Dr Ladislav Timulak, Trinity College Dublin

Emotion Focused Therapy – Theory and Practise

This talk will give an overview of EFT theory and practice, covering such topics as differentiating between primary, secondary and instrumental emotion; maladaptive emotional processes and the relationship between these processes and psychological disorders; assessing client emotion processing styles; case conceptualisation; the role of the therapeutic relationship in EFT; working with emotional avoidance and emotional dysregulation; key EFT tasks and interventions and the strategies for transforming core emotional pain in therapy through the activation of adaptive emotional processes. The talk will consist of lectures supported by case examples and video demonstrations.

Ladislav Timulak, PhD, is Associate Professor at Trinity College Dublin, Ireland. He is Course Director of the Doctorate in Counselling Psychology. Ladislav (or short Laco; read Latso) is involved in the training of counselling psychologists and various psychotherapy trainings in Ireland and internationally. Laco is both an academic and practitioner. His main research interest is psychotherapy research, particularly the development of emotion-focused therapy. He currently is developing this form of therapy for generalised anxiety disorder. He has written six books, over 70 peer reviewed papers and various chapters in both his native language, Slovak and in English. His most recent books include Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach (Routledge, 2015) and Transforming Generalized Anxiety: An Emotion-Focused Approach (Routledge, 2017). He serves on various editorial boards. He maintains a part-time private practice.