

## Masterclass – EFT for Complex Trauma II

Sandra C. Paivio und Katlin Robinson



### Kursinhalt

Dieser Kurs richtet sich an Kolleginnen und Kollegen, die bereits Erfahrungen mit Emotionsfokussierter Traumatherapie haben. In einer Mischung aus Theorievermittlung, Videodemonstrationen und Übungen in Kleingruppen in der Therapeuten- und Klientenrolle unter Supervision der Kursleiterin werden die Lerninhalte des Einführungskurses vertieft und ergänzt. Hierbei geht es insbesondere um den Umgang mit Klienten, die ausgeprägte Schwierigkeiten in der Fähigkeit der emotionalen Verarbeitung aufweisen und Mühe haben, sich auf die EFT Standardinterventionen wie z.B. Stuhlarbeit einzulassen. Hierfür werden insbesondere Prinzipien und Übungen aus der Yogatherapie vermittelt.

**Ort:** Lindwurmstraße 117, 80337 München

**Kosten:** 910- Euro

**Datum:** 25. - 28. Oktober 2021 von 9 bis 17 Uhr.

**Kurssprache:** Englisch

**Teilnahmevoraussetzung:** Eine abgeschlossene EFT Weiterbildung und EFT für Complex Trauma I oder vergleichbare Vorerfahrungen in Traumatherapie.

### Dozentinnen:

**Sandra Paivio, PhD**, Professorin Emeritus an der Psychologischen Fakultät der Universität Windsor, Ontario, Kanada; sie unterhält eine private Praxis in Toronto. Sandra Paivio hat wesentlich an der Entwicklung der Emotionsfokussierten Therapie mitgewirkt und ist die maßgebliche Begründerin der Emotionsfokussierten Traumatherapie.

**Katlin Robinson** ist eine zertifizierte Yogalehrerin und Yogatherapeutin mit der Spezialisierung auf Traumaarbeit. Sie arbeitet in eigener Praxis in Toronto

Auf den folgenden Seiten finden Sie eine ausführliche Kursbeschreibung auf Englisch sowie eine ausführlichere Biografie von Sandra Paivio.

### **Abstract:**

This workshop will provide more in-depth training in areas first introduced in the basic EFTT course and, additionally, will introduce yoga-based principles and practices that can augment standard EFTT interventions. The four-day training is intended for professionals who have completed basic training in EFT and EFT for Trauma (EFTT), or the equivalent. Change in EFT is contingent on clients' awareness of emotion, ability to regulate and reflect on emotional experience, and to access healthy self-protective resources to modify maladaptive emotion schemes - to change the "same old story". This is the essence of emotional transformation regardless of the procedure. Yet anyone learning and practicing EFT with traumatized clients will come across individuals who struggle in these areas, who are "stuck", and have difficulties engaging in standard EFT interventions. EFTT originally developed specifically to meet the needs of clients dealing with complex developmental trauma, adding and modifying features (e.g., trauma re-experiencing, empathic exploration for clients who cannot or will not participate in chair work) that were not addressed or fully addressed in the general model. The most recent iteration of EFTT integrates principles and practices derived from yoga therapy that address client emotional processing difficulties that interfere with their ability to engage in EFTT interventions and benefit from therapy.

Training will focus on the following areas:

- (A) Alternatives to chair work (e.g., empathic exploration) to help clients (1) imaginably confront and resolve issues with perpetrators, and (2) reduce fear/avoidance and shame
- (B) Memory work principles and strategies to help clients (1) reexperience, reprocess, and productively reconsolidate trauma memories, and (2) increase self-compassion and empowerment
- (C) Yoga therapy interventions to help (1) regulate the nervous system, (2) deepen emotional experiencing through body awareness, and (3) access healthy embodied needs, desires, values, and standards to promote and consolidate client change.

Each day of the training will consist of lecture, micro-analysis of video-taped therapy sessions, experiential exercises, and supervised peer-skills practice.

## Biography

Sandra Paivio maintains a private practice in Toronto, Canada, provides individual psychotherapy and clinical training at the York University Psychology Clinic, and is Professor Emeritus in the Psychology Department at the University of Windsor. She is one of the developers of emotion-focused therapy, particularly applied to complex trauma (EFTT), has conducted clinical trials evaluating the efficacy and processes of change in EFTT, and is author of numerous publications on trauma and psychotherapy. These include *Working with Emotion in Psychotherapy* (with Les Greenberg), *Emotion-Focused Therapy for Complex Trauma* (with Antonio Pascual-Leone), and *Narrative Processes in Emotion-focused Therapy for Trauma* (with Lynne Angus). Dr. Paivio is featured in several DVDs published by the American Psychological Association, has presented numerous clinical training workshops internationally on EFTT, and received a Lifetime Achievement Award from the Trauma Section of the Canadian Psychological Association (2014) for her contributions to research and training in treatment for complex trauma.