



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)

EFFT Essential in-Person | Singapore

Date: 4 - 7 Aug 2025 (Mon - Thu)

Time: 9 AM – 4.45 PM (Singapore Time)

This 24-hour training provides a thorough understanding of the EFFT model within an attachment science framework. Through theoretical instructions 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.

Registration Fees:

Normal Registration	Group Discount for Normal Registration	SGEFT Scholarship for Southeast Asia Countries
Early Bird : SGD 1700 (Register and complete payment by 30 th Jun 2025) Regular : SGD 1800 (Register after 30 th Jun 2025 and complete payment by 15 th Jul 2025)	Min 2 pax: 5% Discount Min 3 Pax: 10% Discount	Eligible Countries: Indonesia, Philippines, Thailand, Myanmar, Cambodia Scholarship Tiers: 1 Pax: 25% discount 2 pax: 30% discount 3 pax: 50% discount

Registration for EFFT Essential



Note:

The EFT Fundamentals or Introduction course is optional, not a prerequisite

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.