

## EFIT Level 2 - Day 1

**9:30 – 9:50** Welcome and Introduction to the Training

**10:00** Recap of EFIT 1

- Elements of Assessment
- Barlow UP / Bowlby

**10:30** Exercise on Elements of Assessment

**Break 10:45 – 11:00**

**11:00 - Recap of EFIT 1 continued**

- Attachment Needs and Strategies
- 3 Stages of Client Change
- 3 Tasks of EFT and Key Elements of Change

**11:30** How the Therapist Facilitates Change: The EFT Tango. EFT Tango Move 1 - Video and Exercise

**12:10** - Questions

**Lunch 12:30 - 1:30**

**1:30** EFT Tango Move 2

- Elements of Emotion
- Experiencing Scale (EXP) – Video Example

**1:50** Tango Move 2 Exercise

**2:00** Stage 1 Tango Moves - Video

**2:50** EFT Tango Move 5 Exercise and Discussion

**Break 3:00 - 3:15**

**3:15** Breakout Rooms - EFT Tango Moves in Stage 1 Stabilization

**4:00** Your Questions and Stage 1 Impasses - Discussion / Demonstrations

**4:20** Word Cloud and Preparation for Tomorrow's Stage 2 Exercise

**4:30 Closure**

L. Brubacher, July 16, 2021

## EFIT Level 2 - Day 2

**9:30 – 9:50** Questions and Blocks

**9:50** Tango in Stage 2 Restructuring

**Break 10:45 – 11:00**

**11:00** - Video and Exercise

**12:15** - Re-processing Interpersonal Trauma with the EFT Tango

**Lunch 12:30 - 1:30**

**1:30** Breakout Rooms - EFT Tango Moves in Stage 2 Restructuring

**2:35** Tango in Stage 3 Consolidation Discussion / Video

**Break 3:00 - 3:15**

**3:15** Stage 3 Consolidation Exercise

**3:30** Impasses – Discussion / Demonstrations – Breakout Room

**4:20** Word Cloud - Closure Activities

**4:30 Closure**

L. Brubacher, July 17, 2021