

# (Online) EFT Externship Practice Group

**For Who?** For those who have attended Externship.

## Frequency & Duration

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

## Learning Approach

- Deepen the understanding of Attachment Theory and Application on Cases
- Practice Assessment, Conceptualization, Empathic Reflection, Validation, Evocative Responding, Heightening (RISSSC), Reframing, Asking Tracking Questions, Enactment (TANGO)
- Book Reading: *The Practice of Emotionally Focused Couple Therapy: Creating Connection (Third Edition)*
- Review Exercises from second edition “*Becoming an Emotionally Focused Therapist*” The Workbook. Focus on Section 1: EFT Interventions. We strongly recommend completing the assigned exercises for each session before the group meeting.
- Watching videos, Role-Plays & Discussion

## Dates

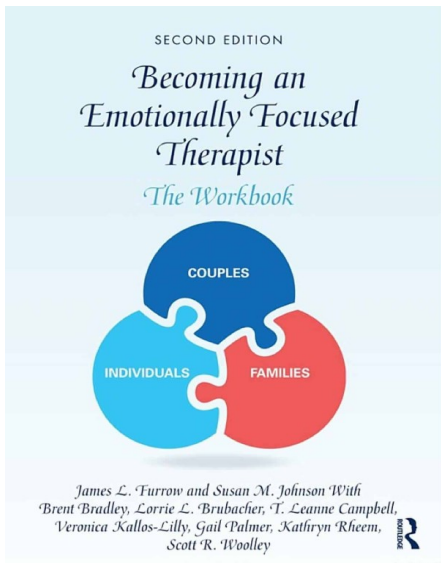
- 8 & 22 Jan 2024
- 5 & 19 Feb 2024
- 4 & 18 Mar 2024

**Facilitator:** Winny Lu Aldridge, ICEEFT Certified EFT Therapist & Supervisor

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

*For enquiries, please reach out to us at [singaporeeft@gmail.com](mailto:singaporeeft@gmail.com)*

\$75  
per  
session



For Registration

