

# INSTITUT FOR EMOTIONSFOKUSERET TERAPI



## Workshop in Emotion-Focused Therapy Basic EFT Training - Level 2

**Ladislav Timulak**

Counseling psychologist, Ph.D, EFT-trainer

**26. - 29. August 2020, Roskilde, Denmark**

**Institute for Emotions-Focused Therapy Denmark** is pleased to present this **EFT Level 2** advanced 4-day-workshop with **Ladislav Timulak**, Ph.D. The workshop will provide participants with a deepening of the theory and skills involved in working effectively with emotion in psychotherapy that was begun with the EFT Level 1.

**Emotion-Focused Therapy (EFT)** is a humanistic, evidence-based form of psychotherapy that integrates person-centred, gestalt therapies and other experiential therapies, with particular relevance to working with depression, trauma, and anxiety difficulties. It has gained international recognition through the work of Les Greenberg, Laura Rice, Robert Elliott, Jeanne Watson, Rhonda Goldman, Sandra Paivio, Lynn Angus, Ladislav Timulak and others.

**This workshop provides participants** with more in-depth skill training beyond the introductory Level 1 workshop and enables discussion of challenges that have emerged in using EFT in participants' own clinical practice. Participants receive in depth skill training through a combination of brief lectures, video demonstrations, live modelling, case discussion and extensive supervised experiential practice (in which participants learn by working as both client and therapist in small groups). Topics covered over the course of the four days include advanced emotion assessment; productive and unproductive arousal; advanced work with experiential tasks such as two chair and empty dialogues; work with worry and interruptive processes; imaginal restructuring; application of EFT to specific populations & problems (with a particular focus on generalised anxiety); and case formulation for specific disorders.

**The workshop is aimed for** qualified clinical/counseling psychologists and accredited counselors/psychotherapists who have completed ISEFT EFT Level 1, and aspire to attain **ISEFT accreditation of Basic EFT Training** by completing EFT level 1 -3 or who wants to deepen practice learned at EFT Level 1. For more information of ISEFT accreditation and requirements please see [www.iseft.org](http://www.iseft.org) or contact IEFT Denmark at [mail@ieft.dk](mailto:mail@ieft.dk).

## EFT-Trainer



**Ladislav Timulak**, PhD is Associate Professor at Trinity College Dublin, Ireland. He is Course Director of the Doctorate in Counselling Psychology. Ladislav (or short Laco; read Latso) is involved in the training of counselling psychologists and various psychotherapy trainings in Ireland and internationally. Laco is both an academic and practitioner. His main research interest is psychotherapy research, particularly the development of emotion-focused therapy. He currently is adapting this form of therapy for depression, anxiety and related disorders. He has written six books, over 80 peer reviewed papers and various chapters in both his native language, Slovak and in English. His most recent books

include *Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach* (Routledge, 2015) and *Transforming Generalized Anxiety: An Emotion-Focused Approach* (Routledge, 2017). He serves on various editorial boards. He maintains a part-time private practice.

## Practical informations

**Time:** 26. - 29. august 2020 from 9.00 to 16.30

**Place:** Roskilde, Denmark – place to be announced

**Co-facilitator:** Niels Bagge, Local EFT-trainer, psychologist

**Participants:** Qualified clinical/counseling psychologists and accredited counselors/psychotherapists who have completed ISEFT EFT Level 1.

**Language:** English (Danish in some parts)

**Accreditation:** ISEFT EFT Basic Training – EFT Level 2

**Contact:** Niels Bagge [mail@ieft.dk](mailto:mail@ieft.dk) eller tlf. (+45) 20841884

**Price:** 9.000 Dkr. / 1.200 € **Binding agreement:** After 26.06.2020

**Bank:** 84110004083983 // **IBAN:** DK3084110004083983

**Registration:** <https://forms.gle/GdDSNLfGTcBMkUfH8>

**More information:** [www.ieft.dk](http://www.ieft.dk) and [mail@ieft.dk](mailto:mail@ieft.dk)



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