



THE SINGAPORE COMMUNITY FOR EMOTIONALLY FOCUSED THERAPY (SGEFT)



Learning & Growing Together



EMOTIONALLY FOCUSED THERAPY TRAINING 2024, 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)



Trainer: Dr. Ting Liu
ICEEFT CERTIFIED EMOTIONALLY FOCUSED THERAPY TRAINER, SUPERVISOR, AND THERAPIST

IN PERSON | IN SINGAPORE

EFIT ESSENTIAL

This **4-day (24hr)** training event is a didactic and experiential program where participants will be invited to apply the principles and interventions of Emotionally Focused Therapy with individuals. The training will delve into the heart of the empirically-validated EFIT model, presenting a coherent framework for understanding individual emotional processing and change.

EFCT EXTERNSHIP

An Externship in Emotionally Focused Couples Therapy® is an immersive **4-day training (24 hrs)** 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.

PARTICIPANTS WILL LEARN TO

- Describe the key elements of the attachment perspective on personality and its significance for clinical intervention
- Set out clients within and between cycles and how they create each other and link to presenting problems that manifest as emotional disorders
- Describe the core components of emotional disorders - depression and anxiety
- Outline the process of change and the elements of the EFT Tango to shape corrective emotional experience, such as affect assembly and deepening
- Describe the micro-interventions used by the EFT therapist
- Outline the applicability of EFIT for different clients with different symptomatology.
- Adopt an attachment humanistic perspective on clients, problems and interventions
- Discover and distill core emotional experiences and promote emotional balance
- Outline protective, self-defining and interactional iatrogenic patterns
- Implement the 5 moves of the EFT Tango to shape corrective emotional experience and EFT micro-interventions.
- 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.

PARTICIPANTS WILL LEARN TO

- Obtain a clear understanding of the basic experiential and systemic concepts of an "Emotionally Focused" approach to therapy.
- View clients in the web of their interpersonal attachments and conceptualize relationship distress and repair based on theories of attachment and emotion.
- Develop skills in sharing and maintaining an engaged, open and collaborative alliance with clients.
- 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.
- Develop skills in EFT micro interventions taken from experiential and attachment systemic models of intervention

EFIT ESSENTIAL

DATE: 28-29 Jun 2024; 1-2 Jul 2024
TIME: 9 am - 4.30 pm (Singapore Time)
EARLY BIRD: SGD1,600 - Register and complete payment by [30th Apr 2024](#)
REGULAR: SGD1,700 - Register after [30th Apr 2024](#)
PREREQUISITES: Fundamental (Optional)



REGISTER:

EFCT EXTERNSHIP

DATE: 16-19 Oct 2024
TIME: 9 am - 4.30 pm (Singapore Time)
EARLY BIRD: SGD1,600 - Register and complete payment by [31st Aug 2024](#)
REGULAR: SGD1,700 - Register after [31st Aug 2024](#)



REGISTER: