

Further information

Dates

Level 3: January 16, 2026 / February 20, 2026

Level 4: March 13, 2026 / April 24, 2026

Time & Location

09:00-17:00h CET, Online

Language

English

Target audience

Interested mental health professionals (Psychologists / Psychiatrists / Counselors) who have completed Levels 1 and 2 of IRF training (with Ann Weiser Cornell or any certified IRF trainer). No prior knowledge of EFT is required.

Cost

CHF 840.-

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: 26.01.2025

Cancellation policy

Cancellation of the binding registration by the participant is possible up to 60 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 60 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



Mastering Inner Relationship Focusing (IRF) - Levels 3 and 4

January 16, 2026 to April 24, 2026 - Online
with Ph.D. Agathi Lakioti and Dr. phil. Emma Smith

Building on the Masterclass "Deepening Experiential Presence through Inner Relationship Focusing" (Level 1) and "Inner Relationship Focusing Level 2", the Swiss Institute for EFT, in collaboration with the Hellenic Institute of EFT, offers a Level 3 and 4 course to deepen your Focusing practice at an advanced level, introducing new techniques to guide the Focusing process with greater sensitivity and skill.

Each workshop day combines theoretical insights, live demonstrations, and hands-on exercises in pairs to support a well-rounded, experiential learning experience. Between workshop days, participants will practice in tandems.

Content and method

Level 3: Supporting the Inner Relationship

This module focuses on mastering the flow of Focusing sessions, guiding transitions into and out of the Focusing state, and balancing intervention with client self-guidance. You'll develop the confidence to guide clients through each stage of the process and learn how to facilitate sessions that feel natural, supportive, and effective.

Key Skills in Level 3:

- Starting a Focusing session using three distinct ways.
- Closing sessions smoothly, honoring the client's process and facilitating re-engagement with daily life.
- Recognizing and trusting your own self-guidance as a Focuser.
- Supporting others with skillful guidance and reflective responses.
- Offering and receiving supportive reminders to deepen the process.

Level 4: Facilitating the Inner Relationship

In this final module, you'll learn how to address challenges that can arise during Focusing sessions, such as inner conflicts, self-criticism, or emotional blocks. The principle of "Radical Acceptance of Everything" will be a central focus, helping you and your clients to engage even with challenging sensations or parts compassionately and constructively.

Key Skills in Level 4:

- Navigating Close and Distant Process with sensitivity.
- Responding effectively to situations where a client has a "Feeling About a Feeling."
- Working compassionately with protective or critical parts.
- Inviting worried, fearful, or angry parts to communicate their underlying needs.
- Using reminders to help clients stay with positive or enjoyable sensations.

Trainers



Ph.D. Agathi Lakioti

Agathi Lakioti, 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 completed her doctorate under Prof. Klaus Grawe. After a postdoctoral year at King's College London, she completed the integrative psychotherapy training program at the University of Bern. Through her ongoing advanced training in EFT under Prof. Leslie Greenberg, she has been recognized as an ISEFT-certified trainer for individual EFT since 2022. She is also currently training as a trainer in "Inner Relationship Focusing" according to Ann Weiser-Cornell. She works as a federally licensed psychotherapist and certified EFT therapist in private practice in Bern and serves as a lecturer and supervisor at the Swiss Institute for Emotion-Focused Therapy (IEFT-CH). As a board member of IEFT-CH, she is particularly interested in promoting the personal and professional development of humanistically oriented psychotherapists.



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