

---

# Navigating Symptom Level and Underlying Vulnerability Work in EFT mit Laco Timulak



---

# Navigating Symptom Level and Underlying Vulnerability Work in EFT

## Organisatorisches

Dozent:	Ladislav Timulak, PhD.
Ort:	München, vfkv, Lindwurmstr. 83/3. Stock
Datum & Zeit:	25. bis 27. Januar 2024 , 9 bis 17 Uhr
Kosten:	795 .- Euro
Voraussetzung:	Vorkenntnisse in EFT, z.B. EFT-Ausbildung
	24 UE, 27 Punkte sind beantragt.

## Kontakt & Anmeldung:

Martina Schindler

[anmeldung@ieft.de](mailto:anmeldung@ieft.de)

[www.ieft.de](http://www.ieft.de)

---

Recent years have seen the emergence of transdiagnostic psychotherapeutic treatments, typically targeting depression, anxiety and related disorders. The rationale for developing transdiagnostic protocols is based on a number of factors; shared etiology and maintenance mechanisms, high co-morbidity, hypothesising that discrete disorders may be underpinned by common psychological vulnerabilities, and the burden currently placed on clinicians to master multiple disorder-specific interventions.

This workshop will present a transdiagnostic model of Emotion-Focused Therapy (EFT-T), which combines modular (targeting specific clusters of symptoms) and shared mechanisms (targeting underlying vulnerability) approaches to the treatment of depression, anxiety and related disorders such as obsessive-compulsive and trauma/stressor related disorders.

The model proposes that clients' core vulnerabilities are linked to specific chronic painful feelings, and that these chronic feelings are constellations of sadness/loneliness, shame, and fear-based emotions, idiosyncratically shaped by personal history. The workshop will illustrate how EFT-T addresses problematic symptoms but primarily focuses on transforming emotion vulnerability, or Core Pain, by activating adaptive emotional responses, such as compassion and protective anger, to embedded unmet needs.

The workshop will offer a combination of didactic teaching, experiential exercises, videos and discussion.

---

## Facilitator:

Ladislav Timulak, PhD is Professor in Counselling Psychology at Trinity College Dublin, Ireland. He is Course Director of the Doctorate in Counselling Psychology. Ladislav (“Laco”—read “Latso”) is involved in various psychotherapy trainings in Ireland and internationally. His main research interest is psychotherapy research, particularly the development of emotion-focused therapy (EFT).

He currently is adapting this form of therapy as a transdiagnostic treatment for depression, anxiety, and related disorders. He is also researching the use of mental health interventions delivered online. He has written or co-written ten books, more than 100 peer reviewed papers and chapters in both his native language, Slovak, and in English.

His most recent books include *Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach* (2015), *Transforming Generalized Anxiety: An Emotion-Focused Approach* (with James McElvaney; 2018); *Essentials of Descriptive-Interpretive Qualitative Research: A Generic Approach* (with co-author Robert Elliott); *Transdiagnostic Emotion-Focused Therapy* (with co-author Daragh Keogh); *Essentials of Qualitative Meta-Analysis* (with Mary Creaner) and *Transforming Emotional Pain: An Emotion-Focused Workbook* with several co-authors. He maintains a part-time private practice.

