

Learning Objectives & EFCT Externship Overview

Chapter

1

Learning Objectives for Externships in EFCT

1 Day 1: Introduction to Attachment Theory & the Process of EFT

1. Outline attachment science as a guide to psychotherapy – EFIT, EFCT, EFFT.
2. Describe the nature and causes of relationship distress.
3. Understand basic Attachment Theory and how it informs working with couples, dyads and individuals in EFT.
4. Understand and describe the systemic and experiential elements of EFT and the EFT Tango.
5. Understand and describe change factors involved in moving from distress to recovery.
6. Understand and describe the three Stages of EFT.
7. Learn and practice basic empathy and reflection of inner and between dramas that are central to the therapeutic process in EFT.

2 Day 2: Stage One – Assessment

1. Understand and practice assessment skills in EFT.
2. Understand and practice how to create a therapeutic alliance using: empathic attunement, validation, acceptance, genuineness, and Stage One of the EFT Tango.
3. Understand and practice how to enter experience of partners to find out how each constructs his/her experience of their relationship.
4. Understand and practice how to track and frame the sequences of interaction that perpetuate distress and disconnection.
5. Understand and practice how to frame the negative cycle (e.g., pursue/withdraw) emphasizing attachment needs (e.g., closeness, connection, importance of the other, fear of loss).
6. Understand assessment and the EFT Tango as used in Stage One.

3 Day 3: Stage Two – EFT Interventions and Change Events

1. Understand and describe systemic and experiential theories that underlie EFT interventions.
2. Learn and practice the basic EFT interventions for assembling and deepening emotion, and micro interventions: reflection, validation, evocative responding, empathic conjecture, and heightening.

3. Learn and practice how to use RISSSC to heighten emotional experience.
4. Learn and practice how to facilitate Stage Two interaction between partners by using enactments.
5. Learn how to put the interventions together to facilitate change events.
6. Be able to describe the three change events in EFT for couples: de-escalation, withdrawer engagement and pursuer softening.
7. Practice the skills of evoking, assembling, and deepening emotion.
8. Practice the skills of facilitating acceptance (Move 4 of the EFT Tango).
9. Learn to choreograph Stage Two change events using enactments.

4 Day 4: Becoming an EFCT Therapist/Attachment Injuries

1. Learn the EFT Tango.
2. Understand attachment injuries from an attachment theory perspective.
3. Understand the steps toward resolving attachment injuries, creating forgiveness.
4. Describe key interventions with escalated couples.
5. Learn and practice EFCT skills toward resolving attachment injuries.
6. Understanding an EFCT approach to managing comorbidities such as depression and sexual dysfunction.
7. Outline the process of becoming an EFCT Therapist. Make participants aware that ICEEFT has a three-track certification process (EFIT, EFCT, EFFT). Also make participants aware of the benefits of ICEEFT membership and any available first-year membership discounts or promotions.

At least one quarter of the last three days will consist of watching and practicing EFT using exercises and video review. At least one live session will be conducted.

The EFCT Externship is approximately 24 hours.