

Further information

Dates

Level 1: September 05, 2025 / September 06, 2025

Level 2: October 17, 2025 / November 21, 2025

Time & Location

09:00-17:00h CET, Online

Language

English

Target audience

Interested mental health professionals (Psychologists / Psychiatrists / Counselors). No prior knowledge of EFT is required.

Cost

CHF 790.-

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

08.08.2025

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



Deepening Experiential Presence with Inner Relationship Focusing (IRF) - Levels 1 and 2

September 05, 2025 to November 21, 2025 - Online
with Ph.D. Agathi Lakioti and Dr. phil. Emma Smith

Inner Relationship Focusing (IRF) is a powerful, experiential method that was developed by Ann Weiser Cornell and Barbara McGavin. IRF enables therapists to enhance their therapeutic presence, support clients in accessing deeper emotional layers, and navigate challenging moments with clarity and compassion. Whether you are familiar with Emotion-Focused Therapy (EFT) or entirely new to it, this course offers practical tools and personal insights that can transform your approach to therapy.

Structure

Level 1: Encountering the Inner Relationship

Two full-day workshops to learn the essentials of Inner Relationship Focusing.

Level 2: Accompanying the Inner Relationship

Two additional full-day workshops, combined with weekly tandem practice, to refine your skills and address common challenges.

Content and Objectives

1) Core Focusing Skills for Therapy

- Learn how to stay present with unclear or complex emotions, both in yourself and in your clients.
- Master advanced listening techniques, including how to accompany clients in a non-directive yet deeply supportive way.
- Facilitate a client's journey through emotional exploration without analyzing or problem-solving.

2) Tools for Personal Growth and Self-Care

- Cultivate self-presence and learn to relate to your own emotions with compassion and curiosity.
- Practice techniques that not only benefit your clients but also nurture your own emotional well-being as a therapist.

3) Practical Application across Modalities

- Integrate IRF into your existing therapeutic framework, whether you practice CBT, psychodynamic therapy, family systems therapy, or any other approach.
- Discover how IRF can complement and enhance interventions you already use, helping clients achieve deeper emotional insight and change.

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 supervisor and trainer, 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 Weiser 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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