Emotion-Focused Therapy (EFT) for Social Anxiety Disorder

**Termin**
08. & 09. Oktober 2018
Uhrzeit: jeweils 09.00 – 17.00 Uhr
Ort: in den Räumen der vfk (Lindwurmstr. 117)

**Dozent**
Ben Shahar

**Abstract**
Social anxiety disorder is one of the most prevalent disorders, affecting approximately 12% of the population. It is a chronic and highly debilitating anxiety disorder. Although cognitive-behavioral therapies are widely used for the treatment of social anxiety, a substantial number of patients do not respond well to these therapies. Recently, Emotion-focused Therapy has been adapted and examined as a treatment option for social anxiety (Shahar et al., 2017; Shahar, 2014; Elliott & Shahar, 2017). EFT has been found to be quite effective for social anxiety, and preliminary findings support the treatment’s purported mechanisms of change. In working with socially anxious patients, EFT therapists emphasize accessing the emotion of shame, which is central in SAD. The primary goal is to help clients transform shame by activating and expressing boundary-setting anger, grieving the losses associated with the condition, and fostering self-compassion and pride. These processes occur within a context of a highly validating and regulating therapeutic relationship. The goals of this two-day workshop are to introduce EFT therapists to the nature of social anxiety and to the EFT conceptualization of social anxiety, to learn how to help socially anxious patients to increase access to their emotional experiences and to become more emotionally-aware, to use two-chair enactments to work with shame and self-criticism, and to use empty-chair enactments to resolve past relational injuries.

**Kosten**
EUR 499,00
Die Teilnahmegebühr beinhaltet neben den Kursgebühren und Handouts mittags ein Catering mit kleinen Snacks. Außerdem stehen Ihnen unser vielfältiges Sortiment an Heißgetränken, unser Wasserspender sowie Obst und Knabbertrük zur Verfügung.

**Anmeldung**
per E-Mail an aim@vfkv.de
Voraussetzung für die Teilnahme sind Vorkenntnisse in EFT.
Bitte beachten Sie außerdem unsere AGBs. Vielen Dank!