



Institute of Emotion Focused Therapy Iran (EFT IRAN) presents:

International MasterClass

EFT for Complex Trauma



Dr. Sandra Paivio

Certified EFT Trainer

Professor Emeritus Department of Psychology University of Windsor




Institute of
Emotion
Focused
Therapy
IRAN



INTERNATIONAL
SOCIETY *for*
EMOTION
FOCUSED
THERAPY

 November 27 to 29 ,2024 – 16:30 to 22:00 (IRST) – Online on Zoom – Interpreter Available

 More information & registration: WhatsApp: +989124588287 - Email: iman_hemmatyar@yahoo.com

 @EFTIRAN.INSTITUTE

 WWW.EFTIRAN.IR

International MasterClass

EFT for Complex Trauma

By

Dr. Sandra Paivio

Workshop Description:

Psychotherapy clients with histories of childhood abuse and neglect (complex trauma) are ubiquitous across diagnostic groups and often have high drop-out rates. These clients have been unable to heal past emotional injuries and can have difficulty handling exposure-based therapies, which usually are not designed for attachment related problems. Successful therapy requires helping clients to access and explore painful feelings and memories to modify maladaptive emotions (e.g., fear and shame) and construct more adaptive meaning and narratives regarding self, others, and traumatic events.

This Workshop is designed to introduce participants (practicing professional) to the general principles of emotion-focused therapies with a specific focus on how this approach is tailored to the needs of clients dealing with complex trauma. Emotion-focused therapy for trauma (EFTT) is an evidence-based approach with more than twenty years of research demonstrating treatment efficacy and supporting posited in-session processes of change.

Day One of this Workshop first will present the nature of complex trauma and the central roles of attachment relationships and emotional processes in the development of disturbance. The workshop then will present basic principles of emotion-focused therapies, followed by the EFTT treatment model, how EFTT addresses central features of disturbance, and distinctive features and advantages of EFTT compared to other treatment approaches.

International MasterClass

EFT for Complex Trauma

By

Dr. Sandra Paivio

This will be followed by intervention guidelines and strategies used in the Early Phase of therapy. These include helping clients to disclose painful trauma material in the context of a safe and empathically responsive therapeutic relationship, assessing core emotional processing difficulties, developing case conceptualization **Day Two** will present guidelines for introducing and conducting the primary procedure used for resolving interpersonal trauma in therapy- Imaginal Confrontation (IC) of perpetrators in an empty-chair.

This will be followed by guidelines for implementing a less stressful alternative to imaginal confrontation - Empathic Exploration of issues with perpetrators without the use of the empty-chair procedure. Day Two also will focus specifically on memory work in EFTT and present guidelines for re-experiencing and processing trauma memories.

Day Three will present guidelines and strategies for the Middle and Late Phases of therapy. These include interventions to help deepen emotional processing, reduce fear, avoidance, and shame, access self-soothing capacities, and finally resolve issues with perpetrators of abuse and neglect and heal attachment injuries. The Workshop will conclude by presenting a case example of working with maladaptive anger and avoidant attachment followed over the course of therapy.

International MasterClass

EFT for Complex Trauma

By

Dr. Sandra Paivio

Numerous videotaped examples will be presented throughout the Workshop to illustrate key therapy principles and processes, and discussion of treatment issues will be encouraged.

Learning Objectives

Workshop participants will learn:

1. The nature of complex trauma and the central role of emotional processes in disturbance
2. The EFTT treatment model and how therapy uniquely addresses central features of disturbance
3. Intervention principles for:
 - a. Cultivating a safe and collaborative therapeutic relationship
 - b. Assessing client emotional processing difficulties
 - c. Helping clients to re-experience and reprocess trauma feelings and memories
 - d. Helping clients to imaginably confront and resolve issues with perpetrators of abuse and neglect
 - e. Reducing client fear, avoidance, and shame
 - f. Accessing client self-soothing capacities



Institute of
Emotion
Focused
Therapy
IRAN



INTERNATIONAL
SOCIETY *for*
EMOTION
FOCUSED
THERAPY

International MasterClass

EFT for Complex Trauma

By

Dr. Sandra Paivio

Date: November 27 to 29 ,2024 (3days)

Time: From 16:30 to 22:00 (IRST +3:30 GMT)

Location: Online on Zoom

Language: English

Cost of Participation: \$350 USD

For more information and registration please contact:

Email: Iman_Hemmatyar@yahoo.com

WhatsApp: 00989124588287