

# Learning Objectives and EFT Externship Overview

## *Specific Learning Objectives for Externships in Emotionally Focused Therapy*

### **1 Day 1: Introduction to Attachment Theory & the Process of EFT**

1. Outline attachment science as a guide to psychotherapy – EFIT, EFCT, EFFT.
2. Describe the nature and causes of relationship distress.
3. Understand basic Attachment Theory and how it informs working with couples, dyads and individuals in EFT.
4. Understand and describe the systemic and experiential elements of EFT and the EFT Tango.
5. Understand and describe change factors involved in moving from distress to recovery.
6. Understand and describe the three Stages of EFT (refer to nine process Steps).
7. Learn and practice basic empathy and reflection of inner and between dramas that are central to the therapeutic process in EFT.

### **2 Day 2: Stage 1 – Assessment & Alliance**

1. Understand and practice assessment skills in EFT.
2. Understand and practice how to create a therapeutic alliance using: empathic attunement, validation, acceptance, genuineness, and Stage I of the EFT Tango.
3. Understand and practice how to enter experience of partners to find out how each constructs his/her experience of their relationship.
4. Understand and practice how to track and frame the sequences of interaction that perpetuate distress and disconnection.
5. Understand and practice how to frame the negative cycle (e.g., pursue/withdraw) emphasizing attachment needs (e.g., closeness, connection, importance of the other, fear of loss).
6. Understand assessment and the EFT Tango as used with individuals in Stage One.

### **3 Day 3: Stage 2 – EFT Interventions and Change Events**

1. Understand and describe systemic and experiential theories that underlie EFT interventions.
2. Learn and practice the basic EFT interventions for assembling and deepening emotion, and micro interventions: reflection, validation, evocative responding, empathic conjecture, and heightening.
3. Learn and practice how to use RISSSC to heighten emotional experience.
4. Learn and practice how to facilitate Stage 2 interaction between partners by using enactments.
5. Learn how to put the interventions together to facilitate change events.

6. Be able to describe the three change events in EFT for couples: de-escalation, withdrawer engagement and pursuer softening.
7. Practice the skills of evoking, assembling, and deepening emotion.
8. Practice the skills of facilitating acceptance (Move 4 of the EFT Tango).
9. Learn to choreograph Stage 2 change events using enactments.

## **4 Day 4: Becoming an EFT Therapist/Attachment Injuries**

1. Learn the EFT Tango as applied to individuals in EFIT.
2. Understand attachment injuries from an Attachment Theory perspective.
3. Understand the steps toward resolving attachment injuries, creating forgiveness.
4. Describe key interventions with escalated couples.
5. Learn and practice EFT skills toward resolving attachment injuries.
6. Understanding an EFT approach to managing co-morbidities such as depression and sexual dysfunction.
7. Outline the process of becoming an EFT Therapist.

At least one quarter of the last three days will consist of watching and practicing EFT using exercises and video review. At least one live session will be conducted.

The Externship is approximately 30 hours.



# EXTERNSHIP OVERVIEW

## DAY 1

- Attachment Science as a Guide for Psychotherapy – EFIT, EFCT, EFFT
- Couple therapy: The Place of EFT
- Basics of the EFT Model – Experiential & Systemic
- Adult Attachment Theory & Implications for Therapy
- Overview of the process of change – Stages and Steps
- EFT Tango Across Modalities
- Exercise or DVD Clip & Discussion

## DAY 2

- Case Presentation: Live Session or Tape Review or Case Role-Play – Discussion
- Assessment in EFIT & EFCT
- Alliance Building
- Stage 1 – Stabilization / De-escalation of Negative Cycles
- Exercise or DVD Clip & Discussion

## DAY 3

- Case Presentation / Live Session or Tape Review / Discussion
- Micro Interventions / RISSSC / Catch-the-Bullet / Building Attachment / Slice It Thinner
- Stage 2 and Change Events
- Exercise or DVD Clip & Discussion

## DAY 4

- EFIT – Goals – Tango – Watch DVD Sessions
- Becoming an EFT Therapist & Certification
- Forgiveness and Attachment Injuries in EFCT
- Escalated Couples / Traumatized Individual Clients
- Exercises or DVD Clip & Discussion

Various formats also exist for group learning and supervision in EFT. For example, Core Skills Trainings, Advanced Externships and Online meetings. Participation in some of these events are part of the requirements for certification as an EFT Therapist with the ICEEFT. Descriptions of, and information about these events can be found on the website.