



EFT Level 2B and 2C Topic Outline: (Revised)

This is a revised version of the topic outline. The outline has been updated to reflect the latest developments at the forefront of the Emotion- Focused Therapy Field. The revised sections of the training will extend and deepen the topics in the foundational EFT Level One training and bring tasks and theory, beyond Level 1. These new sections, 2B and 2C of the training aim to help participants to put the training, understanding of theory and new developments into practice.

Level 2B: Essentials of EFT Practice

(27 & 28 January 2025, 1- 8.30 pm)

Day 1a: EFT & Focusing (slowing down and looking inside to the body): Trainer: Lorna Dawson (formerly Carrick)

Day 1b: EFT Case formulation frameworks (Client Process Framework: presenting problems; tasks; emotion schemes & response types; modes of engagement; self-other themes/marginality
Trainer: Professor Robert Elliott

Day 2a: EFT case formulation work (open marker work + practice delivering formulations) Trainer: Ligia Manastireanu

Day 2b: Narrative Re-Telling & Systematic Evocative Unfolding (re-experiencing work) Trainer: Professor Robert Elliott

(10th & 11th February 2025, 1- 8.30 pm)

Day 3a: Two Chair Work Overview & Depression (self-critical processes) Trainer: Lorna Dawson

Day 3b: Self-interruption splits & enactments Trainer: Professor Robert Elliott

Day 4a: Advanced Empty Chair work for Unfinished Business Trainer: Ligia Manastireanu

Day 4b: Compassionate Self-soothing chair work Trainer: Professor Robert Elliott

Advanced EFT (Level 2C): 19-21st May 2025: 1 – 8.30 pm

Day 1a: Motivational splits (MI version): Trainer: Ligia Manastireanu

Day 1b: Motivational splits (EFT version): Trainer: Professor Robert Elliott

Day 2a: Anxiety & Anxiety Splits Trainer: Ligia Manastireanu

Day 2b: Self-compassion Chair work (for Anxiety) Trainer: Lorna Dawson

Day 3a: Meaning Re-Creation for Meaning Protests (half day) Trainer: Lorna Dawson

Day 3b: EFT Micro-process work: Making your client your supervisor (half day: Conversation analysis & Interpersonal Process Recall) Trainer: Professor Robert Elliott

The Trainers



Robert Elliott, Ph.D. (preferred pronouns: they/them), is professor emeritus of counselling at the University of Strathclyde (Glasgow, Scotland). They received their PhD in clinical psychology from the University of California, Los Angeles in 1978, and are also professor emeritus of psychology at the University of Toledo (Ohio). Their main interests are practice, supervision, training, and research on EFT and related therapies. They co-authored *Facilitating emotional change* (1993), *Learning emotion-focused psychotherapy* (2004/2025), *Research methods in clinical psychology* (1994/2002/2015),

Essentials of Descriptive-Interpretive Qualitative Research (2021), and *Emotion-Focused Counselling in Action* (2021), as well as 200 journal articles and book chapters. Robert is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research*, and *Person-Centered and Experiential Psychotherapies*. They are a fellow in the divisions of Clinical Psychology, Psychotherapy, and Humanistic Psychology of the American Psychological Association, and received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the Division of Humanistic Psychology of the American Psychological Association. They now live in Northern California, in the ancestral lands of the indigenous Ohlone people, where they continue to enjoy developing, writing about and running EFT training, as well as walking, running, science fiction, poetry, and all kinds of music.



Lorna Dawson (Formerly Carrick) MSc, preferred pronouns she/her is a Teaching Fellow at the University of Strathclyde Where she teaches on the MSc's in Person-Centred Psychotherapy and Counselling and on the Counselling Unit's Advanced Professional Training Programme. She has a private practice that includes EFT Therapy, Supervision and Training.

She has developed several mental health projects and is a founder Member of the Clydesdale Counselling and Human Development Project which received NHS and third sector funding for over 17 years. Her main interests are practice supervision, training and research, development of theory particularly in: Trauma and Crisis, Social Anxiety, PCE Counselling for Depression and Pre-therapy for clients with psychological contact difficulties.

Lorna has an MA Honors Degree in Psychology from The University of Glasgow and worked as a Clinical Psychologist for Tayside NHS prior to becoming Director of the Strathclyde Children in Care Scheme for the Strathclyde Social Work Department. She has a MSc in Counselling and Psychotherapy from The University of Strathclyde and has been a Mental health therapist for more than 35 years.



Ligia Manastireanu trained as an EFT supervisor and trainer with Prof Robert Elliott, and they have been collaborating in various ways since 2017. Ligia delivers EFT training as a guest lecturer at Strathclyde University, as well as internationally. She is a co-founding member of the Scottish Institute for Emotion Focused Therapy (SI-EFT), and through the institute she has been delivering EFT Level 3 training for the last six years.

Ligia is bringing her extensive clinical experience of working with clients with complex presentations and her passion for supporting therapists in their professional development, through the different roles she has had as a manager, supervisor, and trainer. Alongside her SI-EFT colleagues, she is dedicating her time to supporting the development of the EFT community in Scotland, seeing EFT supervisees, offering EFT training, as well as networking and further CPD opportunities.

Ligia has a BSc Honours degree in Psychology from the University of Bucharest, a PG Diploma in Counselling from the University of Strathclyde and has recently submitted her MPhil Thesis in EFT Collaborative Case Formulation.

Module B: Early Bird: **£295** Extended until 8th January 2025

Module C: Regular: **£345**; Early Bird: **£295** (available until 21st April 2025)

Frequent Flyer discount: **£172.50** (repeat individual module)

Online booking and payments can be made at the following link: [Online shop](#)