

Empowering

Empowering Emotion-Focused
Therapy practice in Europe



Empowering EFT@EU

Newsletter #3
Winter 2023

**Empowering Emotion-Focused
Therapy practice in Europe**

An International Erasmus+ Project
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Intellectual Outputs

In the last months, the EmpoweringEFT@EU team has been very busy finishing the two first intellectual outputs and advancing to the pilot phase of this project!!

See more below:

IO1: Competency Framework for EFT training

This competency framework highlights and specifies several skills to better administrate EFT training by fostering the trainees' knowledge in EFT, motivation and engagement in experiential learning, and promoting a safe and empathic alliance and learning environment throughout the training process. This framework was piloted in May, 2022, in Trinity College, Dublin, under the leadership of Robert Elliott and Ladislav (Laco) Timulak.



EFT Training with IO1 Pilot Workshop - Dublin, 2022

IO2: Competency Frameworks for EFT supervision

This framework addressed basic guidelines for clinical supervision, and the more advanced, specific skills and strategies in clinical supervision in EFT. It acknowledges a set of EFT-specific and relational skills, and case formulation competences that EFT supervisors must foster in their supervisees, and much more.

This competency framework departed from the insights gathered from the experts in earlier interviews.



Supervision Training Workshop - Munich, July 2022

We have also been working on our third project result (IO3), an e-platform designed to support training, clinical supervision and gather trans-national data on EFT practice.

EmpoweringEFT@EU Website

Our EmpoweringEFT@EU project website has been updated and is now available in several languages: in English, Spanish, German, French, Dutch and Portuguese! There, you can see everything we have been doing in the last months. We are also working to expand it in the future!

Visit us at www.emotionfocusedtherapy.eu.

Project Dissemination Activities

We have been sharing our project goals and findings throughout some international events! Check out a few of them below:

Pilot Workshop for EFT Supervisors

On 17-20 July 2022, we developed a pilot workshop to train clinical supervisors in Emotion-Focused Therapy (EFT) in Munich, Germany, lead by Robert Elliott, Lars Auszra and Imke Herrmann. This initiative allowed the start of the pilot phase of this project from September 2022 onwards, which will disseminate EFT for other Psychologists in Spain and Portugal, supporting them in their own native languages.



Supervision Training Workshop - Munich, July 2022



PCE2022 - Project presentation - July, 2022

PCE 2022

On the 15th World Conference for Person-Centered & Experiential Psychotherapy & Counseling, in Copenhagen, Carla Cunha, Robert Elliott, Ladislav Timulak and Rafal Jodar-Anchia, alongside with Rhonda Goldman as the panel discussant, shared and discussed with the Person-Centered community the latest updates on the EmpoweringEFT@EU project.

SEPI 2022

On the 38th annual meeting of the Society for the Exploration of Psychotherapy Integration (SEPI), Carla Cunha, on behalf of the project team, presented this project goals and contributions to Emotion-Focused Therapy, in Lausanne (Switzerland).



SEPI 2022 - Project presentation - April, 2022

We've been interviewing even more EFT Expert Trainers and Supervisors! Check out some of the interviews highlights:



"I think one of the first things to have in mind in EFT supervision is the alliance part of it. We start with the therapist-client alliance and then build a supervisor-supervisee alliance."

- Jan Stiegler

"I'm always so inspired when I have supervision, I really feel understood. I try to do the same with my supervisees. When I ask "how can I be helpful", I try to focus on more than the technical issues."

- Catalina Woldarsky Meneses



"Supervision should have empathy above all. My supervisees can bring me their worst tapes or their failures and I'm not there to judge! I want to really build a good relationship."

- Kurt Renders

"I think supervision in EFT stands out because it's process oriented... When I'm doing case supervision I try to be attuned to what's happening moment by moment... I think that's the biggest difference."

- Serine Warwar





"I keep doing it because I find it very rewarding and rich. The intrapersonal change, the collaborative nature, seeing people learning, turning to EFT and getting excited to become more, I love it."

- Sandra Paivio

"If a carpenter has personal issues, their carpentry tools remain intact and they keep working. But here, YOU are your own tool for the craft [psychotherapy]. Your issues can obstruct your work. Supervision aims to address that: personal development."

- Antonio Pascual-Leone



Save the Date and Attend our final International Seminar!

July 1st, 2023, University of Maia (Portugal)

If you are an EFT enthusiast, we would like to invite you to attend the International Seminar on the EmpoweringEFT@EU project, that will take place at the campus of University of Maia (Portugal) on July 1st, 2023 (on the day after the ISEFT Conference in Porto, Portugal). The EmpowerignEFT@EU project team will be presenting the final project results and outputs to the EFT community.

Please register now to this **FREE** event on the following link:
<https://forms.office.com/e/WkQW6W5NFR>

Follow us on Facebook: <http://fb.me/empoweringEFT.EU>
 Project website: www.emotionfocusedtherapy.eu

Maieutica - Cooperativa de Ensino Superior, CRL /ISMAI
 (Promoter-Portugal) <https://www.ismai.pt>

University of Strathclyde (United Kingdom)
<https://www.strath.ac.uk/>

Institute of Emotionally Focused Therapy (Germany)
<http://www.emotions-fokussierte-therapie.de/>

Universidad Pontificia Comillas (Spain)
<https://www.comillas.edu>

The Provost, Fellows, Foundation Scholars & the Other Members of Board of the College of the Holy & Undivided Trinity of Queen Elizabeth Near Dublin (Ireland)
<https://www.tcd.ie/>



Associated Partners



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