

MASTERCLASS

EMOTION FOCUSED THERAPY FOR GAD

Facilitator: Jeanne Watson, Ph.D. (C.Psych.)

Munich, Germany
May 20-21, 2019

EFT is an integrative therapy approach that brings together interventions and concepts from humanistic, experiential, gestalt, and interpersonal theory and practice to work more effectively with clients. It has been found to be effective in the treatment of a number of different disorders including depression, trauma, anxiety and couples. In this workshop the role of EFT in promoting clients' emotional processing and affect regulation in the treatment of Generalized Anxiety (GAD) will be presented.

The etiology of GAD and case formulation using EFT will be introduced along with different processing markers to guide specific treatment interventions and enhance the development of the therapeutic alliance. Working with clients to resolve negative life experiences and develop positive ways of being with self and other is an essential to the healing process.

The workshop will demonstrate how to work with worry in GAD as well as how to work with clients to change their negative relationships with self and others. The use of two chair tasks to develop self-compassion and self-soothing will be presented along with the use of empty chair work to promote clients' differentiation and self-assertion. Participants will learn how to differentiate specific in-session processes that occur with clients with GAD and how to work with these to promote change and resolution. Participants will learn to attune to clients' emotional experience moment to moment in the session using verbal and non-verbal markers of clients' cognitive-affective states. They will acquire skills to work with worry-splits, enhance the development of clients' self-soothing, and facilitate clients' self-assertion and self-protective capacities to overcome GAD.

Jeanne Watson is one of the primary developers of Emotion Focused Psychotherapy. Dr. Watson is a Professor in the Department of Applied Psychology & Human Development at OISE, University of Toronto. She conducts research on process and outcome in EFT in the treatment of depression and GAD. Dr. Watson is a member of the Board of Directors of the International Society for Emotion Focused Psychotherapy and is involved in the training, research, and ongoing development of EFT. She does workshops and presentations in Europe and North America.