

(Online) EFT Practice Group: Interventions

Dates (6 Mondays)

- 25 Mar 2024
- 8, 22, 29 Apr 2024
- 13, 20 May 2024

Back by Demand

Time: 8-10 pm

Fee: \$75 Per Session

Learning Approach:

- Short Presentation of Concepts/Skills
- Review Workbook Exercises
- Role Play, Practice & Discussion

Note:

- Commitment to all 6 sessions is required.
- One session may be missed if it's unavoidable.
- A 30-minute catch-up session will be provided.
- A certificate of attendance will be issued upon request which can be applied towards the training hours required for the renewal of your professional association membership.

For Whom? For those who have attended Externship and other EFT training

Frequency & Duration

A total of six 2-hour group sessions, 8pm to 10pm (6 Mondays)

What to Expect

- Deepen the understanding of Attachment Theory and the Process of Emotion.
- Learn to assess and conceptualize as well as the application to cases.
- Develop skills in Empathic Reflection, Validation, Evocative Responding, Heightening (RISSSC), Reframing, Asking Tracking Questions, Enactment (TANGO)
- Review Exercises from second edition "*Becoming an Emotionally Focused Therapist: The Workbook*" (2nd Edition). Focusing on Section 1: EFT Interventions.
- We strongly recommend completing the assigned exercises for each session before the group meeting.

Facilitator: Winny Lu Aldridge, ICEEFT Certified EFCT and EFIT Therapist & Supervisor

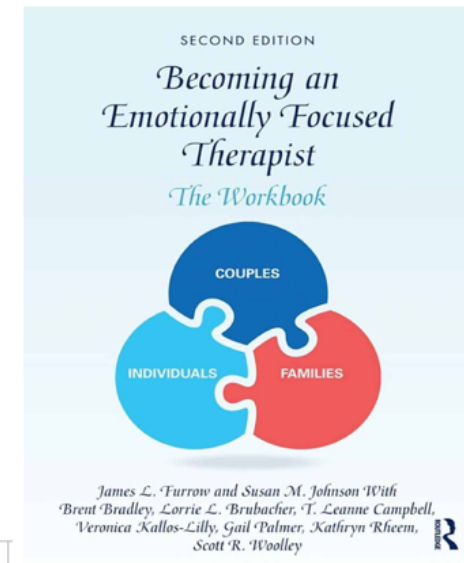


Session #	Date	Topics/Interventions
Session #1	25 Mar 2024	<ul style="list-style-type: none">• Attachment Theory• Self-Regulation and Co-Regulation• Sex and Caretaking from Attachment Lens• Assessment on interaction pattern and conceptualization
Session #2	8 Apr 2024	<ul style="list-style-type: none">• EFT Three Tasks• Identifying Basic Emotions• Linking Triggers, Action Tendencies and Emotion• Tracking Elements of Emotions• Self as an EFT Therapist
Session #3	22 Apr 2024	<ul style="list-style-type: none">• Empathic Reflection and Validation• Evocative Responding• Heightening (RISSSC)
Session #4	29 Apr 2024	<ul style="list-style-type: none">• Emphatic Conjecture• Catching Bullets• Reframing
Session #5	13 May 2024	<ul style="list-style-type: none">• EFT TANGO
Session #6	20 May 2024	<ul style="list-style-type: none">• Case Review• Watching Sue's video• Discussion

It's a Small Group Practice. Space is Limited. First-come, first-served basis!

Closing Date for Registration: 17 Feb 2024

For enquiries, please reach out to us at singaporeft@gmail.com



For Registration

