

Training in Emotion Focused Group Therapy

with Sarah Thompson & Laura Girz



We are pleased to welcome **Sarah Thompson and Laura Girz** from Canada to our four-day online workshop.

In this online workshop, participants will learn how to apply EFT interventions from individual therapy in a group setting to overcome loneliness and sustainably reduce symptoms of depression and anxiety. The workshop combines didactic instruction with participation in a guided training group. This group model is applicable to all experiential therapies in which the experience and expression of emotions in the here and now of the therapy session are central (e.g., EFT, IFS, AEDP). Translated with DeepL.com (free version).

Register now!

www.ieft.de/anmeldung

When? 23.-26.09.2026

Where? Online

Time? 1:00–6:30 p.m.,
on the last day until
4:00 p.m.

Costs? 710.-€

Language? English



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Faciliator: PhD. C.Psych. Sarah Thompson

Dr. Sarah Thompson is the Director and Founder of Transforming Emotions, a private practice specializing in Emotion Focused Therapy, supervision, consultation, and training located in Toronto.

She holds an adjunct faculty appointment with the Department of Psychology at Toronto Metropolitan University (TMU) where she was employed full-time as a faculty member in the Centre for Student Development and Counselling from 2004 to 2022.

Dr. Thompson serve as Clinical Coordinator and clinical team lead for TMU's Centre for Student Development and Counselling from 2011 to 2017. Dr. Thompson has a particular interest in the use of EFT in the **treatment of anxiety, depression, and complex trauma**, and in further developing emotion focused group therapy theory and application with young adults. She and her colleague, Dr. Laura Girz, developed and taught the first international training institute for Emotion Focused Group Psychotherapy in February 2022. Dr. Thompson is a certified therapist, supervisor, and trainer with the International Society for Emotion Focused Therapy. She is the author of a national blog, Focus On Emotions, available through her website at TransformingEmotions.ca.



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Faciliator PhD. C.Psych. Laura Girz

Dr. Laura Girz is a registered psychologist in practice at the Centre for Student Development and Counselling at Toronto Metropolitan University, where she provides individual counselling, group counselling, and supervision. She focuses clinically on treating depression, anxiety, disordered eating and trauma, and is a registered EFT therapist with the International Society for Emotion Focused Therapy.

Dr. Girz has served as Clinical Co-coordinator for TMU's Centre for Student Development and Counselling since 2020. She also holds key responsibilities for system and program planning, as well as evaluation at the TMU counselling centre, and is currently evaluating outcomes of EFT group therapy. She has developed and taught international trainings on Emotion-Focused Group Psychotherapy alongside Dr. Sarah Thompson.



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What do I learn in the workshop?

The workshop focuses on the following aspects:

- Process-oriented group theory and group facilitation skills,
- An overview of emotion theory and the key EFT tasks, including a discussion of their applicability to other experiential approaches,
- Participant selection, client intake procedures, and establishing group rules,
- Conducting an initial, mid-term, and final group session,
- Dealing with typical problems,
- Tips for conducting online groups.

Note: This training does not specifically focus on teaching individual therapy techniques. The emphasis is on structuring group psychotherapy and the effective application of individual therapy techniques in a group setting.