

Pre-therapy as a therapeutic task: a workshop for EFT practitioners

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This workshop introduces Pre-Therapy as a way of working therapeutically with hard to reach clients. Initially, developed by American Psychologist Garry Prouty, to work with clients who are out of psychological contact or who drop in and out of contact with the world, self or others. This workshop present, for the first time, a new Pre-Therapy EFT task, developed by Carrick and Robinson. We will present a blend of theory, practice and live demonstration, focusing on how Pre-Therapy is an essential EFT therapeutic task. We propose that this task will extend and develop the EFT approach to new client populations who experience contact difficulties and who have poor or limited access to their emotion compass.

Keywords: emotion focused therapy, EFT, pre-therapy, counselling