

## Further informations

### Dates

30.10. - 01.11.2025 (3 days, Thu-Sat)

### Time

09:15am – 17:00pm

### Location

Vatter Businesscenter, Bärenplatz 2, 3011 Bern

### Language

English

### Target audience

For clinicians

### Cost

CHF 950.-

### Credits

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

### Registration

The number of places is limited. The course will only be held if there are enough registrations.

### Registration deadline

28.08.2025

### Cancellation policy

Cancellation of the binding registration by the participant is possible up to 90 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 90 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](http://www.ieft.ch) / [info@ieft.ch](mailto:info@ieft.ch)



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



## SPEAKS Therapy - An Emotion Focused intervention for anorexia and restrictive eating difficulties

30.10. to 01.11.2025 - Bern

with Dr. Anna Oldershaw

The Swiss Institute for Emotion-Focused Therapy (EFT) is very pleased to announce a three-day workshop in SPEAKS Therapy with Dr. Anne Oldershaw. SPEAKS developed out of a recognition in the field of eating disorders that difficulties with emotion and emotion processing may underpin and maintain anorexia nervosa and thus emotion focused interventions may be beneficial (Oldershaw et al., 2015; Sala et al., 2016). In a 5 year research program an emotion focused intervention for adults with anorexia (SPEAKS) was developed.

Using these research findings, Oldershaw et al. (2023) 'mapped out' a hypothesized sequential emotion change

process to help support people to find and connect with “The Real Me”, drawing on emotion change theory developed in the field of EFT. This was translated into practice to develop the SPEAKS therapy which predominantly draws on EFT and Schema Therapy across five phases of treatment. SPEAKS is feasible to deliver in practice and has good clinical outcomes, as well as being viewed as acceptable to both clients and therapists (Rennick et al., 2024).

## Content and method

The training will employ an interactive and lively format. Each SPEAKS phase and task is illustrated using videos and detailed taught descriptions, followed by small and large group experiential practice and discussion. Some tasks may be familiar to experienced EFT therapists, but adaptations for people with anorexia and those who are neurodivergent will be discussed. Other tasks will offer new perspectives on and tools for experiential, emotion-focused work. All tasks covered in the training have an associated workbook which details step-by-step instructions. Across the three days, we will follow the therapy journey and change process of a fictional, but realistic, client who will feature in the training videos.

### Day 1 Overview:

- Understanding of the background and rationale for SPEAKS
- SPEAKS therapy overview
- SPEAKS case conceptualization and formulation (SPEAK Phase 1)

### Day 2 Overview:

- Therapeutic Relationship & Empathic presence (SPEAKS Phase 1)
- Working with symptom level processes, such as with the eating disorder and 'stuck' presentations (SPEAKS Phase 2)
- Working with the broader critic (SPEAKS Phase 3)

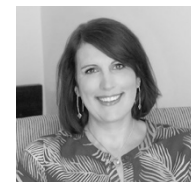
### Day 3 Overview:

- Working to resolve core pain (SPEAKS Phase 4)
- Emergence of the 'Healthy Adult' (SPEAKS Phase 5)

## Educational Objectives

- The clinical and research program to develop SPEAKS
- The SPEAKS change, including the sequential model of emotional change and the 5 phases of SPEAKS therapy
- Formulation in the SPEAKS model using dynamic and interactive approaches such as toys and objects to 'map' the self and all its parts
- Using the map to guide therapy
- Unique tasks to improve stuckness and ambivalence towards change, such as the 'Focusing for feeling stuck' task
- Facilitating the change process (SPEAKS therapy phases 3 & 4)
- Working to connect with and resolve core pain using traditional EFT tasks and other tasks adapted from different therapies
- Consolidating the “Real Me” (SPEAKS therapy phase 5)

## Trainer/Facilitator



### Dr. Anna Oldershaw

Dr Anna Oldershaw is a Clinical Psychologist and Reader in Clinical Psychology. She has 20 years of experience in the field of eating disorders. Her clinical and research work incorporate a focus on emotion and empathy.

Most recently Anna completed a clinical academic fellowship funded by the National Institute of Health Research (the UK's Department of Health), being the first psychologist in the UK to receive this prestigious award. This research saw her codevelop an EFT adaptation for anorexia nervosa and test it in a feasibility trial in the UK's National Health Service (NHS) - SPEAKS therapy. She is Director of the Emotion Focused Therapy Institute of England, which runs from the Salomons Institute for Applied Psychology. Anna is an accredited EFT therapist, supervisor and trainer, having trained under the supervision of Professor Robert Elliot and Professor Les Greenberg. Alongside EFT training, Anna trains future clinical psychologists for the NHS.



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