

EmpoweringEFT@EU

Empowering Emotion-Focused Therapy practice in Europe

An International Erasmus+ Project (Ref. number 2020-1-PT01-KA202-078724)

NEWSLETTER #2: December 2021



In the last six months, the EmpoweringEFT@EU team has been developing several intellectual outputs, especially IO1 and IO2 (see below), and completing a set of activities around supervision and training in Emotion Focused Therapy (EFT). Several interviews were completed with nine Expert Supervisors and Expert Trainers in EFT (meet them next page), subsequently analyzed to arrive at a set of competences for EFT practice, clinical supervision and training aspects and procedures. Now that this first round of interviews is completed, we will carry out interviews with another generation of EFT experts.

Additionally, the EmpoweringEFT@EU project website was released, currently in the English language, and translations in several languages were then completed to be made available soon at www.emotionfocusedtherapy.eu

Planned Project Outputs

- IO1. Training Course/Manual for EFT Trainers
- IO2. Training Course/Manual for EFT Supervisors
- IO3. E-platform: digital platform to support training, supervision, and practice in EFT
- IO4. Good Practice Guide for EFT Training
- IO5. Good Practice Guide for EFT Supervision

Project Dissemination Activities

Supervisão e Psicoterapia: Um olhar do presente para o futuro (a hybrid event on November 5th, 2021, hosted by **University of Maia – ISMAI, Portugal**)

Roundtable discussion in Portuguese and English, on the topic of supervision and psychotherapy, with relevant international and national speakers and stakeholders, for disseminating the EmpoweringEFT@EU project to a Portuguese audience of professionals (this recording, in Portuguese, will be made available at the project website)

La supervision en psicoterapia: Modelos, contextos y nuevas metodologías (a hybrid event on November 23rd, 2021, hosted by **Universidad Pontificia de Comillas, Spain**)

Roundtable discussion in Spanish (castellano), where relevant Spanish stakeholders discussed practices, contexts and challenges of supervision in psychotherapy, where it was possible to disseminate the EmpoweringEFT@EU project to a Spanish audience of professionals (this recording, in Spanish, will be made available at the project website)

As well as other dissemination moments in meetings and conferences (e.g. in Portugal, Scotland, and Germany), integrated in the activities of the partners involved. Finally, our team has been growing with several people from other EFT institutes becoming involved and associating with our team (check them here: <https://emotionfocusedtherapy.eu/eft-team/>).

Check out some highlights from the Interviews with EFT Expert Trainers and Supervisors (from our first round of interviews with experts):

[Talking about supervision in EFT]: *“I think it’s all about the process... That orientation, moment by moment, as opposed to a more global and manual guided model... It tries to highlight the process orientation rather than that goal orientation.”*

– **Leslie S. Greenberg**



[Talking about expertise in EFT]: *“What distinguishes someone who's good from someone who's excellent, I think, is grace under pressure. When you must deal with a challenging situation, can you do that gracefully and creatively?”*

– **Robert Elliott**

[Addressing the challenges of EFT practice]: *“It can be really difficult for some people to sustain ambiguity and remain in contact with the process that is emerging. Instead of running away from it, it's just about remaining with it, and this I think is really important in terms of the process of EFT.”*

– **Jeanne Watson**



[Addressing the challenges of EFT supervision]: *“I think there's a large burden on the supervisee when you're working across cultures, like [being supervised] in a different language. This is what we heard at the 2021 isEFT meeting, that's important that people have supervisors in their own languages.”*

– **Rhonda Goldman**

“People should be supported quickly in their journey to become recognized therapists, because it gives you freedom. There’s this sense of acknowledgement and validation... The same with supervision! If you are validated and then recognized... I think we should be empowering...”

– **Lars Auszra**



“I love group supervision, and I think it's so wonderful and inspiring for everybody. They [supervisees] see others and there's some discussion, and we look together [at session recordings] ... I love that format.”

- Julliette Becking



“When I supervise people, I know when it's REALLY good, because the supervisee is enjoyable to watch or listen to... They either pre-empt what I would have said or, if they do something different, I'd say “oh, that's interesting!” ... You know, it illuminates something for me!”

- Ladislav (Laco) Timulak

[Talking about advancement of EFT supervision]: *“I would like to have an exchange between expert supervisors from different regions [...] so we might become aware that maybe there's a link here. I think hearing people from different parts and different levels of expertise in different styles... I think it's the best thing to do to develop supervision in EFT.”*

- Imke Herrmann



[Talking about the challenges of EFT practice]: *“One of the struggles that shows up most often is understanding that empathy is a multilayered, multifaceted process, that needs to be grasped quite fully, not just manually doing the tasks, because then that doesn't work.”*

- Lorna Carrick

Maiêutica – Cooperativa de Ensino Superior, CRL / ISMAI (Promoter-Portugal) <https://www.ismai.pt/>

University of Strathclyde (United Kingdom) <https://www.strath.ac.uk/>

Institute of Emotionally Focused Therapy (Germany) <http://www.emotions-fokussierte-therapie.de/>

Universidad Pontificia Comillas (Spain) <https://www.comillas.edu/>

The Provost, Fellows, Foundation Scholars & the Othe Members of Board of the College of the Holy & Undivided Trinity of Queen Elizabeth Near Dublin (Ireland) <https://www.tcd.ie/>

SPTFE - Portuguese Society of Emotion-Focused Therapy (Portugal) <https://sptfe.org/>



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