

Emotion Focused Therapy



Professor, Author and Distinguished Researcher,

Robert Elliott in Cyprus

One of the founders of Emotion Focused Therapy



4-day Intensive Advanced Skills Training

Delivered by Prof. Robert Elliott – in person

Facilitated by Dr. Christina Michael

27th - 30th of October 2022, 9:30-17:00.

Venue: University of Cyprus.

Supported by: University of Strathclyde.

Skills you can use in your current therapy work.

For continuing professional education credit.

First step towards **EFT Therapist Certification.**

The training: EFT-Level 1

This training will provide participants with an in-depth skills training through a combination of methods. Each day will include brief lectures, video demonstrations by the founders of EFT with real clients, live modelling, case discussions, and skills practice supervised by Robert Elliott. Different EFT interventions based on specific processes will be demonstrated. Videos of evidence-based methods for evoking and exploring emotion schemes, and for dealing with overwhelming emotions, puzzling emotional reactions, painful self-criticism, and emotional injuries from past relationships will be presented. Training will be delivered in English.

Prof Robert Elliott, *PhD Clinical Psychologist*

Robert received his PhD from the University of California, Los Angeles. He is an internationally recognized psychologist, researcher, and trainer. He has led EFT training in the States, many parts of Europe, and Asia. He is co-author of important books in the field of Psychology, including: *Facilitating emotional change*, *Learning emotion-focused psychotherapy*, *Research methods in clinical psychology*; as well as author of more than 200 journal articles, and book chapters. He has received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the *Carl Rogers Award from APA* for his distinguished work in the field.

Learning objectives:

- ✓ To implement the basic principles of EFT;
- ✓ to develop advanced therapy skills when working with emotion;
- ✓ to identify different types of emotional responses and how best to work with them;
- ✓ when to help clients contain and when to access emotion;
- ✓ how to help clients reprocess difficult emotions;
- ✓ how to help clients contain and regulate emotion;
- ✓ how to achieve a moment-by-moment attunement to emotion;
- ✓ to facilitate emotional processing to resolve self-critical splits and unfinished business;
- ✓ to learn when and how to use specialised techniques including empty chair, two chair work, unfolding and trauma retelling.

Dr Christina Michael, *DPsych Counselling Psychologist*

Christina received her Doctorate in Counselling Psychology at Glasgow Caledonian University (GCU). Before she moved to Cyprus in 2018, she worked for 7 years in Scotland with a wide range of mental health difficulties and she was also an Associate Lecturer for the Doctorate in Counselling Psychology for 4 years. Christina is now based in Cyprus and works as a Senior Counselling Psychologist and Clinical Director at the Cyprus Institute for Emotion Focused Therapy. She also works for Universities in Cyprus and the UK as a Visiting Lecturer. She also facilitates EFT trainings in the UK, the USA, Iran and Europe with Prof Robert Elliott, Prof. Jean Watson and others.

Emotion Focused Therapy:

A humanistic, evidence-based form of therapy that integrates person-centred and gestalt therapies, with particular relevance to working with depression, trauma, borderline processes and anxiety difficulties. It has gained international recognition through the work of Les Greenberg, Laura Rice, Robert Elliott, Jeanne Watson, Rhonda Goldman, Antonio Pascual - Leone and others.

Only few seats available - first come first served.

Formally recognized by the International Society for EFT (www.iseft.org).

Certification will be provided at the end of the course, signed by Prof. Robert Elliott.

Participation:

Participants can be qualified therapists and students (Postgraduate Diploma/MSc Level or above) from person-centred, psychodynamic, CBT, ACT, and related backgrounds.

Cost: Before Friday 30th of September: €495; Students €445. After Friday 30th of Sept: €595; Students €545. (Includes training fees; not catering.) ***Extra discount will be given to participants who have done Level 1 before, and wish to retake it. Contact us for info***

To register or for further information contact us on info@eft.cy or Dr. Christina Michael on +35799409832.