



**Mid-Summer 2021  
Scottish EFT Network  
Meeting,  
Sat., 10 July 2021**

**SCOTTISH INSTITUTE  
FOR EMOTION-FOCUSED THERAPY**

# Welcome

- ▶ Welcome to this Summer bonus Scottish EFT Network meeting
- ▶ Scottish EFT Network Meetings are sponsored by the Scottish Institute for Emotion-Focused Therapy (SI-EFT)
- ▶ The SI-EFT Board welcomes you: Lorna Carrick, Robert Elliott, Ligia Manastireanu, Richard Miller, Joan Shearer
- ▶ Network meetings are held five or six times per year: Jan, March, May, (July), Sept, Nov
- ▶ Network meetings are free, but donations are welcome (more on that shortly)

# Who's Here?

- ▶ **Countries:**
- ▶ **UK**
- ▶ **Singapore**
- ▶ **Portugal**
- ▶ **Spain**
- ▶ **Australia**
- ▶ **Canada**
- ▶ **France**
- ▶ **Kazakhstan**

# This Meeting: Using Zoom

- ▶ We have a large number of people
  - ▶ We will use Zoom Breakout Rooms in various ways over the course of the afternoon, starting with brief random check-in groups
  - ▶ If you've updated your version of Zoom recently, you will be able to move yourself in and out of breakout rooms of your choosing, for networking and skill practice/peer supervision
  - ▶ If you can't do this, please let us know and we will make you a co-host so that you can do this yourself
- ▶ Please feel free to use the Chat function throughout, including during the playing of videos
- ▶ Your feedback and suggestions are as always invited



# This Meeting: Timetable

- ▶ **13.00: Welcome (5 min); Scottish EFT Institute update (15 min)**
- ▶ 13.30: Check-in/update on your practice in random break-out rooms (20 min)
- ▶ 13.50: (5 min break)
- ▶ 13.55: Video: EFT Video: Les Greenberg, session 3 (60 min)
- ▶ 14.55: (5 min break)
- ▶ 15.00: Social time/Networking: Have a cup of tea/coffee and a snack while you talk with others in break-out rooms or in the main room (30 min)
- ▶ 15.30: (5 min break)
- ▶ 15.35: Skill practice or peer supervision in break out rooms (55 min; 3-4 rooms for skills practice; 3-4 rooms for peer supervision)
- ▶ 16.30: (5 min break)
- ▶ 16.35: Processing (25 min)
- ▶ 17.00: End



# Scottish EFT Institute Update

# SI-EFT Website Update

- ▶ <http://www.eft-scotland.org/>
- ▶ Webmasters: Ligia & Daniel Manastireanu
- ▶ Updated material on **Research, Resources**
- ▶ If you want to be listed please check the **Find a Therapist** page and submit your information via the **Contact Us** page
- ▶ What's new: payment portal for donations via PayPal
- ▶ Coming soon: Articles & Training slides

# Currently Scheduled Scottish EFT Trainings

- ▶ EFT Level 1 (4 day) Strathclyde: 31 Aug – 3 Sept; In person, conditions permitting, otherwise on Zoom (Decision: 15 July)
- ▶ EFT level 2 (9 day model) Strathclyde 2021-22 Training: 2a: 11-13 November 2021; 2b: 28 Feb - 2 March 2022, 2c: 9-11 May 2022, [Zoom]
- ▶ EFT Level 3, Strathclyde/online: Ligia & Joan
  - ▶ (Feb-Sept 2021 series: Full & continuing)
  - ▶ Sept 2021 – May 2022 (tent.) [Zoom]
  - ▶ See SI-EFT website for more



# Upcoming Scottish EFT Network Meetings

- ▶ 10 July: Video: Les Greenberg, session 3
- ▶ 18 Sept 2021: Video: Robert: Social Anxiety (research video)
- ▶ 20 Nov 2021: Video: Sandra Paivio ("Marlow")
- ▶ 22 Jan 2022: Video: Laco Timulak
- ▶ 19 March 2022: Video: ??Les
- ▶ 21 May 2022

# Other UK-based Local EFT Groups

- ▶ Manchester: Austen Miall coordinates
  - ▶ 3-4 times a year
  - ▶ Next meeting: online/zoom: Sat 4 Sept 10.00-13.00 (zoom)
  - ▶ Contact Judy if interested or for more info:  
judyjamesconsulting@gmail.com
  - ▶ Topic: Case formulation/conceptualisation?
- ▶ Edinburgh: Updates: Sat 28 Aug, 10am – noon (zoom)
  - ▶ Topic: ??
  - ▶ contact Liz: liz\_kerr@blueyonder.co.uk

# Other Local EFT Groups

- ▶ EFT Couples Supervision – London
  - ▶ Greenberg-Goldman
  - ▶ Nia Pryde, Supervisor; email: [niapryde@gmail.com](mailto:niapryde@gmail.com)
  - ▶ To start as soon as viable group, probably in Autumn. 6 sessions. Small didactic. Bring recordings. On Zoom

# Robert Report: Recent EFT Publications

- ▶ *Emotion-Focused Counselling in Action* (Elliott & Greenberg), March 2021
- ▶ Recently published:
  - ▶ Elliott & MacDonald. Relational Dialogue in EFT. *Journal of Clinical Psychology: In Session*. Published version available by request
  - ▶ MacDonald, Elliott & Couto. Book chapter on working with relational difficulties in EFT. Author final version available by request
  - ▶ Barkham et al. PRACTICED Trial published, *The Lancet Psychiatry*
  - ▶ Smoliak et al. Authority in therapeutic interaction: A conversation analytic study. *Journal Marital & Family Therapy*.
- ▶ In press:
  - ▶ Almeida, S., Elliott, R., Silva, E.R., & Sales, C.M.D. Emotion-Focused Therapy for fear of cancer recurrence: A hospital-based exploratory outcome study. *Psychotherapy*.



# EMPOWERING EFT @ EU ERASMUS+ UPDATE

- ▶ Promoting EFT throughout Europe (2 year project)
- ▶ University of Strathclyde is key part of this 5-country project (Portugal, Spain, Ireland, Germany, UK)
- ▶ Developing training of EFT supervisors and trainers
  - ▶ Curriculum development: Just completing draft of curriculum outline for EFT Supervisors
  - ▶ Pilot programme
  - ▶ Website
  - ▶ Evaluation & best practice guides
  - ▶ Currently doing qualitative interviews with EFT supervisors & trainers

# Special Feature: New Developments in EFT

- ▶ From the ISEFT Trainer Meeting
- ▶ Raft of new EFT books: Published or In press [APA]
  - ▶ Goldberg et al: *Deliberate Practice in Emotion-Focused Therapy* (2021)
  - ▶ Greenberg: *Changing Emotion with Emotion*
  - ▶ Timulak & McElvaney: *Transdiagnostic emotion-focused therapy*
  - ▶ Paivio & Pascual-Leone: *EFT for Trauma*
- ▶ Second editions In preparation:
  - ▶ Elliott, Watson, Goldman & Greenberg: *Learning Emotion-Focused Therapy*
  - ▶ Goldman & Greenberg: *Emotion-Focused Couples Therapy*
  - ▶ Watson & Greenberg: *EFT for Depression*
- ▶ Robinson & Elliott: *EFT for Autistic Spectrum*

# Discussion: Questions/Suggestions for SI-EFT Board?

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# Check-in/Update on Your EFT Practice

- ▶ Will use Zoom break-out rooms of 5-6 people each (20 min)
- ▶ Will assign randomly
- ▶ Discuss:
  - ▶ Introduce yourself
  - ▶ Where am I in my EFT practice at the moment?
    - ▶ Client work
    - ▶ Stuck places
  - ▶ What help or support do I need?
  - ▶ How do I want to use today's practice/supervision segment?
    - ▶ Do I have cases to bring for peer supervision?
    - ▶ Do I have issues I want to work on or skills I want to practice in skill practice?