

Emotionally Focused Therapy Training 2023

In-Person | Singapore



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)

**Externship in
Emotionally Focused Therapy (EFT)**
Foundation Training in EFT

**Emotionally Focused
Individual Therapy (EFIT)**
Level One Certificate Course

3-6 May 2023

Wed-Sat, 0900-1700

Fee: S\$1,600

**Sign up before 23 Dec
to enjoy \$100 Discount**

Registration for Externship



8-9 May 2023

Mon-Tue, 0900-1600

Fee: S\$850

**Sign up before 23 Dec
to enjoy \$50 Discount**

Registration for EFIT



Special Note

SGEFT has been appointed by Dr Liu Ting to be the authorised training provider for EFCT, EFIT and EFFT training courses effective from September 2022.

Our Trainer



Dr. Ting Liu, Ph.D.

ICEEFT Certified Emotionally Focused Therapy Trainer, Supervisor, and Therapist

Ting Liu, Ph.D., LMFT, serves as the clinical director of Philadelphia Center for EFT, the director and Founder of EFT Asia as a certified EFT trainer, supervisor and therapist. She is licensed in Pennsylvania as a Marriage and Family Therapist. She maintains a Private Practice in Wayne, PA.

Dr. Liu received her doctorate in Child Development and Family Studies with a specialization in Marriage and Family Therapy from Purdue University. She completed a postdoctoral fellowship at the Center for Family Intervention Science at Children's Hospital of Philadelphia.

Her publications include four books she has translated into Chinese in the fields of MFT and EFT. She has also published several journal articles on different applications of EFT and wrote a chapter on multi-cultural therapy in the EFT casebook. She is currently involved in several outcome studies examining the cultural applicability of EFT to diverse populations.

Dr. Liu offers EFT training, supervision, and case consultation to therapists in the Philadelphia area, as well as to therapists in Beijing, Hong Kong, London, Shanghai, Shenzhen, Singapore, Taipei, Chiangmai, Istanbul, Ukraine, and Iran. She has authored and translated EFT books in Chinese and produced training Videos using EFIT and EFCT with Chinese clients.

Externship in Emotionally Focused Therapy (EFT) Foundation Training in EFT

The four day EFT Externship is the first official step to learning EFT (approximately 30 hours) includes the observation of live and video recorded couple and individual therapy sessions, presentations of theory and clinical techniques, skills training exercises, and discussion of specific cases, clinical material and issues.

Following this workshop, participants will be able to:

- Gain clear understanding of theoretical underpinnings, research and road map of EFT;
- See relational and emotional distress of couples, families and individuals through the lens of attachment theory;
- Explore, organize and distinguish negative interaction patterns that maintain relational distress;
- Access, assemble and deepen core attachment emotions that underlie negative interaction patterns;
- Apply systemic, experiential and humanistic interventions as EFT micro-interventions;
- Practice the 5 core moves of the EFT Tango macro-intervention;
- Shape key bonding events that build secure connection;
- Overcome therapeutic impasses and address existential dilemmas.
- Participants will obtain a clear understanding of the basic experiential and systemic concepts of an “Emotionally Focused” approach to therapy.
- Participants will be able to view clients in the web of their interpersonal attachments and conceptualize relationship distress and repair based on theories of attachment and emotion.
- Participants will develop skills in sharing and maintaining an engaged, open and collaborative alliance with clients.
- Participants will develop skills in the 5 moves of the basic macro-intervention – the EFT Tango – in order to change patterns of affect regulation, models of self and other, strategies for engaging others and interactional patterns.
- Participants will develop skills in EFT micro interventions taken from experiential and systemic models of intervention.

EFT is a relational therapy. The Externship will focus on the general model of EFT as laid out in the 2019 book, *Attachment Theory in Practice*, and teach the model as implemented in couple and individual therapy sessions.

Emotionally Focused Individual Therapy (EFIT) Level One Certificate Course

EFIT is an attachment based approach to individual therapy that, like the other EFT interventions, EFCT for couples and EFFT for families, offers an integration of humanistic experiential interventions focused on reshaping intrapsychic experience and systemic interventions focused on changing patterns of engagement with significant others. Emotion is given precedence given its powerful role in structuring both inner experience and motivation and key interactional patterns in relationships. Emotion links and organizes core experience and interaction.

EFT is best known as a cutting edge couple intervention but has always, from its inception, been used in clinical practice with individuals and with families, especially with clients dealing with depression, anxiety and post traumatic stress disorder. The skills taught in EFT for couples are considered pivotal in that this form of EFT combines working, with individuals and with dyads. The most obvious way that EFIT differs from modalities where attachment figures are present in therapy is that corrective dialogues focus on a client’s interaction with the therapist, or with representations of attachment figures, or aspects of self. It is important to note that from a humanistic attachment perspective the self is a process of constant construction which takes place in and is shaped by interactions with key others. In all modalities EFT addresses self and system – it is inherently RELATIONAL.

Following this workshop, participants will be able to:

- Adopt an attachment humanistic perspective on clients, problems and interventions
- Discover and distil core emotional experiences and promote emotional balance
- Outline protective, self-defining and interactional iatrogenic patterns and the core components of emotional disorders.
- Begin to implement the 5 moves of the EFT Tango to shape corrective emotional experience
- Describe the micro-interventions of the EFT/EFIT model, eg. Heightening, Interpretation.
- 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

EFIT pre-requisite:
Have attended Externship or have acquired extensive understanding in attachment model.

Who Should Attend?

Psychologists, Social Workers, Marriage and Family Therapists, Counselors,
and Graduate Students in the helping professions.