
Emotionally-Focused Couple Therapy (Mod A)

Presented by Dr. Liu Ting

24 - 25 (Thu - Fri), 28 - 29 (Mon - Tue) Jan 2019



Emotionally Focused Couples Therapy

Emotionally Focused Couples Therapy (EFCT) is a structured approach to couple therapy formulated in the early 80's by Drs. Susan Johnson and Leslie Greenberg. It offers a comprehensive theory of adult love and attachment, as well as a process for healing distressed relationships. This experiential/systemic therapy focuses on helping partners restructure the emotional responses that maintain their negative interaction patterns.

Strengths of EFCT

- ❖ Clear, explicit conceptualizations of relationship distress and adult love. These conceptualizations are supported by empirical research on the nature of marital distress and adult attachment.
- ❖ Change strategies and interventions are specified. The change process has been mapped into nine steps and specific change events.
- ❖ Research studies found that 70-75% of couples who went through EFCT moved from distress to recovery and about 90% showed significant improvements.

EFCT Programme Overview

The training programme in Emotionally Focused Couple Therapy (EFCT) is progressive in nature. Learners begin by acquiring the conceptual underpinnings (Module A) and then progress to skills-based learning (Module B & C). The structure is outlined below.

- ❖ Externship in Emotionally Focused Couple Therapy (Module A)
- ❖ Core Skills I in Emotionally Focused Couple Therapy (Module B)
- ❖ Core Skills II in Emotionally Focused Couple Therapy (Module C)

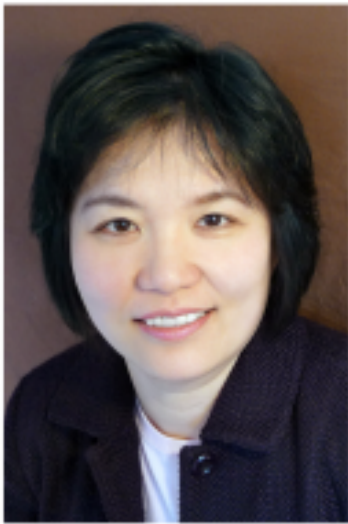
Course Content - Externship (Module A)

This 28-hour externship provides the theoretical framework and practice of EFCT. The training would include demonstrations and practical exercises. The learning objectives are listed below.

- ❖ Learn the theoretical underpinnings of Emotionally Focused Couple Therapy.
- ❖ Understand the negative interactional cycle and explore underlying needs in a couple's relationship.
- ❖ Identify primary emotions in couple interactions

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- ❖ Understand the processes to systematically shift a couples negative interactions into safe, empowering emotional connections.
 - ❖ Learn interventions by accessing key elements of emotional distress and de-escalating destructive interaction patterns.
 - ❖ Re-structure positive interactions that renew trust and intimacy.
 - ❖ Learn to overcome therapeutic impasses in couple therapy.

Workshop Presenter - Dr. Liu Ting



Liu Ting, Ph.D., completed her doctorate at Purdue University, USA, and she did Child Development and Family Studies with a specialisation in Marriage and Family Therapy. She is a Pennsylvania licensed Marriage and Family Therapist and an Approved Supervisor with the American Association of Marriage & Family Therapy. Dr. Liu specialises in multi-cultural applications of EFCT, infidelity issues, mood disorders, and Emotionally Focused Family Therapy with adolescents. She is also a certified EFT trainer and supervisor. She provides training and supervision in the EFT model of couples and family therapy internationally, in particular Asia.

When & Where?

- 24 - 25, 28 - 29 January 2019
- 9 am to 5 pm
- Venue : TBD

Fees

- \$1300 [Super Early Bird] **before 24 Sep 2018**
- \$1400 [Early Bird] **before 24 Nov 2018**
- \$1500 [Normal Rate] *from 24 Nov 2018*
- Payment is needed to confirm your registration

Certification

This module fulfills part of the requirements to become a certified EFCT therapist. This certification is recognised by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) founded by Dr. Susan Johnson. Please refer to their website for more information. <http://www.iceeft.com/>

Registration

- [**Register Now!**](#)

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Enquires

- Email: hello@CaperSpring.com
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