The clinical Psychology program at Baruch Ivcher School of Psychology invites you to a Special Seminar with

Dr. Ben Shahar

Baruch Ivcher School of Psychology, Interdisciplinary Center (IDC) Herzliya

On:

Emotion-Focused Therapy (EFT): An Overview of the Theoretical Model and Clinical Interventions

Monday, April 11th 2016, at 2:30pm

Room CB01, Arazi-Ofer building

Emotion-focused therapy is an experiential approach to individual and couples therapy. It is an empirically-supported treatment for depression and couples distress, and recent evidence suggests that it is also effective in the treatment of complex trauma, generalized anxiety disorder, social anxiety disorder, and eating disorders. EFT is based on the assumption that patients need to feel their feelings during therapy sessions in order to heal, and that gaining insights, changing cognitions, or learning to engage in different behaviors is not sufficient to promote enduring change. EFT is an integrative treatment approach that combines Rogerian relational conditions with more directive interventions designed to deepen emotional processing. The underlying assumption is that people need to feel (process) their pain in order to resolve it. In this talk I will present a general overview of the treatment model, including its underlying theoretical tenets, theory of dysfunction, mechanisms of change, and therapeutic techniques. I will also present some results and clinical material from our recently completed study on EFT for social anxiety disorder.

The lecture will be held in Hebrew

You are invited!