

# Emotion-Focused Therapy Clinic

## York University

### Graduate Student EFT-C Institute Agenda

#### Day One

- Introduction and Theory with Video Demonstration
- Emotion in Couples and Couples Therapy
- Affection Regulation in Couples
- Relational Needs
  - Attachment and Security
  - Identity and Shame/Self-Esteem
  - Intimacy, Affection Attraction
- Essence of Change in EFT
- EFT Compasses
  - Emotion Assessment
  - Cycle Assessment
  - Stages of Treatment
- 5 Stages of EFT

#### **Day 2**

- Stages 1 to 3 Validation, Cycles, and Accessing.
- Empathic Attunement to Affect and Vulnerability
- Differentiating Reactive, Secondary Emotions and Underlying Primary Vulnerability
- Identity and Dominance

#### **Day 3**

- Stage 3:
  - Working with Blocks, Avoidances, Interruptions
- Stage 4:
  - Setting Up Successful Enactments
  - Self-Soothing and individual processes in the context of couples work
  - Case Formulation

#### **Day 4**

- Stage 5:
  - Consolidation and Integration
  - Relapse Prevention
- Resolving Emotional Injuries and Forgiveness
- Assigning Homework in Different Stages
- Promoting Positive Emotions
- Conclusion and General Discussion