EFT-G

Day 1

Lecture:

- Why group therapy?
- EFT group overview and intake process
- Review of group process literature and outcome data

Experiential:

- Participant selection and group intake (video)
- Structuring the first group (experiential)

Day 2

Lecture:

- Review of EFT's chair tasks for group settings
- EFT marker-based group process interventions
- Group interpersonal psychotherapy theory overview

Experiential:

- Demonstration group including live chairwork, led by the trainers (experiential)

Day 3

Lecture:

- Bringing it all together: Group model and troubleshooting

Experiential:

- Demonstration group including live chairwork, led by the trainers (experiential)
- Structuring your final group (experiential)