

Empathic attunement to affect: Advanced Empathy skills for EFT

*“Diving into the ocean of empathy and learning to swim- accessing and
mastering this fundamental and natural ability”*



presented by **Juliette Becking**,
Clinical Psychologist, EFT & Person-Centered Experiential Psychotherapist and
Trainer, international EFT-trainer

Ort: Lindwurmstraße 83, 80337 München

Kosten: 580 Euro

Datum: 30.05. 2022 bis 01.06. 2022

Zeiten: 9:30 – 17:00 Uhr

Anmeldung: anmeldung@ieft.de

Abstract

The therapist empathy is an essential but complex aspect of the practice of Emotion-Focusing Therapy. This three-day training on Empathy Skills for EFT offers a general framework for understanding the empathic process and the wide range of empathic responses in EFT starting with a thorough practice in the core skills of empathic resonance, building on the 3 core conditions in clientcentered psychotherapy (congruence - unconditional positive regard and accurate empathic understanding), Presency and Focusing (Gendlin). All 5 steps of the empathy cycle will be discussed and practised separately, to be integrated into a more organic and automatic stance of empathic attunement, resonance and expression needed in EFT to work with and deepen emotion.

Thereafter we will focus on the five most important types of empathy in EFT and the therapist responses associated with these types of empathy: Empathic Understanding, Empathic Evocation, Empathic Exploration, Process Empathy, and Empathic Conjecture. Each of these will be concretely illustrated by a video or live demonstration, with opportunities for skill practice for each.

This workshop will provide participants with the skills to be maximally empathic with their clients. Developing empathy and empathic attunement will enhance effectiveness in emotion focused psychotherapy, and develop productive therapeutic alliances.

Educational Objectives

1. Learn how to access your natural ability to empathically resonate with clients.
2. Be able to locate the range of EFT Empathy Responses within the Channel framework
3. Be able to tell the difference between Empathic Understanding and Evocative Empathy responses and successfully use both kinds of empathy
4. Be able to use Empathic Exploration responses to help clients explore their unclear experiences

5. Be able to use Process Empathy responses to help clients become more aware of their in-session process and to deepen relational contact with clients
6. Be able to use Empathic Conjectures to help clients deepen their experiencing during chairwork and at other times in session

Program

Day 1 – 3 core-conditions underlying experiential psychotherapy and EFT, Empathy cycle & Resonance

09 : 30 – 10 : 00	Introductions
10 : 00 – 11 : 00	3 core conditions: congruence - unconditional positive regard - empathic understanding & presence humanistic assumptions
<i>11 : 00 – 11 : 15</i>	<i>Break</i>
11 : 15 – 12 : 15	In vivo exercise & plenary feedback/questions
12 : 15 – 13 : 00	Empathy Cycle- 5 steps - in vivo exercise
<i>13 : 00 – 14 : 00</i>	<i>Lunch</i>
14 : 00 – 14 : 30	Empathy Cycle- 5 steps - In vivo exercise
15 : 00– 16 : 00	Empathic Resonance- In vivo exercise: Opening channels of receptivity
<i>16 : 00– 16 : 15</i>	<i>Break</i>
16 : 15– 17 : 00	DVD, skillpractice or demonstration, Discussion and wrap up

Day 2 – Empathy and Focusing (Gendlin)

09 : 30 – 10 : 00	Questions and leftovers from yesterday
10 : 00 - 11 : 00	Focusing- an essential part of empathy cycle and EFT (one of the big-5 tasks)
<i>11: 00 – 11 : 15</i>	<i>Break</i>
11 : 00 –12 : 30	Focusing: demonstration and skill-practise
12 : 20 – 13 : 00	Discussion of applied techniques in relation to presented casus, theory and educational aims
<i>13 : 00 – 14 : 00</i>	<i>Lunch</i>
14 : 00 – 14. 30	Focusing, how to integrate in EFT and experiential psychotherapy
14 . 30 – 16 : 00	In vivo exercise
<i>16 : 00 – 16 : 15</i>	<i>Break</i>
16 : 15 – 17 : 00	DVD, skillpractice or demonstration, Discussion and wrap up

Day 3 – Accessing empathic resonance, Experiential response modes - key kinds of empathy

09 : 30 – 10 : 30	experiential response modes and key kinds of empathy:
10 : 30 – 11 : 15	In vivo exercise
11 : 15 – 11 : 30	Break
11 : 30 – 12 : 00	more experiential response modes and key kinds of empathy:
12 : 00 - 13 : 00	in vivo exercise
13 : 00 – 14 : 00	<i>Lunch</i>
14 : 00 – 15 : 00	how do therapists experience empathy?
15 : 00 – 16 : 45	In vivo exercise :
16 : 45 – 17 : 00	<i>Break</i>
16 : 15 – 17 : 00	wrap up and goodbye

About Juliette Becking

Juliette is a clinical psychologist /psychotherapist and one of the founders of Apanta, a mental health institution in The Netherlands. She started Apanta Academy, a training institute , 15 years ago, because she felt there should be a place in the Netherlands where Client-Centered, Process-Experiential Psychotherapy – and especially Emotional Focused Therapy - was going to be taught in warm and safe environment.

In 2019 she started EFTiN, EFT institute Netherlands to devote all her time to training and practicing EFT, and contribute to the dissemination of EFT.

From the moment she learned about EFT, she was captivated. She invited Robert Elliott and Jeanne Watson to the Netherlands to teach EFT in Holland and she went to Glasgow and Canada to learn more from the co-founders of Emotion-Focused Therapy.

The International Society for Emotion-Focused Therapy (ISEFT) recognized EFTiN officially as an EFT-Training Center and Juliette as international EFT-Trainer. Since 2017 Juliette was nominated and joined the board of ISEFT.