



Course Brochure 2023



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CG Spectrum Institute | ABN 18 085 501 837 | Provider Number PRV12023



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institute



About Us

CGSI is an Australian registered Higher Education provider. It offers postgraduate courses accredited by the Tertiary Quality and Standards Agency (TEQSA) under the TEQSA Act (2011). 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.

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 multicultural 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:

The Graduate Diploma of Emotion Focused Therapy is a specialist psychotherapy training program, accredited by the Australian Counselling Association. IEFT postgraduate courses are AGAPE certified.



TEQSA





Course Offerings

Graduate Certificate 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”.

Emotion Focused Therapy

Emotion Focused Therapy explores emotional pain and its origins and distinguishes amongst the varieties of emotional expression.

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 works by supporting people to process experiences by using a variety of therapeutic tasks for accessing and working with emotion at the somato-bodily, cognitive, behavioural, emotional, experiential and creative levels. It aims 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 who complete the Graduate Diploma of Emotion Focused Therapy 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 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 so that they are able to learn about and gain access to their emotional lives and the origins of their pain. You will also learn how to support clients to differentiate their feelings and transform their pain.

How Does Emotion Focused Therapy Work?

Emotion Focused Therapy works by supporting people to process experience 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. 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. Emotion Focused Therapy emphasises the experience of emotion. Research has found that the deeper the 'in therapy' inner experiencing, the deeper the emotion processing, and flowing from this, the likelihood of relapse is less. Therapy focuses on the client experiencing a shift in their internal self-organisation or meaning structures and a creation of new emotional meaning and life narratives which in turn de-activate a variety of unwanted mental health and relationship concerns.

Emotion Focused Therapy involves emotion coaching, which aims to increase emotional intelligence. It helps to label and identify emotional experiences and recognise underlying needs central to healing. In addition, Emotion Focused Therapy identifies, works with and synthesises inner voices and parts of self, since healing occurs where the voices are brought into a dialectical relationship with each other. There is a series of processes for resolving intrapsychic conflict and self-criticism. The model privileges the innate knowledge held by the 'experiencing self' and supports the client to access and build the strength of the 'experiencing self'. This brings a sense of personal empowerment when it is touched, and even more so when listening to the voice of the 'experiencing self' is a regular lived experience. Interruptions to the 'experiencing self' are identified and resolved with active experiential interventions.

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.)



Admission

General Entry

Option 01

- A qualification from a university or registered higher education provider at AQF Level 7 (Bachelor's degree) or higher which has included psychology, social work, counselling, education, welfare, medicine, or health
- Membership or eligibility for membership of a professional association relevant to the qualification
- Working in a role that requires the provision of counselling (paid or voluntary)
- National Police Check

Option 02

- A qualification from Vocational Education and Training at AQF level 5 OR
- A Diploma, Advanced Diploma or Associate Degree in a relevant field at AQF Level 6
- Membership or eligibility for membership to 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)
- National Police check

Option 03

- 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
- Membership or eligibility for membership of a professional association relevant to the qualification.
- Long term employment in a clinical role in an organisation designated by the Federal Attorney General's Department or 5 years' work experience in a role that requires the provision of formal counselling (paid or voluntary) with regular formal supervision
- An interview with the Course Director and provision of references.
- National Police Check

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.

Clinical practice hours

It is expected that students will have their own clients or be able to arrange placements for themselves (including volunteer work). The Graduate Certificate requires 125 hours of clinician practice, while the Graduate Diploma requires 250 hours.

In addition, internationally EFT training requires visual sessions to be presented. Students will be required to keep a visual recording of their work for the duration of the course. They will therefore need to check with their employer to see what needs to be put in place to ensure that this is possible.

Study mode: Online delivery

Our courses are offered entirely online and include both synchronous classes and asynchronous materials and learning experiences. Synchronous learning refers to those types of learning in which learner(s) and instructor(s) are in the same place (virtual or face-to-face) and at the same time. At IEFT, all units have a weekly 2-hour synchronous learning session across the duration of the semester. Asynchronous materials are also provided and are available for students to access 24 hours a day, seven days a week across the semester. These asynchronous materials include video recordings, readings, and presentations.

Study load

Across each semester, you will be required to attend two hours of synchronous learning each week, complete one to two hours of engagement with online materials, and further time in the completion of assessments and readings relating to each subject you undertake.

Timetable

Prior to commencing each semester, you will be provided with a detailed timetable outlining the time and date of each of your synchronous classes.

Intakes

At IEFT we have a midyear intake enabling students to commence their studies in semester 2.

Study Period	Month	Application Close
Semester 01	February-June	20 January
Semester 02	August-November	20 July

Assessments

Students will complete both practical and theoretical assessment tasks. The practical tasks are designed to provide opportunities for students to practice and self-evaluate their EFT skills.

Course Summary

Degree Name	Graduate Certificate in Emotion Focused Therapy	Graduate Diploma of Emotion Focused Therapy
Degree code	GradCertEFT	GradDipEFT
Level of qualification	AQF Level 8	AQF Level 8
Duration	1.5 years part-time	3 Years part-time
Total semesters	3	6
Total subjects	7	13
Supervision hours	30	60
Client hours	125	250
Credit points	27	52
Study mode	Online	Online

The Graduate Certificate in Emotion Focused Therapy is a nested course within the Graduate Diploma of Emotional Therapy. Students must complete all requirements of the Graduate Certificate prior to commencing the Graduate Diploma.

Fees

Course	Fees
Graduate Certificate in Emotion Focused Therapy	\$7000 AUD
Graduate Diploma of Emotion Focused Therapy	\$13,525 (\$7000 + \$6525) AUD

Tuition Fees

All higher education AQF Award Courses offered at CGSI are supported by the Australian Government's FEE-HELP program for [eligible students](#). With FEE HELP, students will not have to pay any tuition fees up-front, and in effect take out a loan to pay the fees, which will be re-paid when the student earns over a government – set threshold.

Intending undergraduate students should note that taking out a loan through the scheme also incurs a 20% loan fee for each unit covered. Postgraduate students don't incur the loan fee.

For more information about FEE-HELP and eligibility criteria, please check the [FEE-HELP Information Booklet](#) or see the [Australian Government Study Assist website](#).

To apply for a FEE-HELP loan, you will need to submit an eCAF (electronic Commonwealth Assistance Form) before the census date for your course or unit ([link to pages with census dates](#)). Your eCAF invitation will be emailed to you prior to commencement of your course or unit. If you do not submit this form before the census date you will not be eligible for a FEE-HELP loan.

Applicants will need a tax file number (TFN) and a Unique Student Identifier (USI). If you don't have a TFN, you can apply for one from the Australian Taxation Office (ATO) ([add link](#)). To create a new USI or find your existing USI you can visit the USI website.

[Click here](#) for important information on the census and administrative dates, as well as further information on deadlines and withdrawals.

If you receive an offer to study a Non-AQF Award Course, full fee places apply to both domestic and international students. These courses are not subsidised by the Australian Government and you are required to be paid upfront before the payment due date advised by CG Spectrum Institute.

Please visit the individual course page for Non-AQF course pricing.

FEE-HELP fact sheets, information booklets, student forms and the Government eCAF

FEE-HELP fact sheets are available electronically on the [Study Assist website](#) for providers to use at their open days and other events.

FEE-HELP information booklets are also available electronically on the [Study Assist website](#).

To access a FEE-HELP loan, students must submit an electronic Request for Commonwealth Assistance Form (eCAF) on or before the census date for their course of study. Students are only required to sign one form per course and not for each unit of study. Providers are responsible for assessing a student's eligibility for a FEE-HELP loan prior to issuing them with an eCAF.

The FEE-HELP information booklet is designed to assist students to understand the FEE-HELP loan scheme, and their rights and responsibilities when accessing FEE-HELP assistance. Students must read the FEE-HELP information booklet before they sign and submit their eCAF. By signing this form, a student is declaring they have read the information booklet and are aware of their obligations under FEE-HELP. The information in the booklet is valid for the current year only. A copy should be kept for reference for this period.

Our 2023 fee schedule is available [here](#).

Subject Overview

Graduate Certificate in Emotion Focused Therapy

Code	Subject		Credit Points
	EFT 102 Foundations of Emotional Focused Work		
EFT116		Emotion Focused Work	2
EFT117		Working with Experience	
EFT118		Experiencing Emotion	2
EFT122		Working with Feeling	1
	EFT 103 Individual Counselling		
EFT119		Focusing	2
EFT120		Emotion Schemes	2
EFT115		Multiple Chair	2
EFT123		Working with Patterns	1
EFT110	Self-Interruptive Processes		2
EFT124	Multicultural Emotion Focused Therapy Perspectives		2
EFT121	Adult Child Polarity		2
EFT113	Working with Shame		2
EFT106	Supervised Practice 01		5
	Exit point for the Graduate Certificate in Emotion Focused Therapy		27

Subject Overview

Graduate Diploma of Emotion Focused Therapy

Code	Subject		Credit Points
	EFT 201 Individual Therapy		
EFT202		Emotion Focused Therapy	2
EFT214		Healing in Attachment	2
EFT215		The Therapeutic Relationship	2
EFT209		Advanced EFT Integration	1
	EFT 202 Advanced Therapy		
EFT205		Assessment in Couple Work	2
EFT207		Emotions in Couple Work	2
EFT208		Couple Dialogue	2
EFT216		Group Process	1
EFT206	Supervised Practice 02		2
EFT230	Working with Anxiety		2
EFT231	Working with Depression		2
EFT232	Working with Trauma		2
			25

* Total 52 credit points to complete the Graduate Diploma of Emotion Focused Therapy

Graduate Certificate in Emotion Focused Therapy Subjects

EFT 102 Foundations For Emotion-Focused Therapy

Foundations for Emotion Focused Work is an introductory core subject. In it you will learn about: (116) Emotion Focused Work; (117) Working with Experience; (118) Experiencing Emotions and (122) Working with Feelings.

- **EFT 116 Emotion-Focused Work**

In Foundations for Emotion-Focused Work you will be introduced to the work of Greenberg, Elliott & Rice (1993) and Elliott, Watson, Goldman and Greenberg (2004). 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 and Greenberg (2004) and used in Emotion Focused Therapy will also be given. The module 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 between 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 them. In the process, you will learn about your own emotional life. In this module, you will also be introduced to creative arts processes for accessing and working with emotion.

- **EFT117 Working with Experience**

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 in enabling a client to access and then experience their unmet 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 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 will help you to understand the importance of supporting 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 Working with Feelings**

In Working with Feelings 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 this module.

EFT Individual Counselling

Within Individual Counselling you will study: EFT119 Focusing; EFT120 Emotion Schemes; EFT121 Multiple Chair Work; and EFT123 Working with Patterns.

- **EFT119 Focusing**

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**

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 organised 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 a central therapeutic task in EFT, called an 'active expression' task for exploring self-experience and facilitating emotional change. You will be introduced 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 Working with Patterns**

Working with Patterns 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

In Self-Interruptive Processes we 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.

We will examine 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 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, we consider 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.

In the Graduate Certificate of Emotion-Focused Therapy, Supervised Practice 1 is taken alongside 125 hours of Clinical Practice. The process is designed to ensure that you will develop skills in EFT interventions and 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 online 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 supervisor.

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

Graduate Diploma of Emotion Focused Therapy Subjects

EFT 201 Individual Therapy

Individual Therapy you will learn about EFT202 Emotion-Focused Therapy; EFT214 Healing in Attachment; EFT215 The Therapeutic Relationship; and EFT209 Advanced EFT Integration.

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- **EFT202 Emotion-Focused Therapy**

In Emotion-Focused Therapy will introduce you to advanced theory and interventions of EFT by building on the foundations built within the Graduate Certificate 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, you will be introduced 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 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 disorganisation 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. 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**

In The Therapeutic Relationship 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 Advanced EFT Integration**

Within Advanced EFT Integration you will participate in an experiential workshop or webinar that will provide you with an opportunity to integrate and reflect on your learning so far in the Graduate Diploma year. The sessions will be tailored to therapeutic practice and provide opportunities for skills practice and feedback in a supportive environment.

EFT 202 Advanced Therapy

In Advanced Therapy you will study: EFT205 Assessment in Couple Work; EFT207 Emotions in Couple Work; EFT208 Couple Dialogue; and EFT216 Group Process. Each module is described in more detail below.

- **EFT205 Assessment in Couple Work**

Couple Assessment is 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 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. By completing this module you will deepen your understanding of working with 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 Group Process**

Group Process explores the theory, practice, and ethics of group work and group work leadership. In keeping with the emotion-focused perspective, it 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. It 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.

- **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 provides students 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.

- **EFT 232 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. It 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 also learn to assess for the sadness and grief underlying trauma.

Further, 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 will be learning and practicing the imaginal confrontation (IC) procedure of Paivio and Pascual-Leone (2010) for working with trauma. Contraindications for EFT for trauma will be considered.

- **EFT 206 Supervised Practice 2**

In the Graduate Diploma of Emotion Focused Therapy, Supervised Practice 2 is taken alongside your 125 hours of further clinical practice. You will join a small supervision group (6 or less) via online 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. 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.



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