Healing From Infidelity with EFT

In-Person| In Singapore

Date: 14-15 May 2025 (Wed-Thurs)
Time: 9 AM – 5 PM (Singapore Time)
Early Bird Fee: $850 – register and make payment before 30th April 2025
Regular Fee: $900 – register after 30th April 2025

SGEFT
Learning & Growing Together

This 2-day workshop focuses on using **Emotionally Focused Therapy (EFT)** to help couples navigate the complex emotions that arise after infidelity. You will learn how to de-escalate negative interaction cycles by applying macro interventions through the EFT-TANGO framework as well as micro interventions to deepen emotional processing and create new positive emotional experiences. Through engaging lectures, practical demonstrations, and hands-on practice, you will gain a clear and practical framework to help couples move from crisis to reconnection.

Participants will learn:

- ✓ **Build Therapeutic Alliances**: Develop the skills to connect with both partners, gaining a deep understanding of the impacts of infidelity and the underlying emotional experiences that shape their interactions.
- ✓ **De-escalate Emotional Reactivity**: Learn strategies to manage heightened emotions and reduce the negative interaction cycles that contribute to disconnection.
- ✓ **Apply Macro Interventions with the EFT-TANGO Framework**: Master the five moves of TANGO to deepen emotional engagement, repair attachment injuries, and promote reconnection.
- ✓ **Use Micro Interventions of EFT:** Implement key in-session techniques to strengthen therapeutic alliances, encourage emotional vulnerability, and restructure attachment bonds.
- ✓ **Address Common Challenges:** Discuss how to navigate issues such as managing flashbacks, hypervigilance, and the urge to ask fact-finding questions. Learn to focus on the therapeutic process rather than becoming caught in content, while holding space for clients' intense emotions and maintaining self-regulation as the therapist.

About the Trainer: Winny Lu Aldridge

ICEEFT-certified EFCT, EFIT, and EFFT Trainer-in-Training, Supervisor and Therapist Community Leader, The Singapore Community for Emotionally Focused Therapy (SGEFT)

Winny is an experienced Couple Therapist, specializing in helping couples heal from infidelity and betrayal trauma. As an ICEEFT certified EFT Supervisor and Therapist, she providing supervision and support for EFT therapists. In her private practice, Just2Hearts Counselling, Winny focuses on repairing attachment injuries and fostering secure emotional connections. She also teaches Couple Counseling at a local university, equipping future therapists with essential relational skills.

Registration

Who Should Attend:

This workshop is designed for therapists, counselors, and mental health professionals who work with couples or are considering working with couples. Participants should have prior training in any track of Emotionally Focused Therapy (EFT). A minimum requirement is the completion of EFT foundational or Introduction to EFT course.

For more information about EFT training in Singapore, please visit www.singapoeeft.com
or send email to singaporeeft@gmail.com