

Alberta Institute of Emotion-Focused Therapy

(An authorized member and affiliate of the)



INTERNATIONAL
SOCIETY *for*
EMOTION
FOCUSED
THERAPY

presents

Emotion-Focused Therapy - Level Two

with Dr. Serine Warwar

A Four Day Training Workshop: April 16 - 19, 2018

9 to 5 each day. (Location: TBA - Calgary, Alberta)

Participants must have completed EFT Level One Training

This workshop provides participants with more in-depth skills training and supervision of EFT Individual Therapy. It is the next level following a Level One Workshop. Participants receive in-depth skills training through a combination of brief lectures, video demonstrations, case discussions, and extensive supervised *experiential* practice of markers and client processes in which participants learn by working as both a client and therapist in small groups.

This workshop is a small group training experience and enrollment is strictly limited.

Workshop Outline:

Day 1 - Introduction

Morning:

Advanced Assessment of Emotion

- Different Aspects of Productivity
Eg. Productive and Unproductive Emotional Arousal

Advanced Empathy

- Empathic Attunement to Affect
- The moment by moment tracking of affect.
- Empathic Exploration and Conjecture
- Empathic Evocation

Afternoon:

Marker Identification

- Issues in identifying markers of Splits and Unfinished Business
- Additional markers: Self-interruption, vulnerability, trauma, alliance ruptures

Case Formulation

- Three Stages of Case Formulation
- Video session

Advanced Skills Practice and Supervision

Day 2:

Morning:

Case Formulation continued

- Video

Advanced work with Two Chair Dialogue

- Coach Split
- Anxiety Two Chair Work
- Dealing with Collapsing and Impasses

Advanced Skills Practice and Supervision

Afternoon:

Variants

- Self-Interruptive dialogues
- Self- soothing dialogues

Advanced Skills Practice and Supervision

Day 3:

Morning:

Case Formulation Continued

Experiential Teaching: Therapist as Emotion Coach

Types of Homework

Advanced Skills Practice and Supervision

Afternoon:

Advanced work with Unfinished Business

Variants of Unfinished Business

- Forgiveness and the Letting Go Process
- Imaginal Re-entry & Transformation

Advanced Skills Practice and Supervision

Day 4

Morning:

Case Formulation concluded

Advanced Skills Practice and Supervision

Afternoon:

Applications to specific populations and types of problems

Advanced Skills Practice and Supervision

Closing Discussion

Dr. Serine Warwar, Ph.D. Clinical Psychologist

Dr. Warwar is the director of the Centre for Emotion-focused Therapy in Toronto, Ontario. She has been an EFT skills trainer for 24 years and provides EFT supervision to graduate students and therapists. Under her direction, the Centre provides EFT training to professionals and graduate students, and provides EFT therapy to individual and couples. Dr. Warwar is also a faculty member of the Emotion-focused Therapy Institute with the York University Psychology Clinic at York University where she does skills training. She conducts international trainings and workshops on individual and couples EFT, and has also applied and adapted EFT to working with vulnerable clinical populations: chronically suicidal individuals, domestically violent men in prison, borderline personality disorder, and trauma.

Dr. Warwar has been a therapist and research collaborator for several EFT randomized control trials, for the treatment of depression, and emotional injuries in individuals and couples. She co-developed an EFT psychotherapy treatment and research program for forgiveness to help couples and individuals resolve emotional injuries. In addition, her process-outcome research has contributed to our understanding of emotional processing in EFT. She has published in the areas of emotional processing, emotion regulation, suicide and borderline personality disorder, resolving emotional injuries, experiential teaching, homework, and forgiveness in couples.

“Dr. Warwar is an exceptional clinician and trainer. She is a wizard in assessing client micro-processes and teaching micro-skills. This training will be beneficial to all.”

- Les Greenberg



