

EFIT Practice Group



For Who? For those who have attended EFIT Essential or EFIT Level 1 & 2

Online

A total of six 2-hour group sessions
7pm to 9pm
(Monday Evenings)

In-Person

THREE (3) Half days - In Person (total 12-hours)

Dates: 17 Aug, 14 Sep, 5 Oct 2024

9.30am to 1.30pm



5 Aug 2024	26 Aug 2024
16 Sep 2024	7 Oct 2024
28 Oct 2024	18 Nov 2024

Learning Objectives

- **Assessing & Conceptualization:** Assessing clients' Internal Working Models (IWM), surviving strategies, and Intrapsychic cycle from an attachment perspective.
- **Alliance Skills:** Develop skills in attunement and creating a secure base (A.R.E.) to establish and maintain effective therapeutic alliances.
- **Micro Skills:** Practice and integrate the RISSSSC framework, along with skills in asking tracking questions, reflection, validation, evocative questioning, reframing, heightening & deepening, and conjecture, to enhance therapeutic communication and client exploration.
- **Experiential Self-Talk:** Utilize the TANGO technique to facilitate constructive experiential self-talk and enhance client self-awareness and growth in therapeutic settings.

It's a Small Online Group. Space is Limited. First-come, first-served basis!

For enquiries, please reach out to us at singaporeeft@gmail.com