



# THE SINGAPORE COMMUNITY FOR EMOTIONALLY FOCUSED THERAPY (SGEFT)



Learning & Growing Together



## EMOTIONALLY FOCUSED THERAPY TRAINING 2024, SINGAPORE

This is an official EFT Training, endorsed by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) and brought to you by The Singapore Community for Emotionally Focused Therapy (SGEFT)



**Trainer: Dr. Ting Liu**  
ICEEFT CERTIFIED EMOTIONALLY  
FOCUSED THERAPY TRAINER,  
SUPERVISOR, AND THERAPIST

### IN PERSON | IN SINGAPORE

#### EFIT ESSENTIAL

This **4-day (24hr)** training event is a didactic and experiential program where participants will be invited to apply the principles and interventions of Emotionally Focused Therapy with individuals. The training will delve into the heart of the empirically-validated EFIT model, presenting a coherent framework for understanding individual emotional processing and change.

#### EFCT EXTERNSHIP

An Externship in Emotionally Focused Couples Therapy® is an immersive **4-day training (24 hrs)** training experience, foundational for therapists aiming to specialize in EFCT. Led by certified trainers, it offers a comprehensive introduction to the EFCT model, focusing on the science of attachment and the systematic approach to couple therapy. This training is crucial for therapists because it equips them with the necessary skills to foster secure, resilient relationships in therapy. It's the first step in formal EFCT training, opening the door to advanced practice and certification, enhancing therapists' efficacy and confidence in their clinical work with couples.

#### PARTICIPANTS WILL LEARN TO

- Describe the key elements of the attachment perspective on personality and its significance for clinical intervention
- Set out clients within and between cycles and how they create each other and link to presenting problems that manifest as emotional disorders
- Describe the core components of emotional disorders - depression and anxiety
- Outline the process of change and the elements of the EFT Tango to shape corrective emotional experience, such as affect assembly and deepening
- Describe the micro-interventions used by the EFT therapist
- Outline the applicability of EFIT for different clients with different symptomatology.
- Adopt an attachment humanistic perspective on clients, problems and interventions
- Discover and distill core emotional experiences and promote emotional balance
- Outline protective, self-defining and interactional iatrogenic patterns
- Implement the 5 moves of the EFT Tango to shape corrective emotional experience and EFT micro-interventions.
- Choreograph dramas that expand the self and open engagement with others
- Integrate corrective emotional experiences into models of self and other
- Validate the client's sense of competence and worth in every session.

#### PARTICIPANTS WILL LEARN TO

- Obtain a clear understanding of the basic experiential and systemic concepts of an "Emotionally Focused" approach to therapy.
- View clients in the web of their interpersonal attachments and conceptualize relationship distress and repair based on theories of attachment and emotion.
- Develop skills in sharing and maintaining an engaged, open and collaborative alliance with clients.
- Develop skills in the 5 moves of the basic macro-intervention - the EFT Tango - in order to change patterns of affect regulation, models of self and other, strategies for engaging others and interactional patterns.
- Develop skills in EFT micro interventions taken from experiential and attachment systemic models of intervention

#### EFIT ESSENTIAL

**DATE:** 28-29 Jun 2024; 1-2 Jul 2024  
**TIME:** 9 am - 4.30 pm (Singapore Time)  
**EARLY BIRD:** SGD1,600 - Register and complete payment by [30th Apr 2024](#)  
**REGULAR:** SGD1,700 - Register after [30th Apr 2024](#)  
**PREREQUISITES:** Fundamental (Optional)

REGISTER:

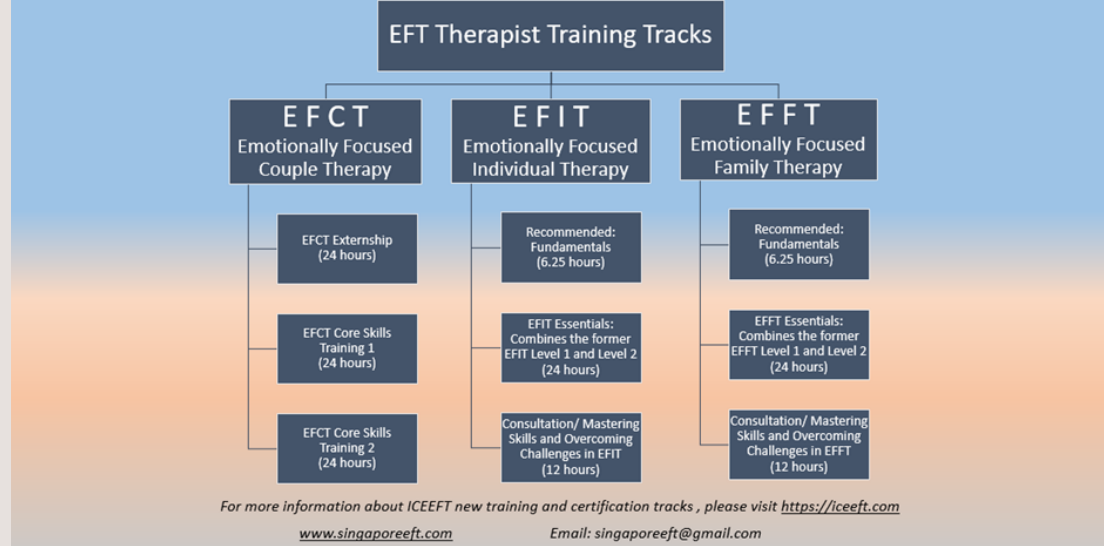


#### EFCT EXTERNSHIP

**DATE:** 16-19 Oct 2024  
**TIME:** 9 am - 4.30 pm (Singapore Time)  
**EARLY BIRD:** SGD1,600 - Register and complete payment by [31st Aug 2024](#)  
**REGULAR:** SGD1,700 - Register after [31st Aug 2024](#)

REGISTER:





## EFCT CORE SKILLS ADVANCED TRAINING

### CORE SKILL TRAINING 1 & 2

The EFCT Core Skills Advanced Training offers an immersive, small group experience focused on enhancing therapists' understanding and application of EFT techniques. This comprehensive training, spread over **two 4-day sessions**, delves into case conceptualization, essential therapeutic skills, and therapist development through a blend of case presentations, experiential exercises, and didactic presentations. A **prerequisite** for this advanced training is the **completion of a 4-day Externship with a Certified EFT Trainer**. The training, adhering to the guidelines of the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT), requires participants to engage in **48 hours** of instruction, practice, and feedback, and involves presenting client session videos for review. Successful completion meets part of the requirements for the Certified EFCT Therapist designation by ICEEFT, with additional steps including individual supervision and demonstration of model competence.

### PARTICIPANTS WILL LEARN TO

- Deepen your understanding of the EFT model and its application in couple's therapy.
- Develop EFCT skills through a combination of instructional review, skill demonstrations, and live session observations.
- Engage in hands-on practice of EFT techniques and exercises.
- Receive individual feedback on your EFCT skills development via case presentations.
- Delve deeper into the EFT tango, understanding its application within different stages of therapy.
- Apply the EFT model through role-plays and discussions, aiming towards certification.

### EFCT CORE SKILL TRAINING 1

**DATE:** 24-27 Jun 2024  
**TIME:** 9 am – 4.30 pm (Singapore Time)  
**EARLY BIRD:** SGD1,700 - Register and complete payment by [30th Apr 2024](#)  
**REGULAR:** SGD1,800 - Register after [30th Apr 2024](#)  
**PREREQUISITES:** EFT Externship

REGISTER:



### EFCT CORE SKILL TRAINING 2

**DATE:** 21-24 Oct 2024  
**TIME:** 9 am – 4.30 pm (Singapore Time)  
**EARLY BIRD:** SGD1,700 - Register and complete payment by [31st Aug 2024](#)  
**REGULAR:** SGD1,800 - Register after [31st Aug 2024](#)  
**PREREQUISITES:** EFT Externship and Core Skill 1

REGISTER:



**SIGN UP TOGETHER FOR CORE SKILL 1 & 2 AND COMPLETE PAYMENT BEFORE 30TH APRIL 2024 TO RECEIVE AN ADDITIONAL DISCOUNT OF \$200. THE TOTAL WILL BE SGD 3,200.**