

# **EFCT CORE SKILLS ADVANCED TRAINING**

### CORE SKILL TRAINING 1 & 2

The EFCT Core Skills Advanced Training offers an immersive, small group experience focused on enhancing therapists' understanding application of EFT techniques. This comprehensive training, spread over two 4-day sessions, delves into case conceptualization, essential therapeutic skills, and therapist development through a blend of case presentations, experiential exercises, and didactic presentations. A prerequisite for this advanced training is the completion of a 4-day Externship with a Certified EFT Trainer. The training, adhering to the guidelines of the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT), requires participants to engage in 48 hours of instruction, practice, and feedback, and involves presenting client session videos for Successful completion meets part requirements for the Certified EFCT Therapist designation by ICEEFT, with additional steps including individual supervision and demonstration of model competence.

#### PARTICIPANTS WILL LEARN TO

- Deepen your understanding of the EFT model and its application in couple's therapy.
- Develop EFCT skills through a combination of instructional review, skill demonstrations, and live session observations.
- Engage in hands-on practice of EFT techniques and exercises.
- Receive individual feedback on your EFCT skills development via case presentations.
- Delve deeper into the EFT tango, understanding its application within different stages of therapy.
- Apply the EFT model through roleplays and discussions, aiming towards certification.

# **EFCT CORE SKILL TRAINING 1**

DATE: 24-27 Jun 2024

TIME: 9 am - 4.30 pm (Singapore Time)

**EARLY BIRD:** SGD1,700 - Register and complete payment by

REGULAR: 30th Apr 2024

SGD1,800 - Register after 30th Apr 2024

PREREQUISITES: EFT Externship

## **EFCT CORE SKILL TRAINING 2**

DATE: 21-24 Oct 2024

TIME: 9 am - 4.30 pm (Singapore Time)

**EARLY BIRD:** SGD1,700 - Register and complete payment by

REGULAR: 31st Aug 2024

SGD1,800 - Register after 31st Aug 2024

PREREQUISITES: EFT Externship and Core Skill 1



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