

Emotionally Focused Therapy Training 2024

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)



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



ONLINE (Jan-Feb 2024)

EFIT Level 2

Date: 9, 16, 23, 30 Jan 2024 (Tue)
Time: 9 am – 12 pm (Singapore Time)
Early Bird: \$600 (*Register by 20 Dec 2023 and make payment latest by 31 Dec 2023*)
Regular: \$760



EFFT-2

Date: 26-29 Feb 2024 (Mon-Thur)
Time: 9 am – 12 pm (Singapore Time)
Early Bird: \$600 (*Register by 15 Jan 2024 and make payment latest by 31 Jan 2024*)
Regular: \$760



Emotionally Focused Individual Therapy (EFIT) Level 2

Participants will learn 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
- 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.

The prerequisite for EFIT 2 is EFIT 1.

Emotionally Focused Family Therapy (EFFT) Level 2

Participants will learn to:

- Conceptualize family distress and formulate a treatment plan guided by EFFT goals.
- Explore alliance practices that promote family engagement in treatment.
- Assess safety and contraindications for EFFT practice and conjoint practice.
- Identify EFFT change events and related therapist interventions.
- Enhance skill in accessing and assembling emotion associated with family distress.
- Increase effectiveness in use of enactments to engage and process attachment related emotions and needs.
- Identify treatment practice guiding the use of EFFT where parents have split up, divorced and/or remarried.

The prerequisite for EFFT 2 is EFFT 1.