



The Hebrew University of Jerusalem

Syllabus

Introduction to Emotion-Focused Therapy (EFT) - 3226

Last update 17-10-2017

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: social work

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Dr. Ben Shahar

Coordinator Email: Ben.Shahar@mail.huji.ac.il

Coordinator Office Hours: Wednesdays 11:00-12:00

Teaching Staff:

Course/Module description:

This is an introductory course on emotion-focused therapy (EFT). EFT is an experiential treatment based on the assumption that emotions need to be directly targeted in treatment in order to help patients to attend to their emotions, accept them, regulate them, and transform core maladaptive emotion schemes that were created in traumatic contexts. In recent years, EFT for individuals, couples, and families, has become increasingly popular, both because of its status as an empirically-supported treatment, and because it is helpful in raising emotional intelligence. EFT is based on a large body of research on emotions, on how emotions change during treatment, and on attachment theory. It helps patients to differentiate between adaptive emotions that can guide them toward adaptive action and maladaptive emotions that are not helpful and are remnants of traumatic experiences. Using a secure and warm therapeutic relationship that can provide a corrective emotional experience, and using therapeutic techniques that deepen emotional processing, patients can learn to come closer to their feelings, feelings that had been ignored for a long time.

Course/Module aims:

The aim of this course is to teach therapists in training how to work experientially with emotions using frontal lectures, video demonstrations, case descriptions, and supervised role-plays. The course will start with a theoretical discussion on the role of emotions and the role of emotion awareness in adaptive and dysfunctional states. Then, we will focus on central ingredients of the therapeutic relationship (i.e., empathic attunement to affect and therapeutic presence). Then, we will focus on specific interventions designed to arouse and explore emotions such as focusing and evocative unfolding, and specific interventions designed to transform maladaptive emotion schemes such as shame and fear (two-chair work for self-criticism, empty-chair work for unresolved feelings). Toward the end, if time allows, we will focus on applying EFT to specific psychological difficulties such as depression, social anxiety, eating disorders, and personality disorders.

Learning outcomes - On successful completion of this module, students should be able to:

- 1. To understand the basic-evolutionary role of emotions, both in adaptive and dysfunctional situations.*
- 2. To know how to differentiate between several types of emotional expressions: Secondary emotions, primary maladaptive emotions, primary adaptive emotions, and instrumental emotions.*
- 3. To understand and apply principles of empathic attunement to affect and therapeutic presence.*
- 4. To identify different markers that come up during treatment and to know which*

intervention (task) fits each marker.

5. To conduct, even if at a very basic level, central interventions such as working with two chairs to resolve self-criticism, or using the empty-chair dialogue intervention for unfinished business.

6. To critically evaluate different aspects of this treatment approach (i.e., for which patients it is best suited)

Attendance requirements(%):

85

Teaching arrangement and method of instruction: frontal lectures, video demonstrations, case descriptions, and supervised role-plays.

Course/Module Content:

- 1. Basic introduction*
- 2. Basic emotions science/: what are emotions and what is their role.*
- 3. Role of emotions in psychopathology.*
- 4. Emotion assessment: assessing secondary emotions, primary maladaptive emotions, primary adaptive emotions, and instrumental emotions.*
- 5. Principles of working with emotions: emotion awareness, emotion regulation, emotional arousal, reflection on emotions, and emotional transformation.*
- 6. Building a secure therapeutic relationship: Principles of empathic attunement to affect and therapeutic presence.*
- 7. Identifying markers.*
- 8. Working with self-criticism, self-hate, and perfectionism*
- 9. Working with anxiety difficulties (social anxiety, generalized anxiety, panic).*
- 10. Working with trauma-based unresolved feelings (unfinished business)*

Required Reading:

There is one textbook for this course. There is no need to purchase it, all chapters in PDF format appear in PSYCHINFO

Elliott, R., Watson, J. C., Goldman, R. N., & Greenberg, L. S. (2004). Learning emotion-focused therapy: The process-experiential approach to change. Washington, DC, US: American Psychological Association

Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 0 %

Assignments 100 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information: