EMOTIONALLY-FOCUSED COUPLES THERAPY (EFCT)- ONLINE

For enquiries, reach out to hello@caperspring.com or WhatsApp us at 8141 8002!

1. What is EFCT?

Emotionally Focused Couples Therapy (EFCT) is a structured approach to couple therapy formulated by Drs. Susan Johnson and Leslie Greenberg. This experiential/systemic therapy offers a comprehensive theory of adult love & attachment and focuses on helping partners restructure emotional responses that maintain their negative interaction patterns.

2. Strengths of EFCT

- Clear, explicit conceptualizations of relationship distress supported by empirical research on the nature of marital distress and adult attachment.
- Change strategies and interventions are specified and 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.
- About 90% showed significant improvements.

3. EFCT Programme Overview

The training programme in EFCT is progressive in nature. Learners begin by first acquiring the conceptual underpinnings in Module A and progress into skills-based learning in Module B & C after.

Module A

- Learn the theoretical underpinnings of EFCT
- Understand the negative interactional cycle and explore underlying needs in a couple’s relationship.
- Identify primary emotions in couple interactions
- 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 deescalating destructive interaction patterns.
- Re-structure positive interactions that renew trust and intimacy.
- Learn to overcome therapeutic impasses in couple therapy.

Module B & C

- Deepen your understanding of the theoretical underpinnings of EFCT.
- Apply EFT interventions to help couples access their emotional experience so that they become aware of their destructive interactional cycle and its negative impact on the relationship.
- Identify attachment needs and underlying emotions that are a mechanism of change.
- Help clients rebuild a more satisfying relationship in which their attachment needs are met.
- The workshop consists of didactic content, role play and review of videotaped case presentations. Participants are required to record on video a therapy session with a couple for review.

Presented by Prof. 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.

Register by 11 Dec to enjoy Early Bird Rates

For enquiries, reach out to hello@caperspring.com or WhatsApp us at 8141 8002!