

Emotion Focused Therapy
Lisbon 2-day Workshop
Level 1 Training
With Leslie Greenberg

LEVEL 1
Skill Training

The focus of the program will be experiential, learning how to produce change in core emotional structures. Many approaches to date have focused on changing cognition or conscious understanding. EFT focuses on changing emotion and using adaptive emotion as a guide to living. The programme will provide hands-on skills development.

Day 1

Emotion

- *Emotion assessment*
- *Principles of change*

Self Criticism

Two chair dialogue and splits

- *Identify harsh critic* • *Access primary maladaptive feeling*
- *Access need* • *Softening of the critic*

Day 2

Unfinished business

- *Accessing primary emotions* • *Accessing core dysfunctional emotion schemes*
- *Empty chair dialogue and unfinished business*

Restructuring Core Schemes

- *Supporting the emergence of primary needs* • *Challenging core maladaptive beliefs with newly accessed needs and emotions* • *Letting go of unmet needs* • *self interruption* • *Tapping positive emotional resources* • *Provision of new experiences*

Stages of treatment and Case Formulation,

- *Developing a Collaborative Focus*
- *Following the pain compass*
- *Identifying markers of underlying affective/cognitive problems*