

# Continuing Professional Development Workshops

The Institute for Emotionally Focused Therapy offers workshops for continuing professional development of health and allied health practitioners, including counsellors, couple therapists, medical practitioners, occupational therapists, social workers, psychologists and psychotherapists.

Emotionally Focused counselling and therapy are experiential and focus on both present and past experiences, particularly the emotional responses and patterns underlying a person's interactional stance towards another person, and on the processing of these responses in order to facilitate change. Workshops focus on the theory underlying the Emotionally Focused model, and facilitators demonstrate a range of emotionally focused interventions. There is opportunity for participants to practice interventions using structured protocols. Each workshop focuses on a different set of verbal and creative interventions.

Emotionally Focused Therapy workshops are designed for practitioners who wish to understand and work with the psychological effects of trauma and attachment disruption on clients. These workshops provide a comprehensive understanding of the subjective effects of past emotional trauma. These workshops provide ways of intervening to heal past traumas through emotional processing and corrective emotional experiences. The nature of the real and symbolic relationship between therapist and client is explored to facilitate internalisation of positive relational experiences.

## Meeting your continuing professional development requirements

### Psychology Board of Australia and Australian Psychological Society

IEFT's workshops provide continuing professional development hours for provisional, registered and clinical psychologists. Completion of a two day workshop provides 12 CPD hours.

### Australian Association of Social Work (AASW)

Social workers who are members of the AASW are eligible for one CPD point per one hour of attendance at IEFT workshops. Completion of a two day workshop provides 12 CPD points. The Workshop reading time can also be included as CPD points.

### Psychotherapy and Counselling Federation of Australia (PACFA)

Counsellors, relationship counsellors and psychotherapists who are registered with PACFA are eligible for one Category A CPD point per one hour of attendance. Some of our workshops are PACFA endorsed.

### Australian Counselling Association (ACA)

ACA registered counsellors will receive two points per hour for ACA endorsed workshops and four points per day if not ACA endorsed.

Some workshops are aligned with the Better Access initiative CPD requirements for Mental Health workers.

## Fees

Two-day workshops Fee: \$400 + GST  
One-day workshops Fee: \$180 + GST

## INDIVIDUAL COUNSELLING WORKSHOPS

### Emotion-Focused Work

#### Two-day workshop

In this workshop, we will introduce you to Emotion-Focused work, both the Canadian model (Leslie Greenberg, Sandra Paivio, Susan Johnson et al.) and the Annandale model. We introduce the technical side, including assessment using process markers, and intervention protocols for verbal and creative work. The protocols for the first interview: assessment of symptoms, relational difficulties and self-experience, and for ongoing sessions, will be outlined and demonstrated by our trainers, as well as relational dimensions of counselling practice. We provide opportunities to consider elements of Emotion-Focused work experientially and theoretically using demonstration recordings, and to practise the technical skills.

### Working with Experience

#### Two-day workshop

Emotional experience is a layered process that individuals experience at sensorimotor, schematic and conceptual levels. Individuals need to be participant observers of their experience, beginning with having their experience then symbolising or making meaning, before discovering associated action tendencies. We demonstrate how to access and work with emotional experience using sequencing, patterns and visualisation. We begin with the verbal techniques of accessing and working with emotional sequences and patterns before progressing to the creative technique of visualisation, which enable clients to develop self-awareness, regulate their experience, discover primary feelings and move into emotional processing.

### Experiencing Emotion

#### Two-day workshop

The goal of counselling is the emotional well-being of our clients. One of the primary aims of Emotion-Focused counselling is to help clients process their emotional experiences. This workshop involves helping clients have their emotional experience and integrating this experience into their self-organisation. Emotional experiences are classified into their different types so that practitioners can then utilise appropriate interventions for working with feelings, cognitions and behaviours that are the essence of experience. 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 demonstrate how to help clients move from talking about difficult emotional experiences to experiencing their feelings, including using the creative medium of drawing to facilitate emotional experiencing and regulation. Contraindications for regulating versus experiencing emotions will be discussed.

### Focusing

#### Two-day workshop

The primary aim of Emotionally Focused counselling and therapy is to facilitate awareness, and to regulate and process emotional experiences. Focusing develops awareness and emotional experiencing, and this involves discovering, acknowledging and touching into the experience that is felt. We demonstrate how to help clients develop awareness of their emotional experiences using bodily and emotional focusing interventions. We will introduce participants to theories of dialectical constructivism, phenomenology and hermeneutics that underpin experiencing. Similarities and differences between Gendlin's focusing, the Canadian Emotion-Focused protocols and the Annandale approach will be discussed and demonstrated.

### Emotional Signature

#### Two-day workshop

The second aim of Emotion-Focused counselling and therapy is to transform emotion schemes. Emotion schemes are the internalised patterns developed from both adult and childhood experiences. They are idiosyncratic implicit structures of human experience, and they serve as the basis of self-organisation regarding attachment and identity. They determine how we respond and react to ourselves and others. We understand emotional signatures to be the outplay of emotion schemes. We demonstrate how to unpack clients' patterns of relating to self and other and how to identify different emotional signatures so that you can adjust your relational style and identify the intervention pathway most suited to your clients' needs and difficulties.

### Adult - Child Polarity

#### Two-day workshop

Individuals come to counselling because they feel unhappy and dissatisfied with aspects of their life. The difficulties individuals are experiencing tend to erode their feelings of lovability and worthiness, and so assertive action becomes diminished. Clients lose their ability to operate from an adult place and instead revert to reacting in ways that developed from past adult and childhood experiences. We demonstrate how to draw on language about the inner child to conceptualise and work with the adult, parental and child aspects of clients. Participants will learn how to strengthen the adult aspect and hold the inner child using verbal interventions as well as the creative intervention of cushion work. By helping clients become aware of their reactivity and to identify the different elements, we can support them in regaining and strengthening their adult self to be ready and able to do the experiencing work.

## INDIVIDUAL THERAPY WORKSHOPS

### E-F Therapy

#### Two-day workshop

In this workshop, we will introduce you to our model of Emotionally Focused Therapy. The theoretical underpinnings, including emotion theory, dialectical constructivism, attachment, developmental and trauma theory will be outlined. Consideration of psychodynamic and humanistic markers will be explored. Ways to consider an individual's internal workings using Emotion-Focused and other therapies will be explored. How clients react in difficult situations, and how past traumas resonate and influence responses, will be discussed and demonstrated using experiential techniques. By understanding and using the adult-child polarity, practitioners can begin to get to know, assess and explore their clients' ways of reacting and relating, and begin helping a client look after themselves.

### Self-Interruptive Processes

#### Two-day workshop

Are your clients damning of themselves and others? Do your clients feel hopeless and without entitlement? Do they feel unworthy of love or success? This workshop offers the opportunity to explore clients' self-experience - their relationship with themselves, and the concept of the self. Difficult adult situations will be explored for their connections to childhood experiences, and to discover how parental experiences have been internalised. Most clients experience themselves in negative ways around notions of lovability and worthiness, and how clients feel and think about themselves will be explored. There will be a particular focus on clients' critical and nurturing messages to self and others with the aim of identifying and working with the inner critic.

### Emotion Schemes

#### Two-day workshop

Clients have learnt to respond to themselves and others as a result of past childhood and adult experiences. These early experiences have been internalised as expectancies which operate out of awareness. In this workshop, the development of emotion schemes will be explored with an emphasis on how a client feels towards, and responds, to others. Their reactivity and pattern of responding, using the lens of emotional signatures, will be observed and explored. Interventions that facilitate a client's awareness of their patterns of responding, and explore the nature of these regressive responses and re-enactments will be explored. Methods of containing, reassuring and soothing the aspect of the responding child in a client will be illustrated.

### Re-Experiencing in Regression

#### Two-day workshop

How do you facilitate healthy re-experiencing? What do clients need when they are regressed? When clients are experiencing difficulties, their previous adult and childhood histories resonate, and they can find themselves responding in regressive ways. In this workshop, the impact of childhood experiences on the present, and past relationships will be explored. The concepts of self-fulness and entitlement will be understood in this context. Methods of re-experiencing childhood experiences using regression work will be discussed. Structured methods for re-experiencing in regression using genograms, drawings, cushions and chair work will be discussed as well as how to work with spontaneous regression in-session.

### Healing in Attachment

#### Two-day workshop

A crucial part of Emotion-Focused therapy is the healing process that occurs in attachment as clients learn to trust and rely on their therapist. Through the regressions and being with their therapists, clients can begin to feel their authentic feelings, their protests and their loving feeling again. In this workshop, we will consider how clients deal with their attachments to their therapists and the journey that is required as they deal with their past attachment injuries and learn to trust and attach in therapy. Therapists are required to consider the symbolic aspects of the therapeutic relationship. Concepts from psychotherapy such as 'maternal' friendliness, gratification, play, and love are considered in this phase of therapy. The methods of being with clients during the healing process are explored. The place of emotional and physical holding will be discussed and explored.

### The Therapeutic Relationship

#### Two-day workshop

Practitioners working long-term in Emotion-Focused therapy need to understand and deal with the real and symbolic elements in the therapeutic relationship. In this workshop, we will explore how to recognise and braid these elements throughout our work. We will continue to explore the symbolic and nurturing processes required in therapy and the ways a therapist has of meeting the regressive needs. There will be exploration and understanding of our different reactions using the lens of Emotion-Focused therapy and emotional signature.

## SPECIFIC TOPIC WORKSHOPS

### Multiple Chair

#### Two-day workshop

Empty-chair and two-chair work are two essential interventions in Emotion-Focused work. We have expanded these interventions to multiple-chair work, and also employ cushions throughout the process. Using multiple chair interventions practitioners can facilitate clients to work with interpersonal disputes and difficulties with employers, friends, partners as well as struggles with aspects of self-experience such as feelings, self-criticism and adult/child issues. This workshop aims to explore multiple chair and cushion work to work with present and past interactional difficulties, and working with different aspects of the self. Protocols for working with multiple chairs in an empty chair and two-chair work will be provided and demonstrated. A little theory and the research behind these techniques will also be provided. Contra-indications for using this technique will be discussed.

### Sadness, Loss & Grief

#### Two-day workshop

Sadness and grief are experienced as a result of loss. For example, relationship loss by separation or death, or psychological separation or loss. This workshop aims to explore and understand sadness, loss and grief using the Emotion-Focused approach. In an Emotion-Focused approach, sadness can be classified as primary, maladaptive, secondary and instrumental. Further, sadness needs to be distinguished from distress, pain, and depression. In this workshop, assessing and classifying sadness as well as understanding the nature and type of loss, and the stages of grief will be explored and used as a guide to clinical work. Protocols outlining the method of exploring and expressing sadness, loss and grief will be demonstrated using client and demonstration tapes. Methods of working with clients, from debriefing and in-depth verbal exploration to facilitating clients' attention to their internal cues are outlined and practised using focusing, imagery and systematic unfolding of experiences.

### Healing Childhood Sexual Abuse (HCSA)

#### Two-day workshop

This workshop aims to explore and understand the nature and effects of childhood sexual abuse. How these experiences emerge in counselling and therapy act as a foundation for assessing and working with the abuse. Safe ways to talk about the abuse, to gather information and to provide containment will be explored. Through the Emotion-Focused approach, pathways for healing will be charted. The protocols for working with strengthening the adult survivor, dealing with the trauma, and the healing of the traumatised child within our clients will be presented and demonstrated. The application of observer

visualisation, working with the abreactions in-session and between sessions will be explored. Methods of intervening in both remembered abuse scenes and abreactions will be explored and demonstrated. There will be reflection and recommendations about dealing with the nature and effects of the trauma work on both the client and practitioner.

### Couple Assessment

#### Two-day workshop

This workshop is designed to provide practitioners with comprehensive assessment protocols for couple work. The Emotion-Focused approach to couple work deals with relational processes as well as each person's style of relating. Couple assessment will include identifying symptomatic and relationship issues, interactional assessments, drawing out partners' emotional experiences, and ways of responding. Protocols for conducting assessment will be outlined and practised. Introducing a partner to couple sessions will be explored as well as contra-indications for couple work. Areas covered include:

1. Problem Assessment: Identifying symptomatic and relationship issues; assessing sequences and interactional patterns, assessing emotional experience, boundaries and hierarchies.
2. Session Structure: Protocols for assessment.
3. Couple Skills: Working with the process, interactional and intrapersonal questioning, reflective and empathic responses, balancing conflicting feelings and expectations.

### Couple Talk

#### Two-day workshop

Couples need to be able to talk together to organise their daily affairs and long-term objectives, and share feelings, hopes and worries in everyday life. Many couples have developed patterns of interactions that are painful to one or both, that do not enhance intimacy and goodwill. This workshop aims to present a comprehensive approach to couple work that allows for the restructuring of the emotional bond through healthy dialogue and the fostering of partner responsiveness. Couple talk is the platform to help couples talk together in-session so that clinicians can intervene and facilitate a dialogue that allows couple issues to be dealt with. Protocols for beginning couple talk, assessing and intervening in the conversations will be outlined and demonstrated. Specific interventions for identifying sender and receiver positions, facilitating couples talking together, observing and processing couple talk, and intervening in sender/receiver process will be outlined and demonstrated.

*Pre-requisite: Couple Assessment*

## Emotions in couple work

### Two-day workshop

The basis of difficulties in relationships is the reactivity and difficulties in sharing emotional experiences. Negative interactional patterns develop when partners are unable to share their primary feelings, instead of resorting to responses fuelled by secondary reactions and negative self-experience. The workshop aims to present an elegant yet comprehensive and flexible protocol for working with a couple's emotional experience. With the methodology of couple talk, a counsellor works more deeply with the individual at different stages. Specific interventions for sharing feelings, dealing with non-responsive partners, containing reactivity and strong feelings, and assessing the influence of past adult and childhood experiences will be outlined and practised. How to move between individual exploration and couple talk will be explored and practised.

*Pre-requisite: Couple Assessment and Couple Talk*

## Childhood influences in couple work

### Two-day workshop

This advanced workshop aims to present an Emotion-Focused approach to working with each partner's reactions and abreactions. Couple trauma and attachment difficulties can re-ignite emotional difficulties that have a basis in childhood. Using an Emotion-Focused therapy approach, the regressions and enactments that occur between partners will be explored. Specific emphasis will be on how to help partners hold their early experiences and wounded parts of self as they relate to their partners. Charting a couple therapy journey that incorporates these aspects will be outlined and considered.

*Pre-requisite: Completion of Couple Therapy workshops*  
*Credit transfer*

*Credit points towards our postgraduate courses: two credit points per workshop when assessments have been successfully completed.*

## Clinical Day 1: Working with Feelings

### One-day workshop

This workshop focuses on the specifics of the technical and relational aspects of Emotion-Focused counselling. Workshop facilitators will demonstrate elements of the counselling process and provide opportunities for practitioners to practice and discuss the technical and relational elements. Assessment of clients' moment-by-moment experiences in the first and ongoing interviews will be practised, as well as verbal and creative interventions involving sequencing, visualisation, experiencing and drawing. This workshop will be tailored to the participants and their counselling practice.

*Pre-requisite: Completion of Emotion Focused Work, Working with Experience and Experiencing Emotion workshops, and/or Foundations for EFT and Individual Counselling workshops.*

## Clinical Day 2: Working with Patterns

### One-day workshop

This workshop focuses on the patterns of emotion, thinking and behaviour that can be discovered and known in counselling. Both practitioners and clients bring with them a complex network of patterns of relating to self and other. How practitioners become aware of their own and their clients' ways of relating will be explored to strengthen the counselling relationship and to find effective ways to work with clients. The trainers will demonstrate aspects of focusing, unpacking and cushion work for further exploration and practise. Practitioners will get opportunities to practise some of the complex and difficult aspects of working with external and internal patterns in the counselling process.

*Pre-requisite: Completion of Focusing, Emotional Signature and Adult-Child Polarity, and/or Foundations for EFT and Individual Counselling workshops.*

## Therapy Day 1: The Internalised Parent-Child

### One-day workshop

The aim of this workshop is to focus on the internalised parent-child patterns and processes. Material from the first three workshops will be integrated and consolidated. The trainers will show and demonstrate elements of the therapy process and provide opportunities for practitioners to practice and discuss the technical and relational elements. Issues relating to using the therapeutic relationship will be explored. This workshop is tailored to the participants and their clinical practice.

*Pre-requisite: Completion of EF-Therapy, Self-Interruptive Processes and Emotion Schemes and/or Individual and Advanced Therapy workshops.*

## Therapy Day 2: Integrating Theory and Practice

### One-day workshop

The aim of this workshop is to consolidate clinical skills and integrate the theory of re-experiencing and regression with the concepts of healing and internalising of a new parental figure. Material from the last three workshops will be discussed and given further consideration. The trainers will demonstrate elements of the therapy process and provide opportunities for practitioners to practice and discuss the technical and relational elements. This workshop is tailored to the participants and their clinical practice.

*Pre-requisite: Completion of Re-Experiencing in Regression, Healing in Attachment and the Therapeutic Relationship and/or Individual and Advanced Therapy workshops.*

### CREDIT TRANSFER

Credit points towards our postgraduate courses: one per workshop when assessments have been successfully completed.