

# York University Psychology Clinic

Emotion-Focused Therapy for Complex Trauma (EFTT)

May 3 & 4, 2012

Training Agenda

## **Day One – EFTT Theory and Primary Change Processes**

*Morning: Complex Trauma and the EFTT Treatment Model*

### Period 1:

The nature of complex (versus single incident) trauma

APA treatment guidelines/recommendations for best practices

The EFTT treatment model (theory and research, phases and tasks of therapy; intervention principles)

Videotape demonstration

### Period 2:

Assessing emotions and emotional processes in trauma therapy

Distinguishing between adaptive and maladaptive emotions

“Emotional processing” in EFTT

Videotape demonstration

*Afternoon: Cultivating the Alliance & introducing Trauma Work*

### Period 3:

Intervention principles and goals of alliance formation in Phase One

Conducting the first three sessions

Videotape demonstration

### Period 4:

Introducing trauma work and the imaginal confrontation procedure

The process of resolving interpersonal trauma

Addressing emotion regulation difficulties

Videotape demonstration

## **Day Two: promoting Self-Development, Resolving Attachment Injuries, and Termination**

*Morning: promoting Self Development in Phase Two*

### Period 1:

The process of resolving intra-psychic conflicts

Reducing fear and avoidance of emotional experience

Transforming shame and self-blame

Videotape demonstration

### Period 2:

Memory work for accessing, exploring, and resolving self-related difficulties

Videotape demonstration

*Afternoon: Resolving Attachment Injuries in Phase Three and Therapy Termination*

### Period 3:

Promoting healthy anger experience and expression

Promoting sadness and grieving losses

Videotape demonstration

### Period 4:

Addressing termination issues

Workshop wrap-up