

Further informations

Dates

1. 16 September 2024
2. 21 October 2024
3. 18 November 2024
4. 13 January 2025

Time & Location

17:30-20:30h CET, Online

Language

English

Target audience

People with or without previous experience of EFT who are interested in experiencing the method of Focusing through self-awareness and self-care as a first step and learning how to use it with clients as a second step. Prerequisite: Attendance of IRF Level 1.

Cost

CHF 380.-

Credits

One credit corresponds to a 60-minute unit. Recognition takes place according to the guidelines of the respective professional society.

Registration

Online (www.ieft.ch). The number of places is limited. The course will only be held if there are enough registrations. Registration Deadline: 25.08.2024

Cancellation policy

Cancellation of the binding registration by the participant is possible up to 50 days before the start of the course. In this case, only the administrative costs (CHF 50.-) will be charged. In case of withdrawal of the registration less than 50 days before the beginning of the course, the full amount of the course will be charged.

Organization and contact

Swiss Institute for Emotion-Focused Therapy (IEFT Switzerland),
Länggassstrasse 23, CH-3012 Bern, www.ieft.ch / info@ieft.ch



Institut für Emotionsfokussierte Therapie
Institut pour la thérapie centrée sur les émotions
Institute for Emotion-Focused Therapy
Schweiz / Suisse / Switzerland



Inner Relationship Focusing Level 2

September 16, 2024 to January 13, 2025 - Online
with Ph.D. Agathi Lakioti and Dr. phil. Emma Smith

Building on the Masterclass "Deepening Experiential Presence through Inner Relationship Focusing" (Level 1), the Swiss Institute for EFT in collaboration with the Hellenic Institute of EFT offers the opportunity to deepen Focusing through a mixture of self-awareness and theoretical input.

Level 2 consists of 4 three-hour input blocks between September 2024 and January 2025 and regular practice in tandems between the input blocks (at least 4 meetings between each input block).

Objective

The Swiss EFT Institute organizes the theoretical input blocks and helps to organize the tandems, the organization of the practice between the blocks is the responsibility of the participants. Interested participants who have completed their Level 1 of Inner Relationship Focusing at an institute other than the Swiss EFT institute are asked to contact Emma Smith (emma.schmied@ieft.ch) directly to arrange a tandem partner.

Content and method

The theoretical inputs of the course are focused on being a nurturing facilitator of a focusing process, either another person's process or your own. We spend time being present, experiencing the qualities of presence as they emerge in a Focusing partnership, and learning how the partner can support the Focuser's presence. We also spend time with the "edge", with symbols and how the partner can help the focuser stay on the edge. Advanced listening techniques are taught, such as responding to the present feeling, responding to what is there (and not what is not there), and using the word "something" instead of an unknown. Facilitators will also receive a script for a "lead-in" and ask the focuser before the session begins if he/she would like to be led ("the fourth question").

Skills you will acquire:

- How to stay with an unclear "edge" without distancing yourself or analyzing what it means
- How to go slowly and feel into the body
- How to give a "lead-in" when the focuser needs it
- How to notice when you are identified with an emotion or part
- How to detach from parts and relate to them through self-presence
- How to listen empathically and support the focusing process
- How to allow what exists to be as it is

Trainers



Ph.D. Agathi Lakioti

Agathi Lakioti, Ph.D., is a clinical psychologist / psychotherapist and the founder and clinical director of the Hellenic Institute of Emotion-Focused Therapy (HiEFT) in Athens, Greece. She is a certified EFT therapist and supervisor, and a certified Focusing trainer and Focusing-Oriented Therapist by the International Focusing Institute. She studied psychology at the National and Kapodistrian University of Athens and received her PhD in clinical psychology from Panteion University of Athens and her MSc in Person-Centred Counselling and Psychotherapy from the University of Strathclyde. She teaches Inner Relationship Focusing classes and counselling and psychotherapy, Positive Psychology, and research methodology courses at undergraduate and postgraduate level. She has also been a trainer and supervisor in the Person-Centred approach for over 15 years. She has been trained and certified in Inner Relationship Focusing by Ann pWeiser Cornell and Barbara McGavin. She is especially interested in integrating Emotion-Focused Therapy and Inner Relationship Focusing and she is currently participating in several projects for that purpose. One of them is a qualitative study investigating the use of Focusing by experienced EFT therapists.



Dr. phil. Emma Smith

Emma Smith studied psychology at the University of Bern and received her doctorate under Prof. Klaus Grawe. After a postdoctoral year at King's College London, she completed integrative cognitive-behavioral therapy training at the University of Bern and has completed several advanced trainings in Emotion-Focused Therapy and Inner Relationship Focusing since 2009. She works as a psychotherapist in private practice in Bern and is a lecturer and supervisor in postgraduate psychotherapy continuing education at the University of Bern and at the Swiss Institute for Emotion-Focused Therapy. She is EFT certified international EFT trainer. Emma Smith is also on the board of IEFT Switzerland.



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