Level One Emotion Focused Training

**Level One Emotion focused Training – Topics**

**Emotion**
- Emotion theory, Assessment and principles of change

**Empathy, Validation and focusing on Feeling**
- Creating an alliance · Empathic attunement · Evocation · Conjecture · Focusing

**Process formulation, Developing a Collaborative Focus**
- Identifying markers of underlying affective/cognitive problems

**Evocation, Arousal and Exploration**
- Focusing · Evocative unfolding · Two chair dialogue and splits

**Accessing Primary Adaptive Emotions and Core Maladaptive Schemes**
- Empty chair dialogue and unfinished business

**Restructuring Core Schemes**
- Supporting the emergence of primary needs · Letting go of unmet needs · Tapping positive emotional resources · Provision of new experiences

**Continued Skill Training in Evocative Methods**
- Supporting a self-affirming stance · Promoting new narrative constructions

**Skill Training & Applications**
- Depression · Post-traumatic stress disorder · Addictions · Contraindications