

York University Psychology Clinic

Level One Emotion Focused Training

Level One Emotion focused Training – Topics

Emotion

- Emotion theory, Assessment and principles of change

Empathy, Validation and focusing on Feeling

- Creating an alliance · Empathic attunement · Evocation · Conjecture · Focusing

Process formulation, Developing a Collaborative Focus

- Identifying markers of underlying affective/cognitive problems

Evocation, Arousal and Exploration

- Focusing · Evocative unfolding · Two chair dialogue and splits

Accessing Primary Adaptive Emotions and Core Maladaptive Schemes

- Empty chair dialogue and unfinished business

Restructuring Core Schemes

- Supporting the emergence of primary needs · Letting go of unmet needs · Tapping positive emotional resources · Provision of new experiences

Continued Skill Training in Evocative Methods

- Supporting a self-affirming stance · Promoting new narrative constructions

Skill Training & Applications

- Depression · Post-traumatic stress disorder · Addictions · Contraindications