 2025
Prerequisites: Fundamental (Optional)



Registration for
Emotionally Focused Family
Therapy (EFFT) Essential

PARTICIPANTS WILL LEARN TO:

- Understand empirical support for EFFT.
- Outline EFFT treatment phases and key change events.
- Apply EFFT interventions through role-play.
- Identify markers for processing emotions in family dynamics.
- Formulate cases using an attachment-based EFFT model.
- Implement emotional regulation strategies in families.
- Facilitate transformative change by processing emotional experiences.
- Build a working alliance based on attachment bonds.
- Utilize the therapist's relational presence in the family.
- Develop treatment plans and guide interventions with EFFT.
- Access emotion to create corrective experiences in family interactions.
- Resolve fears and blocks to emotional engagement in family.

Emotionally Focused Individual Therapy (EFIT) Essential | In-Person | Singapore

This 4-day (24hr) training event is a didactic and experiential program where participants will be invited to apply the principles and interventions of Emotionally Focused Therapy with Individuals. The training will delve into the heart of the empirically-validated EFIT model, presenting a coherent framework for understanding individual emotional processing and change.

Dates: 24, 25, 27 & 28 Oct 2025
(Fri-Sat & Mon-Tue)
Time: 9 AM – 4.45 PM (Singapore Time)
Early Bird: SGD 1700 – Register and complete payment by 31 Aug 2025
Regular: SGD 1800 – Register after 31 Aug 2025 and complete payment by 30 Sep 2025
Prerequisites: Fundamental (Optional)



Registration for
Emotionally Focused Individual
Therapy (EFIT) Essential

PARTICIPANTS WILL LEARN:

- Describe the key elements of the attachment perspective on personality and its significance for clinical intervention
- Set out clients within and between cycles and how they create each other and link to presenting problems that manifest as emotional disorders
- Describe the core components of emotional disorders – depression and anxiety
- Outline the process of change and the elements of the EFT Tango to shape corrective emotional experience, such as affect assembly and deepening
- Describe the micro-interventions used by the EFT therapist
- Outline the applicability of EFIT for different clients with different symptomatology.
- Adopt an attachment humanistic perspective on clients, problems and interventions
- Discover and distill core emotional experiences and promote emotional balance
- Outline protective, self-defining and interactional iatrogenic patterns
- Implement the 5 moves of the EFT Tango to shape corrective emotional experience and EFT micro-interventions.
- Choreograph dramas that expand the self and open engagement with others
- Integrate corrective emotional experiences into models of self and other
- Validate the client's sense of competence and worth in every session.