



EFT Course Brochure 2022

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ieft.edu.au

Provider Number PRV12023

About Us

CG Spectrum Institute is a higher education provider recognised for excellence in teaching and learning in Emotion Focused Therapy. CG Spectrum Institute is listed on the Tertiary Education Quality and Standards Agency's National Register of Higher Education Providers (PRV120023)

The primary focus of the Emotion Focused Therapy courses is providing quality education for psychologists, social workers, counsellors, and psychotherapists in the Emotion Focused Therapy approach.

CGSI is an Australian 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.

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: individual counselling, trauma, mental health counselling including emotion regulation difficulties, anger management, generalized and social anxiety and depression, counselling within multi-cultural and multi-racial settings and with people along the gender spectrum, in educational settings, EAP programs, and for NDIS. Some private health funds offer provider numbers for registered counsellors.

CGSI offers a Graduate Diploma of Emotion Focused Therapy with an exit point at the graduate certificate level. The graduate diploma of EFT is ACA accredited.

Accreditations:

TEQSA: CG Spectrum Institute is a TEQSA accredited higher education provider.

ACA: The Graduate Diploma of Emotion Focused Therapy is a specialist psychotherapy training program, accredited by the Australian Counselling Association.

CTAA: IEFT has an online short course membership with CTAA



TEQSA



Course Offerings

Graduate Diploma of Emotion Focused Therapy

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

Graduate Diploma of Emotion Focused Therapy

The Graduate Diploma of Emotion Focused Therapy is a specialist psychotherapy training program, accredited by the Australian Counselling Association, designed to develop the knowledge and skills of Emotion Focused Therapy in practitioners working in counselling, psychology, psychotherapy, social work, and related disciplines. A full description of Emotion Focused Therapy can be found on this website under “Emotion Focused Therapy”.



Special or alternative admission

A 2-year minimum, non AQF professional training of at least 250 hours of face-to-face course work in counselling or psychotherapy where the program is accredited by PACFA or other recognised counselling or psychotherapy association

Visual recording

Students will need to have a visual recording of their work for the duration of the course so will need to check with their employer to see what needs to be put in place to ensure that this is possible. Internationally EFT training requires visual sessions to be presented.

Clinical practice hours

It is expected that students will have their own clients or will arrange placement or volunteer work to obtain the 250 hours of clinical practice for this course. At this stage IEFT is not offering any placements for students, however, this could change in the near future, where IEFT will offer student placement.

Study mode: Blended delivery

Our courses are offered via Blended Delivery. Units are taught by synchronous learning format on a weekly basis with a yearly 5-day intensive on-campus workshop. **All intensive workshops have been postponed till January 2023.**

Blended learning: Blended learning is a flexible approach to the design, development and delivery of learning and teaching. It is a hybrid of online learning and traditional face-to-face learning, the one enhancing the other.

Synchronous learning: Synchronous learning refers to all types of learning in which learner(s) and instructor(s) are in the same place, at the same time, in order for learning to take place. At IEFT all units have offer weekly 2-hour synchronous learning throughout the semester.

Intensives: 5-day face-to-face training per year. Training is usually scheduled in mid-January

Study load

Timetabled hours per week

Synchronous learning: 2 hours per unit

Personal study hours per week

3 hours per week

Intensive training

5 days on campus per year

Time table

Time table for the current year can be accessed [here](#)



Graduate Diploma of Emotion Focused Therapy

Graduate Diploma of Emotion Focused Therapy

Overview

Emotion Focused Therapy works by supporting people to process experiences by using a variety of therapeutic tasks for accessing and working with emotion at somato-bodily, cognitive, behavioural, emotional, experiential and creative levels in order to develop awareness and to enter deeply into inner bodily felt experiencing. An emotional experience that is often out of awareness is processed and transformed for the development of emotional health and wellbeing and the enhancement of relationships by understanding, assessing, and transforming emotion schemes. Students acquire a broad range of interventions for working in depth with emotion and are presented with a comprehensive model for case formulation.

Emotion Focused Therapy is holistic and experiential psychotherapy that draws on humanistic, person-centred and experiential therapy, contemporary emotion theory and research into affective neurosciences. Its focus is on experiential body awareness and emotional healing.

Emotion Focused Therapy explores emotional pain and its origins and distinguishes amongst the varieties of emotional expression. The approach examines the purpose of emotion in our lives. Most of us are unable to distinguish which emotion we are experiencing. We may even feel bad, worried, or depressed but cannot label what emotions underly these experiences or differentiate between all the possible emotions we are feeling.

You will learn how to support clients to learn about and gain access to their emotional lives and the origins of their pain and how to support clients to differentiate their feelings and transform their pain.

Course Summary

Degree name:	Graduate Diploma of Emotional Therapy
Degree code:	GradDipEFT
Level of qualification:	Postgraduate AQF Level 8
Duration:	Three years part-time
Total semesters:	6 Semesters of part-time study
No. of units per semester:	Refer to mapping table
Supervision:	60 group supervision hours
Client hours	250 counselling sessions in your work or practice environment
Number of subjects:	13
Credit points	52
Study load:	Part-time
Study mode:	Blended Delivery
Award title:	Graduate Diploma of Emotion Focused Therapy

Subject Code	Subject Name	Credit Points
EFT 102	Foundations for Emotion Focused Work	7
Subunits for 102 Foundations for Emotion Focused Work		
EFT 116	Emotion - Focused Work	2
EFT117	Working with Experience	2
EFT118	Experiencing Emotion	2
EFT122	Clinical Day 1: Working with Feelings	1
EFT 103	Individual Counselling	7
Subunits for 103 Individual counselling		
EFT119	Focusing	2
EFT120	Emotion Schemes	2
EFT115	Multiple Chair	2
EFT123	Clinical Day 2: Working with Patterns	1
Ungrouped subjects to be taken together in one semester - no overarching code		
EFT121	Adult Child Polarity	2
EFT110	Self-Interruptive Processes	2
EFT124	Multicultural Emotion Focused Therapy Perspectives	2
Elective - Only 1 required in the Graduate Certificate Year to reach 27 credit points		
EFT111	Working with Anger	2
EFT112	Working with Sadness, Loss and Grief	2
EFT113	Working with Shame	2
EFT114	Healing Childhood Sexual Abuse	2
Supervised Practice		
EFT106	Supervised Practice 1.	5
27 Total credit points to exit at the Graduate Certificate in Emotion Focused Therapy level		
EFT201	Individual Therapy	7
Subunits for EFT 201 Individual Therapy		
EFT202	Emotion - Focused Therapy - Philosophy & Theories of Practice	2
EFT214	Healing in Attachment	2
EFT215	The Therapeutic Relationship	2
EFT209	Therapy Day 1: EFT Advanced Integration	1
EFT212	Advanced Theory	7
Subunits for EFT 212 Advanced Therapy		
EFT205	Assessment in Couple Work	2
EFT207	Emotions in Couple Work	2
EFT208	Couple Dialogue	2
EFT216	Therapy Day 2: Group Process	1
Electives - 3 required to ensure 25 credit points		
Working with Specific Populations		
EFT230	Working with Anxiety	2
EFT231	Working with Depression	2
EFT232	Working with Trauma	2
EFT233	Creative Couple Work (not currently offered but remains on SCOPE)	2
Supervised Practice		
EFT206	Supervised Practice 2	5
	Credit points for second half of the Graduate Diploma	25
27 Total credit points to exit at the Graduate Certificate in Emotion Focused Therapy level		

Units

EFT 102 FOUNDATIONS FOR EMOTION-FOCUSED WORK

Foundations for Emotion Focused Work is an introductory core subject made up of four smaller sub-units, (116) Emotion Focused Work, (117) Working with Experience, (118) Experiencing Emotions and (122) Clinical Day 1: Working with Feelings. (Each nested sub-unit is outlined in more detail below)

EFT 116 Emotion-Focused Work

Emotion-Focused Work is the first sub-unit in the subject Foundations for Emotion-Focused Work. You will be introduced to the Emotion-Focused work of Greenberg, Elliott & Rice (1993), Elliott, Watson, Goldman and Greenberg (2004). In this unit, we will look firstly at the evolution of Emotion Focused Therapy and its historical roots. An overview of the tasks formulated by Elliott, Watson, Goldman & Greenberg (2004) and used in Emotion Focused Therapy will also be given. The unit focuses on the relational aspect that underpins Emotion Focused Work. You will learn to distinguish between a number of relational therapeutic tasks and be introduced to case formulation from an EFT perspective. Our work in this subject will explore emotional pain and its origins and we will distinguish amongst the varieties of emotional expression. We will look at the purpose of emotion in our lives. Most of us are unable to distinguish which emotion we are feeling. We may even feel bad, worried, or depressed but cannot label what emotions underly these experiences or differentiate between all the possible emotions. In the process, you will learn about your own emotional life. In this unit, you will be introduced to creative arts processes for accessing and working with emotion.

EFT117 Working with Experience

Working with Experience is the second sub-unit in the subject Foundations for Emotion Focused Work. One of the central skills of Emotion Focused Therapy is to understand how to work with here-and-now experience and how to access and work with bodily 'felt- sense'. You will learn how to support a client who is caught in re-telling stories to have a direct sensory experience of the events they describe. This is the first step to enabling a client to access and then experience their unfelt emotion. Emotion Focused Therapy teaches us that before we can help someone to transform emotional pain, we first must help them to arrive at the emotion, experience it and make sense and meaning of it. We will show you how to help your clients move from talking about difficult emotional experiences to experiencing the feelings. Visual arts processes that support deep experiencing will be extended in this unit to give you more tools to support clients to symbolize and therefore understand their experience. We will be focusing on helping our clients to access and unpack their experience and to differentiate the emotions that are implicit within the experience.

EFT118 Experiencing Emotion

Experiencing Emotion is the third sub-unit in the subject Foundations for Emotion-Focused Work that will help you to understand the importance of helping your clients to identify primary, secondary, and instrumental emotions and to differentiate between their emotions. You will begin to integrate these forms of emotional experience into your understanding of your client's difficulties. Basic interventions at the point of the emergence of emotion will be covered. Steps of therapeutic transformation in EFT will be outlined in-depth and you will learn to identify the steps by watching master therapists at work. You will learn how to help people who are underregulated or over-regulated in their emotional expression, to regulate their emotions. Eliciting emotion from over-regulated clients and interventions for working with clients with underregulated emotions will be covered in depth. Therapeutic interventions such as unpacking the narrative, bringing the narrative into the here-and-now, unfolding of unclear events with a visualization process and searching for underlying core primary emotion will be covered.

EFT122 Clinical Day 1: Working with Feelings

Clinical Day 1 is the fourth sub-unit in the subject Foundations for Emotion Focused Work. This is the first of our Clinical Days where we focus on practising the specific skills, tasks, and symbolization of feelings and experiences both verbally and through art therapy that have been taught throughout the units. You will be required to work in pairs and triads and bring your own personal material to process. Doing so will give you a deeper bodily felt understanding of the processes that you will be asking your clients to follow. You will have opportunities to assess clients' moment-to-moment experiences and apply verbal and creative interventions to facilitate inner experiencing. Reflection on one's own practice is central to the Clinical Day.

EFT 102 FOUNDATIONS FOR EMOTION-FOCUSED WORK

Individual Counselling is an introductory core subject made up of four nested sub-units, EFT119 Focusing, EFT120 Emotion Schemes, EFT121 Multiple Chair Work and EFT123 Clinical Day 2: working with Patterns. Each nested subject is described in more detail below.

EFT119 Focusing

Focusing is the first sub-unit in the subject, Individual Counselling. Focusing is a method of facilitating awareness in order to regulate and process emotional experience, which is the primary aim of Emotion-Focused Therapy. Focusing involves discovering, acknowledging, and empathically touching into the felt experience of clients. You will be introduced to the theories that underpin Focusing. Learning the Focusing process will be a feature of the unit. You will learn how Focusing develops self-awareness, self-empathy, and self-compassion.

EFT120 Emotion Schemes

The second sub-unit, in the subject Individual Counselling, Emotion Schemes, offers the opportunity to explore how human beings develop emotion schemes, which are learned emotional responses to self and others as a result of past childhood and adult experiences. Emotion schemes form the basis for self-organisation of identity. These early experiences are internalized as organized networks of experiences that operate out of conscious awareness. Ways of exploring emotional over and under regulation and patterns of responding, using the lens of emotion schemes will be demonstrated. Students will learn to map client emotion schemes beginning with a video of a client session. This mapping will form the basis of case formulation in EFT.

EFT115 Multiple Chair Work

Multiple Chair Work is the third sub-unit in the subject, Individual Counselling. Chair work is a central therapeutic task in EFT, called an 'active expression' task for exploring self-experience and facilitating emotional change.

The sub-unit will introduce you to the EFT concept of self and provide the opportunity to explore clients' self-experience and their relationship with parts of the self. Difficult situations will be explored for their connections to childhood experiences, to discover how parental experiences have been internalized such as through critical messages to self. The negative ways in which clients feel and think about themselves will be explored. States such as lack of self-worth, lack of self-compassion, self-criticism and criticism of others and lack of entitlement will be considered.

Chairs are used for facilitating dialogue between opposing parts of the self in order to bring the parts into creative contact and awareness at the same time, thereby creating an integration of the self. You will be introduced to the experience of the collapsed self and self-critical splits. Empty chair work for unfinished business with imagined others will be demonstrated and practised, bringing understanding, and resolving interpersonal conflicts and relational difficulties with partners, family members, childhood contacts, and current or former work colleagues/managers.

EFT123 Clinical Day 2: Working with Patterns

Clinical Day 2 is the fourth sub-unit in the subject Individual Counselling. This sub-unit integrates the learning of the first three units with students' counselling skills. The workshop focuses on discovering patterns of emotion, thinking and behaviour and the attendant somatic experiencing. You will have the opportunity to learn a method for unpacking complex and difficult client patterns. A detailed protocol to support you to systematically unpack patterns will be given.

EFT121 Adult-Child Polarity

Adult-Child Polarity examines the theoretical foundation for understanding individuals presenting with diminished assertiveness, a collapsed self, and high levels of reactivity and whose immediate felt experience is the experience of the child. The Emotion-Focused model draws on the concept of parts of the self in order to conceptualize and work with adult, parent, and child aspects, developed from past childhood and adult experiences. You will learn how to work with clients to strengthen their adult aspect and hold their inner child. Verbal and creative interventions 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.

EFT110 Self-Interruptive Processes

Self-Interruptive Processes is the second sub-unit in the subject Individual Therapy. We will focus on identifying and working with clients' interruptions to their authentic, experiencing self, by supporting them to identify and change their underlying emotion processing difficulties to regain personal agency and take empowered action. We will understand how, when emotional experience and expression is interrupted, core attachment and identity needs cannot be met leading to helplessness, passivity, and other personal and interpersonal difficulties.

This sub-unit will focus on the self-interruptive split, the conflict between two parts of self where one part performs an interruptive process against the self. You will learn to facilitate two chair work to soften the self-interruptive and self-controlling aspect of self and strengthen the experiencing, expressive self, to increase self-agency and the expression of need.

Students will learn skills for transforming the self through demonstrations by academic teaching staff and in practice sessions.

EFT 124 Multicultural Emotion Focused Perspectives

Multicultural Emotion Focused Perspectives is an individual subunit in the Graduate Certificate of EFT. The subunit equips students with multicultural knowledge, skills and attitudes for working with a wide range of clients. As EFT practitioners there are ethical underpinnings to individual world views which often create prejudices and biases which are socialised and are on the whole unconscious. By engaging in a pedagogy about culture, valuing independence, autonomy, philosophy, religion and family, we seek to understand the influence and versatility of embedded identities and their influence on our beliefs and values both positive and negative. Increased awareness of stereotyping, privilege, poverty, racism, ageism, misogyny, homophobia and other forms of oppression, prepares the EFT practitioner in working with special challenges that may be important to specific client groups.

For instance, how minority stress contributes to trauma, shame, interpersonal difficulties, self-criticism, lack of personal agency, anxiety and depression which are important variables for inclusion in the EFT treatment plan and building of the therapeutic alliance. The cross-cultural skills important in working with First Nations Indigenous Anangu – Koori Australians will teach us how to flexibly approach their needs sensitively. How a practitioner conveys their awareness of learnt biases, as well as historical suffering, often informs our clients of whether they can trust and communicate with us

Ethical behaviour goes beyond having an awareness of individual and cultural differences, to embracing a commitment to eliminate unconscious bias and discrimination in one's EFT work. This commitment involves actively examining ourselves, advocating for those with less power, and working for social change.

EFT106 Supervised Practice 1

Supervised Practice 1 is the means of assuring the quality of connection with clients, and skill development. Supervision ensures ethical practice, including maintaining client confidentiality and managing risks to the safety of clients and others.

Supervised Practice 1 will be taken alongside your 125 hours of Clinical Practice in the Graduate Certificate of Emotion-Focused Therapy. The process is designed to ensure that you will develop skills in EFT interventions and ensures optimal outcomes for clients. This subject will support supervisees in client assessment, case formulation, skilled application of emotion-focused interventions, and empathic attunement. Supervision will be provided in small groups of 6 or less via zoom conferencing software from your own home or office with an Institute-employed clinical EFT supervisor. Students who have not completed their 125 EFT client contact hours at the end of supervised Practice 1 will undertake to either continue supervision via group supervision or can opt for individual sessions with an approved EFT.

You 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 will be demonstrated and developed.

EFT113 Working with Shame

Working with Shame will provide you with an in-depth understanding of the Emotion- Focused formulation of shame as a relational yet often invisible experience. Primary maladaptive and secondary shame will be distinguished and explored, drawing on personal and professional experiences.

Shame is seen as a painful experience which can lead to depression, anxiety, addiction, perfectionism, poor life functioning, rage, and family violence. Antidotes to shame such as righteous anger at violation and neglect, sadness at loss, fear at the prospect of humiliation, annihilation and abandonment and compassion towards self with the development of authentic self-agency will be explored. Interventions for working with the self-critic, slippery and unclear narratives of self, interruptions to the authentic self and attachment trauma will be demonstrated.

You will develop Emotion-Focused interventions for effectively working with client presentations of shame and with inner experiences of humiliation, guilt and embarrassment, and related interpersonal difficulties. Advanced empathy and 'Compassion Chair Work' will be demonstrated to support the client to reduce defensiveness and experience an antidote to shame. You will explore, in practice, how experiences of shame can disrupt the capacity for relationships with self and others, and you will learn the implications of therapist shame for therapists as well as clients.

Exit point for Graduate Certificate in Emotion-Focused Therapy

Upon completing the above units students can choose to exit with Graduate Certificate in EFT.

or

Choose to continue to the below units to complete the Graduate Diploma of EFT

EFT 201 INDIVIDUAL THERAPY

Individual Therapy is a subject made up of four nested sub-units, EFT202 Emotion-Focused Therapy, EFT214 Healing in Attachment, EFT215 The Therapeutic Relationship and EFT209 Therapy Day 1: Advanced EFT Integration. Each nested unit is described in more detail below.

EFT202 Emotion-Focused Therapy

Emotion-Focused Therapy, the first sub-unit in the subject, Individual Therapy, will introduce you to advanced theory and interventions of EFT by building on the foundation of first-year subjects. The theoretical underpinnings of EFT, including dialectical constructivism, phenomenology, and existentialism will be outlined to ensure that students have a strong foundation in the philosophy of practice.

In addition, this sub-unit introduces students to the Angus and Greenberg (2011) integration of narrative processes and emotion-focused therapy and gives detailed guidelines for understanding various types of narrative and their interface with the creation of personal meaning, self-experience and personal identity with the aim of supporting the client to create a self-narrative change. We will cover how life events are narrated and re-experienced emotionally and how stories are thickened and transformed. Students will learn to recognise and transform problem stories such as 'same old stories', 'broken stories', 'unstoried emotion' and 'empty stories'.

Recognition of stories such as 'untold stories', 'unique outcome stories' and 'healing stories', that indicate changes to self or identity or that indicate re-experiencing or the presence of an underlying emotion will be emphasised.

EFT214 Healing in Attachment

Healing in Attachment is the third sub-unit in the subject Individual Therapy. This sub-unit will introduce you to attachment theory and its importance in lifespan development and consequently in adult therapeutic work. Attachment theory informs how therapists can create a safe and caring relational environment and how this in turn can support the exploration and reconstruction of the client's internal sense of self and others. Knowledge of attachment theory will also foster a deeper therapeutic alliance and better positive therapeutic outcomes related to change and growth for a client.

We explore the historical work of John Bowlby, Mary Ainsworth, and Mary Main, along with the more recent work of Patricia Crittenden and Karlen Lyons-Ruth. We will examine the core theoretical principles, including attachment and disorganization and ways in which attachment influences human behaviour throughout the lifespan. Assessing client attachment history and recognizing attachment trauma will become an important element in EFT Case Formulation.

The application of attachment theory to practice is central to this sub-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, nurturing and deeply empathic and prizing experiences. Through 'being with' their therapists, clients can begin to experience and own their authentic feelings. We will consider how clients deal with their past attachment injuries and learn to trust and attach to their therapist. Methods of being with clients during the healing process are explored, including containment and emotional holding.

EFT215 The Therapeutic Relationship

The Therapeutic Relationship is the first sub-unit in the subject, Advanced Therapy where you will continue to deepen your understanding of the unfolding of the therapeutic relationship in long-term individual therapy. Empathic attunement and nurturing therapeutic processes will be explored through the lens of EFT. We will examine the neuroscience of empathy as well as considering the differences between 'therapeutic depth', therapeutic alliance' and 'therapeutic relationship' and consider the most effective ways of working with clients to enable the internalizing of self-soothing capacities, the building of a collaborative relationship and the allowing of emotional vulnerability. In reconsidering the 'common factors theory' we will examine elements such as mirroring, attunement, therapeutic presence, empathy, and prizing. Practical work will ensure that students are able to enter into their clients' experiences and demonstrate advanced empathy, attunement, and prizing.

EFT209 Therapy Day 1: Advanced EFT Integration

Therapy Day 1 is the fourth sub-unit in the subject, Individual Therapy. This experiential workshop or webinar will provide an opportunity for you to integrate and reflect on your learning so far in the Graduate Diploma year. The day will be tailored to therapeutic practice and provide opportunities for skills practice and feedback in a supportive environment.

202 ADVANCED THERAPY

Advanced Therapy is a subject that is made up of four smaller nested sub- units, EFT205 Assessment in Couple Work, EFT207 Emotions in Couple Work, EFT208 Couple Dialogue and EFT216 Therapy Day 2: Group Process. Each nested unit is described in more detail below.

EFT205 Assessment in Couple Work

Couple Assessment is a core subject designed to provide you with an introduction to the Emotion-Focused approach to couple work. You will learn to apply comprehensive assessment in counselling practice with couples. Couple assessment includes identifying symptomatic and relationship concerns, interactional patterns, and relational styles, and understanding partners' emotional experiences. Challenges such as how to introduce partners to couple work, and contraindications for couple work, will be discussed.

EFT207 Emotions in Couple Work

Emotions in Couple Work builds on the theory and skills developed in the sub-unit, Couple Assessment. The Emotion Focused approach to couple work views the basis of difficulties in relationships as arising from difficulties of emotion processing and of sharing emotional experience. In this sub-unit, you will deepen your understanding of working with the negative interactional cycles and of integrating the stages and steps within the therapeutic process.

EFT208 Couple Dialogue

Couple Dialogue is designed to provide a comprehensive approach to couple work that allows for the restructuring of the emotional bond and the development of deep emotional connection through healthy dialogue and the fostering of partner responsiveness. Couples need to talk together for multiple reasons: to organize daily affairs, share feelings, hopes, and worries in everyday life, and plan long-term objectives. You will learn to facilitate couple dialogue and helpful conversations that support couples to develop empathy, recognise and reflect the feelings of each other and check for accuracy as they each tell their stories and concerns.

Understanding and working with problematic reactions during couple dialogue will be explored along with working with anger, shame, sadness, and vulnerability as these emotions arise.

EFT216 Therapy Day 2: Group Process

EFT 216 Therapy Day 2 : Group Process is the final sub-unit of the Graduate Diploma of EFT and sits at the end of the subject 212 Advanced Therapy. This unit explores the theory, practice, and ethics of group work and group work leadership. In keeping with the emotion-focused perspective, the sub-unit describes a deeply relational, experiential, and process-oriented approach to group dynamics, therapeutic goals and group orientation and examines the stages of group development, in particular from a Rogerian perspective. The sub-unit will cover case formulation of an EFT group. Common therapeutic factors along with specific EFT elements essential for success of group therapy will be identified and covered. Working with group members using chair work in the fishbowl will be considered.

Students Will Study the Application of Emotion Focused Therapy to Specific Mental Health Difficulties in the Final Three Sub-units, EFT230

EFT230 Working with Anxiety

Working with Anxiety is a subject that focuses on the Emotion Focused understanding of anxiety and associated worry and fear. Anxiety can be understood as incorporating primary, secondary, adaptive, or maladaptive emotion. The neurobiological, physiological, emotional, cognitive and behavioural impacts of anxiety will be explored. We will learn how to work experientially with clients to deepen their attention to internal cues, differentiate experience and clarify and order narrative. Focusing, enactment, imagery, and unfolding of experience will be utilized. Chair Work for working with and resolving the 'Worry Split' will be demonstrated and practiced. In addition, methods for working with negative appraisals of self, including negative self-talk and the processing of early experience will be demonstrated and practiced.

EFT231 Working with Depression

Working with Depression is a subject that will provide you with knowledge and skills in working within an Emotion-Focused theory of depression. When people who experience depression can articulate their inner experience, it is seen that they experience either problematic self-relations such as a strong self-critical aspect, shame and identity issues, perfectionism and self-bullying or alternatively self-other difficulties such as abandonment, annihilation, invalidation and being bullied into submission by another where they experience a loss of self, loss of another and deep insecurity.

Emotion Focused therapists provide a safe and soothing environment to reduce distress, support emotion regulation and reduce avoidance associated with difficult circumstances and emotions and process and transform self-self and self-other difficulties.

This subject applies the phases of emotion processing such as developing emotional awareness, regulating emotion, understanding unhealthy emotional responses, and using healthy emotions to drive action, to transform depression, validate a new sense of self and reduce the risk of relapse. Factors associated with poor outcomes and contraindications for EFT in depression will also be explored.

233 Working with Trauma

Working with Trauma is a subject that will provide you with a theoretical foundation for understanding and assessing trauma symptoms within the Emotion Focused approach. Type 1 trauma which refers to single episodes of traumatic exposure and Type 2 trauma which relates to complex attachment trauma which may or may not be overlaid with further single episodes, will be covered. This subject explores neurobiological, physiological, emotional, cognitive and behavioural impacts of trauma on the experience of self, relationship to others, behaviour and upon awareness. You will learn how to establish safety, regulate distress and work with experiences of anger at violation and betrayal and sadness at loss. You will learn to assess for the sadness and grief underlying trauma.

You will learn to support your client to process losses associated with the traumatic event, encounter, or attachment injury. Working with secondary depression will also be covered. Emphasis will be on facilitating emotional experiencing. Working with the somatic and the sensory will be highlighted.

A feature of this sub-unit will be learning and practicing the imaginal confrontation (IC) procedure of Paivio & Pascual-Leone (2010) for working with trauma. Contraindications for EFT for trauma will be considered.

206 Supervised Practice 2

Supervised Practice 2 is taken alongside your 125 hours of further clinical practice in the Graduate Diploma of Emotion Focused Therapy year. You will join a small supervision group (6 or less) via zoom software conferencing where you will participate in supporting others with ideas for formulating their client material and with identifying markers and applying methods for client emotion processing work.

You will present audio or video recordings from your own clinical sessions, with client consent. In addition, you will present written case formulations to the group. Supervision will support you to formulate clinical maps and recordings will enable the supervisor and your group to analyze task markers, examine your working methods, your EFT skills, client processes and therapist processes in the session.

Visual Recording: Students will need to have a visual recording of their work for the duration of the course so will need to check with their employer to see what needs to be put in place to ensure that this is possible. Internationally EFT training requires visual sessions to be presented.

Applications Standard Admission

An AQF Level 7 qualification (bachelor's degree) or higher from a recognised sciences, psychology, social work, counselling, education, welfare, medicine, or health sequence of study

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 counselling (paid or voluntary)

A Vocational Education and Training (VET) AQF Level 5 or 6 Diploma, Advanced Diploma or Associate Degree in a relevant field

AND

Membership or eligibility for membership of a professional association relevant to the qualification.

AND

At least 12 months of working in a role that requires the provision of counselling (paid or voluntary)

OR

A 2-year minimum, non-AQF professional training of at least 250 hours of face-to-face course work in counselling or psychotherapy where the program is accredited by PACFA or other recognised counselling or psychotherapy association

AND

Membership or eligibility for membership of a professional association relevant to the qualification.

AND

Long term employment in a clinical role in an organisation designated by the Federal Attorney General's Department

OR

Five 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

Graduate Certificate in Emotion Focused Therapy	\$7000
Remaining year of Graduate Diploma of Emotion Focused Therapy	\$6,525
Total fee for Graduate Diploma of Emotion Focused Therapy	\$13,525

Payment Options

The information is correct at the time of publication and IEFT reserves the right to change the information contained within. Students are advised to seek further clarification and advice before relying on the brochure.

Who is Emotion Focused Therapy for?

Emotion Focused Therapy has been proven to be effective with people experiencing depression, generalised anxiety, panic, worry and social phobia, eating difficulties, complex trauma and PTSD, abuse, interpersonal issues, unregulated anger, sadness, vulnerability and shame. Emotion Focused Therapy can be effectively used with adolescents and young people in addition to adults. Early research has indicated that Emotion Focused Therapy has shown promising results for psychosis and self-damaging activities such as substance abuse. Emotion Focused Therapy can also be used with couples. In that form it integrates the theory and practice of the individual Emotion Focused work and extends this with additional couple theory and practice. (It should be noted that Emotion Focused Therapy for couples is not to be confused with Emotionally Focused Therapy, a therapy designed for couple work, as there are differences.)