

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

2019

Postgraduate Courses

The Institute for Emotionally Focused Therapy's (IEFT) primary focus is on providing quality education for psychologists, social workers, counsellors, and psychotherapists in Emotionally Focused approaches.

IEFT is a registered Higher Education provider and offers postgraduate courses accredited by the Tertiary Quality and Standards Agency (TEQSA) under the TEQSA Act (2011) as higher education awards recognised within the Australian Qualification Framework (AQF) at Level 8. We also provide professional development workshops.

Graduates will be able to work in government and community sectors in health, welfare and education settings, in private practice, and in the following fields of practice: relationship counselling, trauma and mental health counselling, counselling with LGBTIQ individuals and couples, educational settings, EAP programs, NDIS, and supervision. Some private health funds offer provider numbers for qualified counsellors.

Accredited Postgraduate Courses

The Institute offers two courses:

- Graduate Certificate in Emotionally Focused Counselling
- Graduate Diploma of Emotionally Focused Therapy
 - > Professionally accredited course with ACA
- Download the application at <http://ieft.com.au/students/student-admissions/>

IEFT excels in:

- Practice friendly education focusing on how to apply Emotionally Focused Therapy skills in your practice
- Highly qualified, experienced and approachable academic teaching staff
- Easy to access online classrooms with subject curriculum and readings
- Supporting practitioners to practice therapy skills with constructive feedback.

GRADUATE CERTIFICATE IN EMOTIONALLY FOCUSED COUNSELLING (GRAD CERT EFC)

The Graduate Certificate in Emotionally Focused Counselling is a specialised postgraduate course which engages qualified practitioners from counselling, social work, psychotherapy, psychology, health and human services disciplines in learning the Emotionally Focused approach to counselling with individuals and couples with a broad range of presentations.

Emotion-Focused counselling aims to process emotional experience by developing awareness, experiencing, regulating and expressing feelings for the development of emotional health and wellbeing and to enhance relationships.

The course focuses on assessing, exploring and intervening with emotional experience with individuals and couples. Students acquire a wide range of interventions for working with emotion at verbal and creative levels. Methods of working with emotional experience are presented and demonstrated in workshops. The course is one year full-time (27 credit points in total).

Time Commitment

The course structure allows flexibility - students can study on a full-time or part-time basis. You will need to complete 125 counselling sessions in your work or practice environment and 10-15 hours of individual or group supervision with the Institute. The course must be completed within three years part-time.

Subjects

The course is made up of two 7-credit point subjects: Foundations for Emotionally Focused Work and Individual Counselling, three 2-credit point subjects: Multiple Chair, Couple Assessment and Couple Talk, one 5-credit point subject Supervised Practice 1 and one 2-credit point elective.

Applications

Standard admission:

An AQF Level 7 qualification or higher from a recognised academic institution in arts, social sciences, psychology, social work, counselling, welfare or health AND

Membership or eligibility for membership of a professional association relevant to the qualification AND Be working in a role that requires the provision of formal counselling (paid or voluntary) with regular formal supervision.

Special or alternative admission:

A non-relevant qualification from a recognised academic institution OR

A partially completed relevant qualification from a recognised academic institution OR

A relevant VET Diploma, Advanced Diploma or Associate Degree OR

Professional training in counselling or psychotherapy accredited by PACFA OR

Employment in a clinical role by a relationship and/or family organisation designated by the Federal Attorney General's Department AND

Two years' work experience in a role that requires the provision of formal counselling (paid or voluntary) with regular formal supervision AND

Attendance at interview and provision of references.

Fees

Subject fees:

\$410 for 2 credit point subjects, \$185 for one credit point subjects (30% discount when attending three or more workshops in 2019), Supervised Practice 1 \$1,175 or individual supervision \$200 per session.

Student administration fee: \$155 per annum.

Total cost of course: \$5,689 (if studied full-time in group supervision mode).

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

GRADUATE DIPLOMA OF EMOTIONALLY FOCUSED THERAPY (GRAD DIP EFT)

The Graduate Diploma of Emotionally Focused Therapy is a specialised postgraduate course which engages experienced and qualified practitioners from counselling, social work, psychotherapy, psychology, health and human services disciplines in developing knowledge and skills in the Emotionally Focused Therapy approach with individuals and couples with a broad range of presentations.

Emotionally Focused Therapy aims to understand affect, feelings and emotions, and their relationship with thoughts and behaviours, for the development of emotional wellbeing, and to enhance couple relationships.

The course focuses on skillfully working with and transforming the emotional experience of individuals and couples, and understanding and assessing emotion schemes and emotional signatures. Students acquire a broad range of interventions for working in depth with emotion verbally and creatively. Methods of working with emotional experience are presented and demonstrated in workshops. The course is 1.5 years' full-time (52 credit points in total).

Time Commitment

The course structure allows flexibility - students can study on a full-time or part-time basis. You will need to complete 250 counselling sessions in your work or practice environment and 25-30 hours of individual or group supervision with the Institute. The course must be completed within four years part-time.

Subjects

The course is made up of four 7-credit point subjects: Foundations for Emotionally Focused Work and Individual Counselling, three 2-credit point subjects: Multiple Chair, Couple Assessment and Couple Talk, two 5-credit point Supervised Practice subjects and four 2-credit point electives.

Applications

Standard pathway:

An AQF Level 7 qualification or higher from a recognised academic institution in arts, social sciences, psychology, social work, counselling, welfare or health AND

Membership or eligibility for membership of a professional association relevant to the qualification AND Be working in a role that requires the provision of formal counselling (paid or voluntary) with regular formal supervision.

Special or alternative admission:

A non-relevant qualification from a recognised academic institution OR

A partially completed relevant qualification from a recognised academic institution OR

Professional training in counselling or psychotherapy accredited by PACFA OR

Employment in a clinical role by a relationship and/or family organisation designated by the Federal Attorney General's Department AND

Two years' work experience in a role that requires the provision of formal counselling (paid or voluntary) with regular formal supervision AND

Attendance at interview and provision of references.

Applicants may be requested to provide a digital recording of a counselling session with the client's consent.

Fees

Subject fees:

\$410 for 2 credit point subjects, \$185 for one credit point subjects (30% discount when attending three or more workshops in 2019), Supervised Practice 1 and 2: \$1,175 each or individual supervision: \$200 per session.

Student administration fee: \$155 per annum.

Total cost of course: \$10,968 (if studied full-time in group supervision mode).

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

FOUNDATIONS FOR EMOTIONALLY FOCUSED WORK (102)

GRADUATE CERTIFICATE/YEAR ONE GRADUATE DIPLOMA

Emotion-Focused Work (116)

2 March & 3-4 May 2019

Emotion-Focused Work is the first unit in Foundations for Emotionally Focused Work (2 credit points). The subject deals with symptom management, self and relational problems via emotion regulation, developing awareness and working with different levels of emotional experience. You will be introduced to Emotion-Focused work, both the Canadian model (Leslie Greenberg, Sandra Paivio, Susan Johnson et al.) and Australian approaches. The technical aspects of E-F work include assessment using process markers, and interventions for verbal and creative work. Structures for the first session to assess symptoms, relational difficulties and self-experience, and ongoing sessions, will be outlined and demonstrated. The relational foundation for counselling practice will be discussed and demonstrated. Students will consider the elements in Emotion Focused work experientially and theoretically, via demonstrations, and to practice counselling skills.

Working with Experience (117)

2 March & 3-4 May 2019

Emotional experience is the second unit in Foundations for Emotionally Focused Work (2 credit points). This unit is based on the understanding that individuals change when they become participant-observers of their experience, begin to have their experience, then symbolise and make meaning, before discovering associated action tendencies. Students are introduced to the sensorimotor, schematic and conceptual levels of emotional experience, and will learn how to use verbal interventions to access and work with emotional sequences and patterns, as well as the creative technique of visualisation. Visualisation helps clients develop self-awareness, regulate their experience, discover primary feelings and move into emotional processing.

Experiencing Emotion (118)

6 April & 31 May – 1 June 2019

Experiencing Emotion is the third unit in Foundations for Emotionally Focused Work (2 credit points). The goal of counselling is the emotional well-being of our clients. This involves helping them have their emotional experience and integrating this into their current self-organisation. Emotional experiences are classified into their different types so that practitioners can then utilise appropriate interventions for working with the feelings, cognitions and behaviours that are the essence of the experience. One of the primary aims in Emotion-Focused counselling is to help clients process their emotional experiences. In this 2-day workshop, we will show you how to assess emotions using the experience triangle and then how to facilitate clients' processing of their experiences using experiencing and drawing interventions. We will show you how to help your clients move from talking about difficult emotional experiences to experiencing the feelings. We will show you how to use the creative medium of drawing to facilitate emotional regulation and the experiencing of emotions. The contraindications for regulating versus experiencing emotions will be discussed.

Clinical Day 1: Working with Feelings (122)

6 April & 31 May – 1 June 2019

Clinical Day 1 is the fourth unit in Foundations for Emotionally Focused Work (1 credit point). The unit integrates the learning of the first three units with students' counselling skills. The unit focuses on the technical and relational aspects of Emotionally Focused counselling, demonstrated by academic teaching staff. Students will have opportunities to assess clients' moment to moment experiences, apply verbal and creative interventions including sequencing, visualisation, experiencing and drawing, and reflect on their practice.

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

INDIVIDUAL COUNSELLING (103)

GRADUATE CERTIFICATE/YEAR ONE GRADUATE DIPLOMA

Focusing (119)

2- 3 August 2019

Focusing is the first unit in Individual Counselling (2 credit points). Focusing is a method of facilitating awareness in order to regulate and/or process emotional experience, which are the primary aims of Emotion-Focused counselling. Focusing involves discovering, acknowledging and empathically touching into the felt experience of clients. Students will be introduced to the theories that underpin experiencing: dialectical constructivism, phenomenology and hermeneutics. The similarities and differences between Gendlin's focusing, the Canadian Emotion-Focused protocols and the Annandale approach will be discussed and demonstrated.

Emotion Schemes (120)

2- 3 August 2019

The second unit in Individual Counselling, Emotion Schemes (2 credit points), offers students the opportunity to explore clients' development of emotion schemes, which are learned emotional responses to self and others as a result of past childhood and adult experiences. These early experiences are internalised as organised networks of expectancies which operate out of conscious awareness. Ways of exploring emotional reactivity and patterns of responding, using the lens of emotion schemes, to increase clients' awareness will be demonstrated. An understanding of the nature of regressive emotional responses and re-enactments will be explored. Methods for containing, reassuring and soothing the aspect of the responding child will be demonstrated and applied in practice sessions.

Adult - Child Polarity (121)

4-5 October 2019

Adult-Child Polarity is the third unit in Individual Counselling (2 credit points). This unit examines the theoretical foundation for understanding individuals presenting with diminished assertiveness who have ceased to operate from an adult place. The Emotionally Focused model of counselling draws on the concept of parts of the self in order to conceptualise and work with adult, parent and child aspects, developed from past childhood and adult experiences. Students will learn how to work with clients to strengthen their adult aspect and hold their inner child. Verbal and creative interventions such as cushion work will be demonstrated and applied in practice sessions. This work is an important foundation for experiencing work, as clients become aware of their reactivity and identify inner adult-child polarities.

Clinical Day 1: Working with Feelings (122)

6 April & 31 May –1 June 2019

Clinical Day 1 is the fourth unit in Foundations for Emotionally Focused Work (1 credit point). The unit integrates the learning of the first three units with students' counselling skills. The unit focuses on the technical and relational aspects of Emotionally Focused counselling, demonstrated by academic teaching staff. Students will have opportunities to assess clients' moment to moment experiences, apply verbal and creative interventions including sequencing, visualisation, experiencing and drawing, and reflect on their practice.

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

INDIVIDUAL THERAPY (201)

YEAR TWO GRADUATE DIPLOMA

Emotion-Focused-Therapy (202)

1-2 February 2019

Emotion-Focused Therapy, the first unit in Individual Therapy (2 credit points), introduces students to EFT, building on the foundation of first year counselling units. The theoretical underpinnings of EFT, including emotion theory, dialectical constructivism, attachment, developmental and trauma theory will be outlined. Students will consider and explore individuals' internal workings using Emotion-Focused and other therapies. Consideration will be given to psychodynamic markers in therapy sessions in addition to humanistic markers. How clients react in difficult situations, and how past traumas resonate and influence responses, will be discussed and demonstrated using experiential techniques. Students will begin to assess and explore their clients' ways of reacting and relating, and begin helping clients to look after themselves.

Self-Interruptive Processes (203)

15-16 March 2019

Self Interruptive Processes, the second unit in Individual Therapy (2 credit points), introduces students to the EFT concept of self and provides the opportunity to explore clients' self-experience and their relationship with parts of the self. Difficult adult situations will be explored for their connections to childhood experiences, to discover how parental experiences have been internalised. The negative ways in which clients feel and think about themselves will be explored, including the capacity to be loved by others, self worth, criticism of self and others, hopelessness and lack of entitlement. The unit will focus on identifying and working with client's critical and nurturing messages to self and others. Students will learn skills for transforming the self through demonstrations by academic teaching staff and in practice sessions.

Emotional Signature

26 - 27 April 2019

Emotional Signature, the third unit in Individual Therapy (2 credit points), provides students with an understanding of emotional signatures which are the manifestation of individuals' emotion schemes, which are internalised patterns developed from both adult and childhood experience. Emotion schemes form the basis for self-organisation of identity and attachment. In this unit, students will learn to identify a range of emotional signatures and how to unpack clients' ways of relating to self and others. The important skill of adjusting relational styles according to the assessment of clients' needs and difficulties will be demonstrated and practiced.

Therapy Day 1: The Internalised Parent-Child (205)

7 June 2019

Therapy Day 1 is the fourth unit in Individual Therapy (1 credit point). This experiential unit provides students with the opportunity to integrate and reflect on their learning from the first three units. The therapy day focuses on internalised parent-child patterns and processes. Academic teaching staff will demonstrate how to work relationally with clients to facilitate change in their internalised parent-child and emotional signature. The day will be tailored to students and their therapeutic practice, and provide opportunities for skills practice in a supportive environment with feedback.

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

ADVANCED THERAPY (202)

YEAR TWO GRADUATE DIPLOMA

Re - Experiencing in Regression (213)

16-17 August 2019

Re-experiencing in Regression is the first unit in Advanced Therapy (2 credit points), and explores the impact of childhood experiences on past and present relationships. Through an exploration of current difficulties, clients are able to resonate with previous adult and childhood experience and respond in regressive ways. The unit provides students with insight into what clients need when they become regressed, and explores the concepts of self-fulness and entitlement. Structured methods for facilitating healthy re-experiencing in therapeutic practice and for working with spontaneous regression will be demonstrated, including genograms, drawings, cushions and chair work.

Healing in Attachment (214)

27-28 September 2019

Healing in Attachment is the second unit in Advanced Therapy (2 credit points). Attachment theory forms the theoretical basis for this unit. A crucial aspect of EFT is the healing process that occurs as clients learn to trust and rely on their therapists through having positive experiences. Through being-with their therapists, clients can begin to have their authentic feelings. In this unit, students will consider how clients deal with their past attachment injuries and learn to trust and attach to their therapist, and the symbolic aspects of the therapeutic relationship. Psychotherapeutic concepts of the therapeutic alliance, intimacy, play and love are considered. Methods of being with clients during the healing process are explored, including containment and emotional holding.

The Therapeutic Relationship (215)

1-2 November 2019

The Therapeutic Relationship is the third unit in Advanced Therapy (2 credit points). This unit continues to deepen students' understanding of the unfolding of the therapeutic relationship in long term individual therapy. Students will learn to recognise and utilise real and symbolic elements of the relationship in their work with clients to enable the internalising of self-soothing capacities. Empathic attunement and nurturing therapeutic processes will be explored through the lens of EFT and emotional signature, as well as methods for meeting clients' regressive needs.

Therapy Day 2: Integrating Theory and Practice (216)

30 November 2019

Therapy Day 2 is the fourth unit in Advanced Therapy (1 credit point). This experiential unit provides students with the opportunity to integrate and reflect on their learning from the first three units and consolidate their relational skills for working with individuals. The unit focuses on EFT methods to facilitate and depend the therapeutic relationship through the internalisation of new positive emotional experiences. Academic teaching staff will demonstrate how to work with clients using regression and empathic attunement to facilitate change in their capacity for self-soothing. The therapy day will be tailored to students and their therapeutic practice, and provide opportunities for skills practice in a supportive environment with constructive feedback.

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2-CREDIT POINT SUBJECTS

GRADUATE CERTIFICATE/YEAR ONE GRADUATE DIPLOMA

Multiple Chair (115)

15 - 16 February 2019

Multiple Chair is a core subject focusing on multiple chair and cushion work. Students will be introduced to the theory and evidence base for multiple chair, and will apply interventions of empty chair, two chair, multiple chair and cushion work to understand and resolve interpersonal disputes and relational difficulties with partners, family members, friends and work colleagues/managers. Students will also learn to use multiple chair and cushion work to unpack interpersonal conflicts, and to explore clients' self-experience, including feelings, self-criticism and adult-child polarities. The contraindications for multiple chair work, for example abreactions, will also be discussed.

Couple Assessment (104)

17- 18 May 2019

Couple Assessment is a core subject designed to provide students with an introduction to the Emotion-Focused approach to couple work, relational processes and systemic concepts of boundaries and hierarchies. Students will learn to apply comprehensive assessment protocols in their counselling practice with couples. Couple assessment includes identifying symptomatic and relationship concerns, interactions and relational styles, and eliciting partners' emotional experiences. Challenges such as how to introduce partners to couple work, and contraindications for couple work, will be discussed.

Couple Talk (105)

5-6 July 2019

Couple Talk is a core subject designed to provide students with a comprehensive approach to couple work that allows for the restructuring of the emotional bond through healthy dialogue and the fostering of partner responsiveness. Couples need to talk together for multiple reasons: to organise daily affairs, share feelings,

hopes and worries in everyday life, and plan long-term objectives. Couple talk is a platform for facilitating couple dialogue in sessions. Students will learn to intervene in couple talk to facilitate helpful conversations that address each partner's concerns. Protocols for beginning couple talk, assessing and intervening in conversations will be outlined and demonstrated, including: identifying sender and receiver positions, observing and processing couple talk, and intervening in sender/receiver processes.

SUPERVISED PRACTICE SUBJECTS (5 CREDIT POINTS)

Supervised Practice 1 (106)

Graduate Certificate/Year One Graduate Diploma

Supervised Practice 2 (206)

Year Two Graduate Diploma

Group supervision:

first Thursday in the month 1.5 hours

Individual supervision:

By appointment

Supervision is the means of assuring the quality of students' counselling practice and optimal outcomes for clients. This subject will support supervisees in client assessment, skilled application of emotionally focused interventions, empathic connections with clients, and skill development. Supervision ensures ethical practice, including maintaining client confidentiality and managing risks to the safety of clients and others. Supervision will be provided in small groups or individual sessions. The Supervised Practice subject consists of 10 supervision sessions of 1.5 hours duration over the year, or 10-15 hours of individual supervision with IEFT supervisors. Students will present audio or video recordings of counselling sessions with client consent, and identify the focus for supervision. Skills in case formulation and identifying clients' emotional responses to the therapist will be demonstrated and developed.

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

ELECTIVES LEVEL 100

Working with Anxiety (110)

22-23 March 2019

Working with Anxiety (2 credit points) is a Level 100 elective that introduces students to the Emotionally Focused understanding of anxiety, and associated feelings. Anxiety can be understood as a primary, secondary and adaptive emotion. The neurobiological, physiological, emotional, cognitive and behavioural impacts of anxiety will be explored. Students will learn how to work verbally and experientially with clients to deepen their attention to internal cues, using focusing, enactment, imagery and unfolding of experience. Protocols for working with negative self-talk and processing of early experience will be demonstrated and practiced. Some focussed psychological strategies will also be introduced in this subject, including psychoeducation, behavioural interventions, exposure therapy (and contraindications), cognitive therapy, relaxation and social skills training.

Working with Anger

21-22 June 2019

Working with Anger (2 credit points) is a Level 100 elective that introduces students to the Emotionally Focused understanding of the experience of anger along the spectrum from irritation and frustration to anger and rage. Reactions of anger can be classified as primary, maladaptive, secondary and/or interior emotions. Students will develop skills in assessing, regulating, exploring and safely facilitating the experiencing and expressing of anger in their counselling work with clients, using active techniques of drawing, colour work, visualisation, cushion work, batons, and towel work. Protocols for working with anger will be demonstrated using client recordings and demonstrations, and applied in practice session. Focused psychological strategies for working with anger will be introduced in this subject, including psychoeducation, behavioural interventions, cognitive therapy, relaxation and social skills training. The ethical implications when assessing

and intervening in domestic violence and intra-familial violence will be explored, and processes for reporting risk to statutory child protection agencies and policy will be outlined and discussed.

Working with Shame (113)

18-19 October 2019

Working with Shame (2 credit points) is a Level 100 elective that provides students with an in-depth understanding of the Emotion-Focused understanding of shame as a relational yet often invisible experience. Four types of shame: primary, maladaptive, secondary and interior, will be distinguished and explored, drawing on personal and professional experiences. Although shame is a painful experience which can lead to depression, perfectionism and poor life functioning, shame also has important functions in childhood socialisation and the development of self-regulation and social cohesion. Students will develop Emotion-Focused counselling interventions for effectively working with client presentations of shame, related emotions of humiliation, guilt and embarrassment, and related interpersonal difficulties, using empathy and compassion to reduce defensiveness. They will explore in practice how experiences of shame can disrupt the capacity for relationships with self and others, and the implications of shame disruption for therapists as well as clients. Interventions for exploring and resolving shameful experiences will be demonstrated using client recordings and demonstrations, and put into practice in class.

Electives available in 2020

Working with Sadness, Loss and Grief (112)

Healing Childhood Sexual Abuse (114)

Emotions in Couple Work (132)

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

ELECTIVES LEVEL 200

Creative Couple Work (233)

13-14 September 2019

In this Level 200 elective subject (2 credit points), students will develop their knowledge and skills in creative methods for couple work. Creative methods are particularly useful when couples are at an impasse, or lack awareness about their relationships. Practitioners can facilitate their clients' awareness of interactional processes, communication patterns and underlying emotions using creative methods. The aim of the workshop is to explore the place of experiential methods in couple work. Creative methods for working with drawing, sculpture and cushions will be presented and integrated with EFT skills in couple talk and working with emotional experience.

ELECTIVE AVAILABLE IN 2020

Working with Depression (231)

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