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## Learning Objectives

Participants will be able to:

1. Contrast the four types of emotions found in EFT Emotion Theory: Primary Adaptive Emotions, Primary Maladaptive Emotions, Secondary Emotions, Instrumental Emotions.
2. Describe each of EFT's experiential response modes: Basic Empathy, Empathic Exploration, Process Guiding, and Experiential Presence.
3. Distinguish the constituent elements of Productive Emotional Processing: Attending, Symbolizing, Regulation, Acceptance, Differentiation, Congruence, Agency.
4. Differentiate a dozen distinct categories of interventions designed to access & process emotion.

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### **37.5 Contact Hours of:**

- *Theory*
- *Process Diagnosis*
- *Intervention Practice*



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*GETME is Gestalt/Experiential Therapy of Maine.*

*The full name points to our theoretical roots,  
while the acronym it forms suggests  
the very real and human need our clients have  
to be seen, heard and understood.*

*GETME is both a place to receive psychotherapy,  
as well as a training center for  
professionals who offer these services.*

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GETME

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## GETME

*presents*

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# Foundations of Emotion-Focused Therapy

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## *Theory & Skills Training Delivered via Zoom*

A highly experiential, fifteen-week course on the most fundamental premises and clinical interventions of this exciting and empirically supported humanistic form of psychotherapy.

**January - May, 2021**

*Presenter:*

Tom Kubasik, MS, LCPC



# ABOUT EMOTION-FOCUSED THERAPY

Emotion-Focused Therapy is an integration of Person-Centered Therapy & Gestalt Therapy, grounded in a contemporary theory of emotion. EFT is an empirically supported humanistic treatment that views emotions as centrally important in human functioning and therapeutic change. EFT involves a therapeutic style that combines both following and guiding the client's experiential process, and emphasizes the importance of both relationship and intervention skills. It views emotions as the fundamental datum of human experience while recognizing the importance of meaning making, and views emotion and cognition as inextricably intertwined. The EFT therapist assists clients to better identify, experience, explore, make sense of, regulate, transform, and more flexibly manage their emotions, thereby helping them live more vitally and adaptively.

**Meeting 1:** Clearing a Space; Introduction to EFT Emotion Theory

**Meeting 2:** Attending; Symbolizing; Focusing

**Meeting 3:** Empathic Attunement; Congruence

**Meeting 4:** Basic Empathic Responding (Empathic Reflection, Following Responses, Empathic Affirmation)

**Meeting 5:** Basic Empathic Responding II; Emotion Regulation

**Meeting 6:** Introduction to Empathic Exploration; The Empathic Conjecture

**Meeting 7:** Vocal Patterns; Differentiation; The Exploratory Reflection

**Meeting 8:** Depth of Experiencing; The Evocative Reflection

**Meeting 9:** Productive Emotional Processing; The Exploratory Question; Agency

**Meeting 10:** Retroreflections; The Process Observation

**Meeting 11:** The Gestalt Experiment; The Process Suggestion

**Meeting 12:** Self-Interruption; Empathic Refocusing, Acceptance

**Meeting 13:** Experiential Presence; The Process Disclosure

**Meeting 14:** The Experiential Formulation

**Meeting 15:** Consolidation & Review

**What:** A foundational course on the theory and most basic interventions of Emotion-Focused Therapy. Meetings will include: Lectures on EFT theory; live & video demonstrations of interventions; small & large group experiential exercises; small and large group discussions.

**When:** Mondays, from 11am to 1:45pm Eastern Standard Time.

1/25/21, 2/1/21, 2/8/21, 2/22/21, 3/1/21, 3/8/21, 3/15/21, 3/22/21, 3/29/21, 4/5/21, 4/12/21, 4/26/21, 5/3/21, 5/10/21, 5/17/21

**Where:** This training will be offered over the Zoom platform.

**Who:** For Counselors and therapists who want to know when and how to begin adding Emotion-Focused interventions to their clinical repertoire.

Presenter: Tom Kubasik, MS, LCPC, is a psychotherapist, clinical supervisor, and trainer in Portland, Maine. He has been studying and practicing Emotion-Focused Therapy, both for individuals & couples, for over 10 years. He founded GETME in 2014 to share his knowledge of humanistic/experiential approaches to psychotherapy.

## **Early Bird Registration (until January 4, 2021):**

Pre-Licensed Clinicians (i.e., students or conditionally licensed): \$495  
Independently Licensed Clinicians: \$750

## **Regular Registration (After January 4, 2021):**

Pre-Licensed Clinicians (i.e., students or conditionally licensed): \$600  
Independently Licensed Clinicians: \$900

A deposit of \$95 is required to hold your place.  
*Full-payment is due by 1/18/21.*

**A certificate of 37.5 Contact Hours will be provided upon completion of the program.**

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**Click Here to Register**

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## **To register, you must:**

1. Be a licensed (or student) clinician.
2. Submit your registration form.
3. Submit your deposit.
4. Receive your confirmation.

Click here for GETME Training Institute Policies.