

Masterclass Empathic attunement to affect in EFT With Juliette Becking in person in Bratislava, Slovakia

November 28th – December 1st 2024



Juliette Becking is one of the founding members of Apanta, a specialized mental healthcare organization for children and adults in the Netherlands. Alongside her management duties, she has always worked as a clinical psychologist, psychotherapist, supervisor, and trainer. In 2019, she founded EFTiN, the Emotion-Focused Therapy Institute Netherlands, as the next step in her mission to spread Emotion-Focused Therapy (EFT) both in the Netherlands and internationally.

Trained in psychoanalysis and experiential psychotherapy since 1992, Juliette began her EFT training around 2005 with Robert Elliott and Jeanne Watson. Captivated by EFT, she devoted herself to mastering, training, and spreading this therapeutic approach. After extensive training and supervision by the creators of EFT, she became an international EFT trainer, teaching EFT in the Netherlands and globally. Juliette runs a private practice in Eindhoven, where she offers individual therapy and EFT supervision. Since 2017, she has been a board member of ISEFT (International Society for Emotion-Focused Therapy).

In this masterclass, participants will dive deep into the ocean of empathy and learn to master this fundamental therapeutic skill. Therapist empathy is an essential, yet complex, aspect of Emotion-Focused Therapy. This four-day training in empathy skills for EFT provides a comprehensive framework for understanding the empathic process and the wide range of empathic responses in EFT.

The training begins with a thorough practice of the core skills of empathic resonance, building on the three core conditions of client-centered psychotherapy: congruence, unconditional positive regard, and accurate empathic understanding. The course also integrates the concepts of presence and focusing (Gendlin). Participants will explore the five steps of the empathy cycle, practicing each step individually before integrating them into a more natural and automatic stance of empathic attunement and resonance, which is crucial in working with and deepening emotion in EFT.

The training will also focus on the five key types of empathy in EFT, and the therapist's responses associated with each: Empathic Understanding, Empathic Evocation, Empathic Exploration, Process Empathy, and Empathic Conjecture. These concepts will be illustrated with videos and live demonstrations, followed by skill practice sessions.

This workshop will provide participants with advanced empathy skills, enhancing their effectiveness in Emotion-Focused Therapy and strengthening therapeutic alliances.

Co-facilitated by Júlia Halamová, certified EFT psychotherapist, supervisor, and trainer for individuals, families, and couples.

Educational Objectives:

1. Learn how to access your natural ability to empathically resonate with clients.
2. Understand the range of EFT Empathy Responses within the Channel framework.
3. Differentiate between Empathic Understanding and Evocative Empathy responses and use both effectively.
4. Use Empathic Exploration responses to help clients explore their unclear experiences.
5. Apply Process Empathy responses to help clients become more aware of their in-session process and deepen relational contact.
6. Utilize Empathic Conjectures to help clients deepen their experiencing during chairwork and other session activities.
7. Learn focusing (Gendlin) and integrate focusing (resonating and symbolizing) into the empathy cycle.

Program:

Day 1 **3 core conditions underlying experiential psychotherapy and EFT, Empathy cycle & Resonance**

09:00 – 10:00 Introductions

10:00 – 11:00 The 3 core conditions: congruence, unconditional positive regard, empathic understanding, and presence (humanistic assumptions)

11:00 – 11:15 Break

11:15 – 12:15 In vivo exercise, discussion/feedback/questions

12:15 – 13:00 Empathy Cycle - 5 steps: In vivo exercise

13:00 – 14:00 Lunch

14:00 – 15:00 Empathy Cycle - Continued: In vivo exercise, discussion/feedback/questions

15:00 – 16:00 Empathic Resonance: Opening channels of receptivity - In vivo exercise

16:00 – 16:15 Break

16:15 – 17:00 DVD, skill practice or demonstration, discussion and wrap-up

Day 2 **Empathy and Focusing**

09:00 – 10:00 Questions from Day 1

10:00 – 11:00 Focusing: An essential part of the empathy cycle and EFT (one of the Big Five tasks)

11:00 – 11:15 Break

11:15 – 12:30 Focusing: Demonstration and skill practice

12:30 – 13:00 Discussion of techniques in relation to case studies, theory, and educational aims
13:00 – 14:00 Lunch
14:00 – 14:30 Integrating focusing into EFT and experiential psychotherapy
14:30 – 16:00 In vivo exercise, discussion/feedback/questions
16:00 – 16:15 Break
16:15 – 17:00 DVD, skill practice or demonstration, discussion and wrap-up

Day 3 **Accessing empathic resonance, Experiential response modes -
key kinds of empathy**

09:00 – 10:30 Experiential response modes and key types of empathy
10:30 – 11:15 In vivo exercise, discussion/feedback/questions
11:15 – 11:30 Break
11:30 – 12:00 Additional response modes and empathy types
12:00 – 13:00 In vivo exercise, discussion/feedback/questions
13:00 – 14:00 Lunch
14:00 – 15:00 Therapists' experience of empathy
15:00 – 16:45 In vivo exercise, discussion/feedback/questions
16:45 – 17:00 Break
17:00 – 17:45 DVD, skill practice or demonstration, discussion and wrap-up

Day 4 **Accessing empathic resonance, Experiential response modes -
key kinds of empathy**

09:00 – 10:30 Experiential response modes and key types of empathy
10:30 – 11:15 In vivo exercise, discussion/feedback/questions
11:15 – 11:30 Break
11:30 – 12:00 Additional response modes and empathy types
12:00 – 13:00 In vivo exercise, discussion/feedback/questions
13:00 – 14:00 Lunch
14:00 – 15:00 Skill practice or demonstration
15:00 – 16:00 In vivo exercise, discussion/feedback/questions
16:00 – 16:15 Break
16:15 – 17:00 Wrap-up and goodbye

Language: English

Location: Sartorisova 10, Bratislava 821 08, Slovakia

Price: 400 € per 4 day training

Eligibility criteria: Must be practicing psychotherapy or counseling or attending psychotherapy or counselling training

Enrolment: Please send your invoice information to secure your place to
julia.halamova@gmail.com