

Certificate in Emotionally Focused Couple Therapy

(Certified by the International Centre for Excellence in Emotionally Focused Therapy)

by Dr. Ting Liu

80%
Pre-approved
VCF

Emotionally Focused Therapy for Couples (EFT), a short-term and structured approach to couples therapy, offers a comprehensive theory of adult love and attachment, as well as a process for healing distressed relationships. This experiential/systemic therapy focuses on helping partners restructure the emotional responses that maintain their negative interaction patterns. Through a series of nine therapeutic steps, the therapist leads the couple away from conflict deadlock into new bonding interactions. Over the past 15 years, Dr. Sue Johnson and her colleagues have provided empirical evidence to support the effectiveness of this approach in couple therapy. Research studies found that 70-75% of couples who went through EFT moved from distress to recovery and about 90% showed significant improvements. EFT is being used with many different kinds of couples in private practice, university training centres and hospital clinics and many different cultural groups. These distressed couples include partners suffering from disorders such as depression, post traumatic stress disorders, and chronic illness. EFT can also be applied on family therapy, as well as healing emotional trauma and hurt. For more information on EFT, please visit <http://www.eft.ca/>.

The Goals of EFT

- Expand and re-organize key emotional responses.
- Shape partners' interactional positions in their destructive interactional cycle.
- To facilitate a more secure bond between partners.

The Strengths of EFT

- EFT is based on clear, explicit conceptualizations of marital distress and adult love. These conceptualizations are supported by empirical research on the nature of marital distress and adult attachment.
- EFT is collaborative and respectful of clients combining experimental Rogerian techniques with structural systemic interventions.
- Change strategies and interventions are specified.
- Key moves and moments in the change process have been mapped into nine steps and three change events.
- EFT has been validated by 20 years of empirical research. There is also research on the change processes and predictors of success.
- EFT has been applied to many different kinds of problems and populations.

This program consists of 3 modules. Module 1 (Introduction to EFT - Externship) is classroom training that focuses on a review of the theoretical framework and practice of EFT. Module 2 & 3 (Core Skills Training) are catered for those who have completed module 1 and are interested in mastering EFT intervention or pursuing EFT certification. This course gives participants a strong clinical foundation in working with couples in distress. **Participants can choose to attend only Module 1 or the entire certificate course.**

Module 1 : Introduction to EFT Couple Therapy (Externship)

This 24-hour externship focuses on providing an overview of the theoretical framework and practice of EFT, followed by demonstrations and practical exercises.

Learning objectives:

- Learn the theoretical underpinnings of Emotionally Focused Therapy.
- Understand the music of the dance and move couples into effective loving interdependence.
- Link tenets to key emotions and events in interactions between partners.
- Systematically move couples from destructive hostile interactions into safe, empowering emotional connection.

- Learn interventions on accessing key elements of emotional distress and de-escalating destructive interaction patterns.
- Re-structure positive interactions that renew trust and intimacy.
- Learn to overcome therapeutic impasses in couple therapy.

Day 1:

- Introduction to the revolution in couples therapy and the place of EFT
- The basics of EFT
- The new theory of love – Attachment bonds
- The EFT change process – Steps and stages
- Video demonstration and discussion

Day 2:

- Interventions in EFT
- Video demonstration and discussion
- Becoming an EFT therapist
- Exercises and role-plays

Day 3:

- Case presentation and Live session
- Discussion of case and exercises
- Dealing with injuries and forgiveness in couple therapy
- Sum up – cross cultural issues and EFT with anxiety and depression

Day 4:

- Becoming an EFT therapist, lecture and discussion
- Dilemmas in couple therapy – case discussion with audience
- Role-plays - exercises and final summary.

Module 2 & 3 : Advanced Training in EFT Couple Therapy (Core Skills Training)

Core Skills Training consists of two 4-day workshops, 6 hours each day, learning the skills essential to the practice of EFT (Emotionally Focused Therapy) at each of the 9 steps of EFT.

Learning Objectives:

- Obtain a better understanding of the theoretical underpinnings of EFT.
- Learn to use EFT interventions by steps to help couples access their emotional experience and become aware of their destructive cycle and its negative impact on the relationship.
- Be able to identify attachment needs and underlying emotions that are a mechanism of change.
- Be able to use EFT interventions to help clients rebuild a more satisfying relationship in which their attachment needs are met.

Sessions consists of didactic content, brief lecture on EFT process, videotaped case review and / or live sessions and practice through supervised role play and transcript exercises. There will be opportunity for participants to get feedback on videos of their own work with clients. In between module 2 and 3, participants are encouraged to seek clinical advice from Dr Liu via email or phone.

Module 2 : Advanced Training 1 (June 2008)

Day 1: Step 1 – Assessment, Alliance Building, Delineating the Core Issues of Conflicts
Skills – Reflection, Validating, Evocative Reflections & Questions

Day 2: Step 2 – Identifying the Negative Interacational Cycle
Skills – Evocative Reflections & Questions, Tracking & Reflecting Interactions, and Reframing

Day 3: Step 3 – Assessing the Emotions and Attachment needs
Skills – Evocative Reflections & Questions, Tracking & Reflecting Interactions, and Reframing

Day 4: Step 4 – Reframing the problems
Skills – Evocative Reflections & Questions, Heightening, Empathic Conjecture, Tracking & Reflecting Cycles of Interaction, and Reframing

Module 3 : Advanced Training 2 (March 2009)

Day 5: Step 5 – Working with Emotional Experience
Skills – Evocative Responding, Heightening, & Empathic Conjecture

Day 6: Step 6 – Withdrawer Reengagement
Skills – Empathic Conjecture, Disquisition, & Restructuring Interactions

Day 7: Step 7 – Blamer Softening
Skills – Evocative Responding, Empathic Conjecture, Tracking & Reflecting the Cycle, Restructuring Interactions

Day 8: Step 8 & 9 – Consolidation and Impasses
Skills – Integration of all skills

EFT Certification

In order to meet all the training requirements for EFT certification, a master-level therapist must complete:

- Module 1 : 4-day externship
- Module 2 & 3 : 8-day core-skills training
- 8 hours of individual supervision
- Evaluation by OCFI

Individual Supervision

The Externship and Core-Skills Training organized by Care Corner Training Association qualify participants for the 8-hour individual supervision which will be carried by the participants and Dr Ting Liu (or other certified EFT Supervisors) via phone, email and mail. Participants are to send videotapes of therapy sessions via mail to the Supervisor prior to a scheduled phone supervision meeting (Dr Ting Liu has used SKYPE to talk to supervisees). A fee of about US\$100 is to be charged for each supervision hour. Participants are encouraged to pair up with one other participant to split the time and cost. This fee is in addition to the fee charged for attending the three EFT modules.

Final Evaluation

Once the training requirement is completed, the participant needs to submit a detailed case presentation to be evaluated by the Ottawa Couple and Family Institution (OCFI). The case presentation includes a 3-page conceptualization of the case (a standard form is available upon request), one videotape segment from stage 1 process with a distressed couple and 2 video segments from stage 2 process. Transcripts of all 3 segments must be included. A fee of about US\$150 is to be charged for the evaluation.

It should be noted that the completion of all EFT training requirement does not guarantee EFT certification. Trainees must demonstrate appropriate understanding of EFT theory and ability to practice EFT intervention in the case presentation submitted for review. Some trainees may require additional and continuous EFT supervision to master EFT.

Currently there are less than 10 certified EFT Therapists in Asia and no local practitioners are EFT certified.

Dr. Ting Liu, Ph.D

Dr. Liu, Ph.D., received her doctorate in Child Development and Family Studies with a specialization in Marriage and Family Therapy from Purdue University, US. She completed a postdoctoral fellowship in Centre for Family Intervention Science at the Children's Hospital of Philadelphia. She has practiced as a

marriage and family therapist in Indiana and Virginia. She has translated and published two books in the field of MFT to Chinese. Currently, Dr Liu is an assistant professor in Psychology Department at Kean University in New Jersey, US. She is a Pennsylvania licensed Marriage and Family Therapist and an Approved Supervisor with the American Association of Marriage & Family Therapy. She is also a certified EFT trainer and supervisor. She provides training and supervision in the EFT model of couples and family therapy internationally.

Suggested Reading

- Hold Me Tight, LittleBrown by Susan Johnson (2008).
- Becoming an Emotionally Focused Couple Therapist: The Workbook by Susan Johnson, Bradley, Furrow, Lee, Palmer, Tilley, & Woolley. (2005).
- The practice of emotionally focused couples therapy: Creating connection by Susan Johnson (2004).
- Attachment processes in couple and family therapy by Susan Johnson & Whiffen, V. (2003).

Details of EFT Training:

	Module 1 Introduction to EFT	Module 2 Core Skills Training 1	Module 3 Core Skills Training 2
Date	10 - 13 March 2008	30 June - 3 July 2008	March 2009 (Exact dates to be confirmed)
No. of Days	4	4	4
No. of Hours	24	48	
Time	9.30am to 5.30pm		
Fees*	\$590	\$1000	\$1000
With 80% VCF	\$118	\$200	\$200
No. of Participants	Max. 16		
Language	English	English and Mandarin	
Venue	Care Corner Counselling Centre Blk 62B Toa Payoh Lorong 4, #02-143, Singapore (312062)		
Pre-requisites	Involved in helping couples on a professional or voluntary basis	Completed Module 1 and possess at least post-graduate level qualification in counseling and works with couples on a regular basis	

*Fees quoted exclude fees for individual supervision and evaluation by OCFI. Please kindly refer to section on EFT Certification for details of fees. **Pre-approved VCF is applicable to staff and volunteers of VWOs.**

Organizer

Care Corner Training Association (a training arm of Care Corner Singapore)
Blk 62B Toa Payoh Lorong 4, #02-143, Singapore 312062
Tel : 63534696/63531180 Fax : 63541180 Email : ccta@carecorner.org.sg



For more information on this course, please visit http://www.carecorner.org.sg/services_training.htm

Application Form

Name (Mr/Mrs/Miss/Dr/Rev) _____ Sex: M/F
Address _____ S ()
Contact _____ Office _____ Mobile _____ Fax _____ Email _____
Occupation: _____ Organization: _____
Registration For:

- Module 1 : Introduction to EFT Couple Therapy Entire Certificate in EFT Couple Therapy

Seating is limited and is strictly available on a first-come-first-served basis. To register, kindly send application form and cheque (made payable to "Care Corner Training Association") to Care Corner Training Association. Participants who intend to complete the certification program must make full payment of the fee (\$2,590) prior to attending module 1. Participants who withdraw from the course 7 days before the commencement of module 1 will be refunded 90% of the course fee. No refund will be granted for any course withdrawal after that.