

Emotion-Focused Group Psychotherapy

Syllabus

This training is aimed at clinicians who are very comfortable providing individual experiential therapy and are seeking to be able to facilitate group therapy processes involving a combination of individual and group therapy segments. Our hope is that, by the end of the training, assuming that you already feel comfortable with EFT or another experiential modality as an individual therapist, you will feel confident to launch your own experiential therapy group!

Video recording: Please note that we record all didactic segments of this training. This will then be accessible, for a period of time, to participants who miss a segment, or wish to review.

Communication schedule: Two weeks before the training, you will receive invitations to the training meetings via Secure Video.

You will receive a daily email 24 hours in advance with:

- Another copy of the link to the Zoom meeting
- Powerpoint presentation slides for the following day

Two hours before our meeting, you will receive a reminder via Secure Video with the link embedded.

A quick note on recommended readings

I do ask that all attendees read the first article listed before our first morning together. All other readings are optional. Readings have been separated into two categories: 'quick reads,' which are meant to provide a quick overview of a topic area, and 'supplemental reading recommendations,' which are meant to provide a deeper level of engagement with material.

At this time, all recommended readings are in English. For those who wish to share resources in other languages, please feel free to submit to me the title, a link to the source, and the language of additional publications and I am happy to add them to this syllabus for public reference.

Experiential work

Unless otherwise indicated, experiential work will take place in groups of 10-15 individuals. Individuals will be randomly assigned to one of two experiential groups for the duration of the training. Within each group, individuals will have the chance to participate as both therapy group participants and therapy group observers. Dr. Sarah Thompson and Dr. Laura Girz will facilitate experiential therapy groups, alternating between groups. One additional facilitator will be assigned to each group for the duration of the training.

Warmly,

Sarah & Laura

Standard Schedule

<p>Day 1 9:30am – 4:30pm EST</p>	<p>Lecture: Introduction to Intersectionalities Participant introductions</p> <p>Break</p> <p>Lecture: Why Group Therapy? Brief Overview of Emotion Theory Group Process Literature</p> <p>Lunch</p> <p>Experiential: Participant selection and group intake (video)</p> <p>Break</p> <p>Experiential: Structuring the first group (experiential)</p> <p>Closing discussion</p>
<p>Day 2 9:30am – 4:30pm EST</p>	<p>Lecture: Review of EFT’s Critic Split Task, for group settings. Review of EFT’s Unfinished Business Task, for group settings.</p> <p>Lunch</p> <p>Experiential: Pull up a Chair: Middle “chairwork” groups (experiential)</p> <p>Closing discussion</p>
<p>Day 3 9:30am – 4:30pm EST</p>	<p>Lecture: Group Interpersonal Psychotherapy Theory Overview</p> <p>Break</p> <p>Lecture: EFT Group Process Interventions</p> <p>Lunch</p> <p>Experiential: Pull up a Chair: middle “chairwork” groups (experiential)</p> <p>Closing discussion</p>
<p>Day 4 9:30 - 3pm EST</p>	<p>Lecture: Bringing it all together: Group model and trouble-shooting</p> <p>Lecture: Review of EFT group outcome data</p> <p>Lunch</p> <p>Lecture: Structuring your final group (experiential)</p> <p>Experiential: Final small group break-outs and good-byes</p> <p>Closing discussion and evaluation</p>

Reading List

Following registration, hyperlinks in green will be provided to access articles, with permissions provided by authors. Hyperlinks in blue connect to publicly available resources.

Required Reading:

Pettyjohn, M.T., Tseng, C., & Blow, A. J. (2020). [Therapeutic Utility of Discussing Therapist/Client Intersectionality in Treatment: When and How?](#) *Fam Proc* 59:313–327, 2020.

Supplemental Reading Recommendations:

Sarah Thompson & Laura Girz (2019) [Overcoming shame and aloneness: Emotion-focused group therapy for self-criticism, Person-Centered & Experiential Psychotherapies](#), DOI: [10.1080/14779757.2019.1618370](#)

Thompson, S. & Girz, L. (2018). *Taming Your Critic: A Practical Guide to EFT in Group Settings*. Retrieved from: [581bce_83d6e4227311496da5bee151e2276e24.pdf \(filesusr.com\)](#)

Lisa Mahon & Melyn Leszcz (2017) [The Interpersonal Model of Group Psychotherapy](#). *International Journal of Group Psychotherapy*, 67:sup1, S121-S130, DOI: [10.1080/00207284.2016.1218286](#).

As needed, any basic article or text on EFT going over two chair and empty chair tasks such as:

Greenberg, L. S. (2010). [Emotion-Focused Therapy: A Clinical Synthesis](#). *The Journal of Lifelong Learning in Psychiatry*, 8 (1), 32-42.

Elliott, R., Watson, J.E., Goldman, R.N., & Greenberg, L. S. (2004). *Learning emotion-focused therapy: The process–experiential approach to change*. Chapter 11, Two-chair work for conflict splits.

Watson, J. C., & Greenberg, L. S. (2017). [Emotion-focused Therapy for generalized anxiety. Chapter 6, Working with Worry: Anxiety Splits](#) (pp. 135-163). American Psychological Association.

Greenberg, L. S. (2004). *Learning emotion-focused therapy: The process–experiential approach to change*. Chapter 12, Empty chair work for unfinished interpersonal issues. (pp. 243-265). American Psychological Association.

Quick Reads:

Blog post: [What are Emotions? Turning the Inside Out](#) – Introduction to the theoretical underpinnings of what emotions are and why they are important.

Blog post: [A Primer on Managing Your Emotions and Feelings, Part 1](#) – An introduction to different types of feelings (primary, secondary, and instrumental) and how to manage them.

Blog post: [Identifying Feelings in Yourself and Others](#) – Basic tips and strategies to increase capacity to identify feelings in self and others.

Blog post: [A Primer on Managing Your Emotions and Feelings, Part 2](#) – Tips and tricks for managing (different kinds of) feelings.