

## IN-PERSON EFIT WITH DEPRESSION

This 6-hour Special Topic course in Emotionally Focused Individual Therapy (EFIT) focuses on depression. Designed to help therapists deepen their understanding of how emotions drive change, it equips participants with practical tools to help clients overcome depression using an attachment-based approach.

### LEARNING OBJECTIVES

- Understand depression from an attachment perspective to identify underlying emotional needs and patterns.
- Apply EFIT techniques to address emotional blocks, build self-compassion, and foster resilience, and develop a more cohesive sense of self in a safer view of the world.
- Learn clinical strategies to work slowly with emotions when clients are flooded by depressed mood.
- Adapt therapeutic interventions to address impasses depressed clients present in individual therapy.

### CERTIFICATION REQUIREMENT

According to ICEEFT guidelines, attending an EFIT Consultation and a Special Topic course are mandatory after completing the EFIT Essential course if you wish to pursue certification as an EFIT Certified Therapist. Apart from the online special topic organized by ICEEFT, only in-person special topic courses are accepted as part of the requirements for EFIT certification. This course fulfills that requirement, offering both clinical insights and practical application.

Registration for In-Person  
EFIT with Depression



For more information, please visit our website at [www.singaporeeft.com](http://www.singaporeeft.com) or contact us at [singaporeeft@gmail.com](mailto:singaporeeft@gmail.com)



**DATE:**  
**THURS, 31<sup>ST</sup> JULY 2025**  
**9 AM - 4.30 PM**

#### EARLY BIRD

- \$480 - Register and complete payment by 31 May 2025

#### REGULAR

- \$500 - Register after 31 May 2025 and complete payment by 15 July 2025

#### PREREQUISITES:

- EFIT Essential or
- EFIT Level 1&2



**TRAINER: DR. TING LIU**

ICEEFT Certified Emotionally  
Focused Therapy Trainer,  
Supervisor, and Therapist