

**27<sup>th</sup> and 28<sup>th</sup>  
June, 2023**

# 2023 isEFT Trainers' Meeting

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**FINAL PROGRAM**

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***On Becoming Competent as an  
EFT Therapist, Supervisor, and Trainer***  
Looking to the Future: New developments and innovations



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**Porto – Portugal**

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**Hotel Cristal**

Travessa Antero de Quental, 360 4000 - 087 Porto - Portugal



INTERNATIONAL  
SOCIETY *for*  
EMOTION  
FOCUSED  
THERAPY

## Day 1 – Tuesday, June 27th, 2023

9:00AM		<b>Welcome and opening</b>
9:15AM	Les Greenberg	On becoming Emotion Focused: <ul style="list-style-type: none"> <li>• Les opens the meeting and shares his story on his new book on how he became emotion focused</li> <li>• Split up in groups to share your narrative on how you became emotion focused. One person takes notes and reports back in plenary</li> </ul>
11:00AM		<b>COFFEE/TEA BREAK</b>
11:30AM	Lars Auszra/ Juliette Becking	<b>Next step in development of EFT LOOKING DOWN THE ROAD</b> What does it really take to become a competent EFT-therapist? <ul style="list-style-type: none"> <li>• Report from board of training program survey</li> <li>• What is necessary to get to what standard: What is really involved to become a competent EFT therapist? Discussion 'the golden standard'</li> <li>• What will training be like down the line.</li> </ul>
13.00PM		<b>LUNCH BREAK</b>
2.15PM	Anne Hilde Vassbø Hagen	<b>PR &amp; Communication</b> Update from subcommittee PR & Communication
2.30PM	Robert Elliott Laco Timulac	<b>On becoming an EFT-trainer:</b> what does it take to become a competent EFT-trainer?
3:50PM		<b>COFFEE/TEA BREAK</b>
4:20PM	Ben Shahar	<b>Presentation</b> Working with the coach-critic in two-chair work for self-criticism
4:40PM	Anne Hilde Vassbø Hagen/ Joanne Dolhanty	<b>Presentation</b> Using Chair Work to Help Parents Get Past their Fears and Help their Child <ul style="list-style-type: none"> <li>• Emotion Focused Skills Training for Parents (EFST-P) is a program that trains parents to adopt a central role in the mental health recovery of their little, teen, or adult child. A video demonstration will illustrate the use of chair work to free parents so they are able to do the tasks.</li> </ul>
5:05PM	Mirisse Foroughe /Anne Hilde Vassbø Hagen	<b>Presentation</b> New isEFT divisions: EFT-Y and EFT-F
5:30PM		<b>Wrap up and Cocktail hour at the hotel:</b> Informal meeting with drinks and bites

## Day 2 – Wednesday, June 28th, 2023

9:00AM		<b>Welcome and opening</b>
9.15AM	Lou Cooper	<b>Podcast</b>
9:30AM	Lars Auszra/ Imke Herrmann/ Robert Elliott	<b>On becoming an EFT-supervisor:</b> What does it take to become a competent EFT-supervisor?
11:00AM		<b>COFFEE/TEA BREAK</b>
11:30AM	Jan Reidar Stiegler	<b>Presentation</b> Supervision training: building perceptual skills related to core conditions in EFT
11:50AM	Les Greenberg	<b>Presentation</b> Self-interruption
12:20AM	Catalin Nedelcea/ Julia Ciorbea	<b>Presentation</b> Our way of working with EFT in group settings
12.40PM	Niels Bagge	<b>Presentation</b> Therapist Self Care with Focusing Partnerships
13.00PM		<b>LUNCH BREAK</b>
2.15PM	Carla Cunha	<b>Research &amp; Education</b> Update from subcommittee Research & Education
2.30PM	Rhonda Goldman/ Juliette Becking	<b>Presentation</b> Empathy training from the inside-out.
2.55PM	Serine Warwar	<b>Presentation</b> Working with and supervising unfinished business <i>and</i> current issues
3:15PM		<b>COFFEE TEA BREAK</b>
3:45PM	Shari Geller	<b>Networking</b> <ul style="list-style-type: none"> <li>• Subcommittee networking and membership</li> <li>• Assessment and feedback</li> </ul>
5.15PM		<b>Wrap up &amp; Goodbye</b>
5:30PM		<b>The end</b>

[All times Western European Summer Time (WEST)]