



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)

EFIT Essential in-Person | Singapore

Date: 24-25 Oct 2025(Fri-Sat); 27-28 Oct 2025 (Mon-Tue)

Time: 9 AM – 4.45 PM (Singapore Time)

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.

Registration Fees:

Normal Registration	Group Discount for Normal Registration	SGEFT Scholarship for Southeast Asia Countries
Early Bird : SGD 1700 (Register and complete payment by 31 st Aug 2025) Regular : SGD 1800 (Register after 31 st Aug 2025 and complete payment by 30 th Sep 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 EFIT Consultation



Note:

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

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..

For more information, please visit our website at www.singaporeeft.com or contact us at admin@singaporeeft.com