
Emotionsfokussierte Therapie – Online-Masterclass mit Serine Warwar



Use of Homework, Mapping Out Chair Interventions and Experiential Teaching to Integrate and Carry Forward In-Session Work

Workshop Details

Faciliator: Dr. Serine Warwar, PhD. C. Psych.
Location: Online via Zoom
Dates & Time: 02. to 04. May 2023, 2:15 to 7:30 PM
Costs: 410.- Euro
Requirements: Knowledge in EFT, e.g. EFT-Training

16 UE, 19 Poinzts are requested.

Contact & Registration:

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Between-session homework is used in EFT to facilitate new experiential learning and extend in-session work into the daily life of clients, where clients' problems are most likely to exist. In EFT, homework suggestions are proposed from a developmental and emotion coaching framework, in collaboration with the client and attuned to the client's moment-by-moment emotional processing. Participants in this workshop will learn how to effectively implement awareness and practice homework in EFT to support, strengthen, and carry forward in-session changes.

In conjunction with homework, mapping out EFT chair interventions with clients is a form of experiential teaching that is also used to strengthen, integrate, and carry forward advances made during in-session interventions. This workshop will also teach therapists how to map out EFT chair interventions and engage in experiential teaching in relation to the EFT framework and the principles of change in emotion-focused therapy.

Workshop Format

This workshop will be didactic and include video examples.

Experiential Component: Participants will have an opportunity to practice homework and mapping out interventions in small groups following EFT work in small groups.

Facilitator:

Dr. Serine Warwar, PhD, C. Psych, is the Director at the Centre for Psychology and Emotional Health - Satellite Training Centre, EFT Clinic at the York University, Toronto, Canada. She also provides EFT supervision, training, and consultation to graduate students and therapists.

She conducts international trainings and workshops on emotion regulation, EFT for individuals and couples, and resolving emotional injuries and forgiveness in couples. In addition, she has been an EFT skills trainer for 28 years.

She is presently working on developing client EFT self-help resources and therapist resources to use in-session.

Her approach is evidence based and her therapeutic style is compassionate, collaborative, and empathic, helping clients tap into their strengths and develop internal resources. She finds great beauty and joy in the work that she does with both clients, and in training students and therapists.

