

COU550 Emotionally Focused Therapy

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

Emotion-Focused Therapy (EFT) course offers a comprehensive theory of the love relationship and attachment between adults, as well as a process for addressing and healing distressed relationships. The experiential/systemic therapy focuses on helping spouses/ partners restructure the emotional responses that maintain their negative interaction patterns. The trainee therapist will be introduced to a series of nine therapeutic steps in EFT, and learn basic EFT skills to lead the couple away from conflict deadlock into new bonding interactions in their relationship.

Topics:

- The Field of Couple Therapy: The Place of EFT
- Basics of the EFT Model
- Adult Attachment Theory
- Overview of the Process of Change: Stages and Steps
- EFT Interventions
- EFT Stage 1: Alliance and Assessment
- EFT Stage 1: De-escalation
- EFT Stage 2: Restructure the Bond: Withdrawer Re-engagement
- EFT Stage 2: Restructure the Bond: Pursuer Softening
- EFT Stage 3 Consolidation of a Secure Base
- Becoming an EFT Therapist
- Trauma and Attachment Injuries

Textbooks:

The Practice of Emotionally Focused Couple Therapy Creating Connection 3rd Susan M. Johnson
Taylor & Francis
ISBN-13: 9781351168342

Learning Outcome:

- Appraise the theoretical underpinnings of Emotion-Focused Therapy (EFT) for Couples
- Assess the ‘music of the dance’ between partners, and move the couple into effective loving and a relationship of interdependence
- Formulate the way EFT tenets are linked to key emotions and events in interactions between spouses/partners
- Compose interventions on accessing key elements of emotional distress and de-escalating destructive interaction patterns
- Construct positive interactions that renew trust and intimacy or reduce destructive interaction patterns
- Recommend the ways therapist is able to overcome therapeutic impasses in couple therapy in local contexts

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
Total		100

*The information listed is subject to review and change.