



EFIT Intervention & Practice

A 2-Day In-Person Course

28 - 29 January 2026

Trainer: Winny Lu Aldridge
EFT Trainer-in-Training, Supervisor, and Therapist

Learning Objectives:

- **Assessing & Conceptualization:** Assessing clients' Internal Working Models (IWM), survival strategies, and Intrapsychic cycle from the attachment lens.
- **Alliance Skills:** Develop skills in attunement and creating a secure base (A.R.E.)
- **Micro Skills:** Practice and integrate the RISSSSC framework, asking tracking questions, reflection, validation, evocative questioning, reframing, heightening & deepening, and conjecture.
- **Macro Skills:** TANGO technique



Course Fee:

- Early Bird: **SGD680** – Register and complete payment by 15 Dec 2025
- Regular: SGD780 – Register after 15 Dec 2025 and complete payment by 15 Jan 2026

Prerequisite: EFIT Essential

What Past Participants Say

- "Deepened my understanding of emotions and attachment beyond the initial training."
- "Loved the safe, supportive space to practice and apply EFIT concepts."
- "Your clinical examples made EFIT come alive — my confidence and skills have grown."
- "The small group practices and clear slides made learning tangible and enjoyable."

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

