



Trainer: Dr. Ting Liu
ICEEFT Certified Emotionally Focused
Therapy Trainer, Supervisor and Therapist



Emotionally Focused Couple Therapy (EFCT) Externship In-Person | Singapore 29 Oct – 1 Nov 2025 (Wed-Sat)

An Externship in Emotionally Focused Couples Therapy® is an immersive four-day (24-hour) training experience, foundational for therapists aiming to specialize in EFCT. Led by certified trainers, it offers a comprehensive introduction to the EFCT model, focusing on the science of attachment and the systematic approach to couple therapy. This training is crucial for therapists because it equips them with the necessary skills to foster secure, resilient relationships in therapy. It's the first step in formal EFCT training, opening the door to advanced practice and certification, enhancing therapists' efficacy and confidence in their clinical work with couples.

Registration Fees for EFCT Externship

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)	Min 2 pax: 5% Discount	Eligible Countries: Indonesia, Philippines, Thailand, Myanmar, Cambodia Scholarship Tiers: 1 Pax :25% discount 2 pax: 30% discount 3 pax: 40% discount
Regular: SGD 1800 (Register after 31 st Aug 2025 and complete payment by 30 th Sep 2025)		



Registration for EFCT Externship

Note: There are no prerequisites for EFCT Externship

PARTICIPANTS WILL LEARN TO:

- Understand basic experiential and systemic concepts of Emotionally Focused therapy.
- View clients within their interpersonal attachments to conceptualize relationship distress and repair.
- Develop skills for maintaining an engaged, collaborative alliance with clients.
- Learn the five moves of the EFT Tango to change affect regulation and interaction patterns.
- Acquire skills in EFT micro-interventions from experiential and attachment models.

WHO IS THIS TRAINING FOR?

All mental health professionals including psychiatrists, psychologists, family physicians, social workers, psychiatric nurses, counsellors (including couples and family therapists), pastors and clergy, and students training in these professions. School counsellors and occupational therapists are permitted to attend if they are licensed and belong to a professional body that has standards of practice for psychotherapy/counselling.

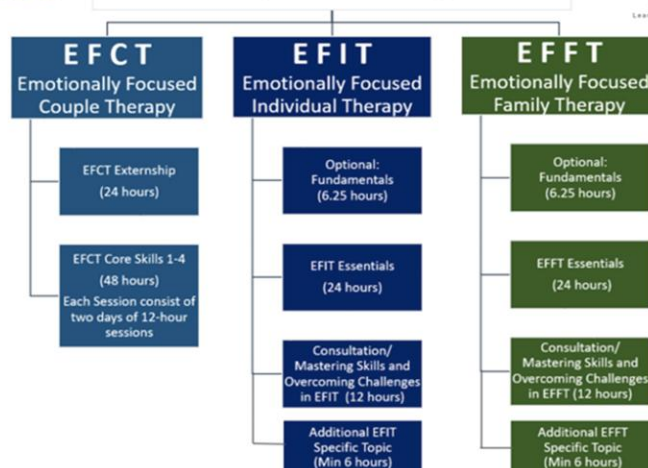
Life coaches are not permitted to attend unless they also meet one of the mental health professional categories listed above.

FEEDBACK FROM PREVIOUS PARTICIPANTS:

- This is hands down the best training I have done since becoming a counsellor. Dr Liu is an amazing trainer, and I will remember so many of the examples she shared. I am very keen to continue with the training.
- Thank you for a superlative experience, I am inspired!
- Dr Liu was very inspiring! Really appreciate her sharing of her experiences!
- Very clear in providing of information and giving examples to link to key concepts.
- Case study & role plays were helpful.
- Explanations of the concepts were supported with very good case examples.
- Rationales about the intervention was also explained very clearly with theory that helped with deepening the learning.



EFT Therapist Training Tracks



- SGEFT adopts a 48-hours of Advance Core Skills.
- For more information about ICEEFT new training and certification tracks, please visit <https://iceeft.com>
- Website: www.singaporeeft.com Email: admin@singaporeeft.com