

## Masterclass – EFT for Complex Trauma I

Sandra C. Paivio



### Kursinhalt

Dieser Kurs richtet sich an Kolleginnen und Kollegen mit Vorerfahrungen in Emotionsfokussierter Therapie (EFT), die sich vertieft mit der Arbeit mit Patienten mit komplexen Beziehungstraumata auseinandersetzen möchten. In einer Mischung aus Theorievermittlung, Videodemonstrationen und Übungen in Kleingruppen in der Therapeuten- und Klientenrolle unter Supervision der Kursleiterin lernen Teilnehmer die wichtigsten Prinzipien und Interventionen einer Emotionsfokussierten Traumatherapie (EFTT).

**Ort:** Lindwurmstraße 117, 80337 München

**Kosten:** 910- Euro

**Datum:** 20. - 23. Oktober 2021 von 9 bis 17 Uhr.

**Kurssprache:** Englisch

**Vorraussetzung:** Eine abgeschlossene EFT Weiterbildung.

**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 (EFT) mitgewirkt und ist die maßgebliche Begründerin der Emotionsfokussierten Traumatherapie (EFTT).

Auf den folgenden Seiten finden Sie eine ausführliche Kursbeschreibung auf Englisch sowie eine ausführlichere Biografie der Dozentin.

## Abstract

Psychotherapy clients with histories of childhood abuse and neglect (complex relational trauma) are ubiquitous across diagnostic groups. Disrupted emotion and narrative processes are at the core of the constellation of disturbances associated with these childhood experience. Successful therapy requires helping clients to access and explore painful feelings and memories in order to modify maladaptive emotions and construct more adaptive self-narratives and meaning. Emotion-focused therapy for trauma (EFTT) is an effective treatment based on an empirically-verified model that identifies steps in the process of resolving past emotional injuries and is supported by more than 20 years of process and outcome research.

This four-day Training is geared toward practicing professionals with a basic knowledge of emotion-focused therapy (e.g., EFT Level One) who wish more in-depth training in the EFT approach specifically tailored to issues of complex relational trauma. Each morning and afternoon will include didactic material on therapy principles and processes, videotaped examples illustrating key therapy processes, and supervised peer-skills practice. Practice will focus on interventions used over the Early, Middle, and Late Phases of therapy. Emphasis will be placed on assessment of emotional processing difficulties, case conceptualization, and procedures for re-experiencing trauma, reducing experiential avoidance, accessing self-soothing capacities, and healing attachment injuries.

Day One will present the nature of complex trauma, introduce the EFTT treatment model, and focus on Early Phase therapy processes. Participants will practice empathic responding to help clients disclose trauma narratives, collaborative case conceptualization, and helping clients establish realistic treatment goals.

Day Two will present guidelines for introducing the Imaginal Confrontation (IC) procedure (empty-chair dialogue with perpetrators of abuse and neglect) in therapy for the first time. Day two also will introduce Empathic Exploration (EE) as a less stressful alternative to IC and present guidelines for promoting productive trauma narratives. Participants will practice introducing both the IC and EE interventions, and procedures for evoking and deepening emotional processing during trauma narratives.

Day Three will focus on Middle Phase processes that interfere with emotional processing and resolution of trauma, and present strategies for reducing these blocks. Participants will practice experiential focusing to help clients access internal experience, two-chair dialogues to resolve *intra*-personal conflicts such as guilt, self-interruption, and self-doubt about emotional experience, and memory evocation and processing interventions to transform shame.

Day Four will cover both Middle and Late Phase processes. The morning will focus on helping clients to reduce avoidance and over-control of emotional experience, allow emotional pain, and access self-soothing capacities. Participants will practice interventions to promote these processes. The afternoon will focus on Late Phase processes which include finally resolving issues with perpetrators, healing attachment injuries, and termination. Participants will practice a final IC/EE procedure and other strategies to help clients process and consolidate therapeutic change.

## Biography

Sandra C. Paivio, PhD., Certified Psychologist

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.