

Moment by moment process diagnosis in EFT

By Rhonda Goldman, PhD



We are pleased to announce a special workshop with Rhonda Goldman, one of the founders of Emotion-Focused Therapy (EFT). This workshop touches on the core of EFT: the conceptualization and gentle guidance of clients' emotional processes at a micro level.

In a tried-and-true mix of theoretical lectures, video analysis, and practicing on personal issues in small groups, participants will learn to fine-tune their case formulation skills.

When Nov. 19. - 21. 2026

Where Mathildenstr. 4,
80336 München

Time 9:00 AM – 5:00 PM
(first day start
9:30 AM –
last day ends 4 PM)

Fee 795€

Language English

More information about the training programs offered by the Institute for Emotion-Focused Therapy can be found at www.ieft.de.

We look forward to hearing from you!

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EFT therapists are often knowledgeable and aware of the various types of markers and tasks they might offer in order to help clients to access, regulate, or shift emotional processing. This includes familiar tasks such as the two-chair dialogue to transform negative self-criticism and the empty chair dialogue to resolve unfinished business with a developmentally significant other from the past. However, questions remain about which task to do when and when to switch and undertake a new or different task. For example, what if self-interruption emerges while undertaking unfinished business with a significant other? Answers to such questions are inherent in the case formulation process, that informs moment by moment clinical decision making. This workshop will discuss how case formulation is used in EFT to help therapists form a bigger picture of the client problems, and formulate what to do when, in a co-constructive process with clients. We will discuss how and why to follow particular emergent markers throughout the therapy process and how to facilitate productive therapeutic tasks. The workshop will focus on freshly recorded psychotherapy sessions to analyze and discuss how to engage and use moment by moment process diagnosis to facilitate the ongoing work of undertaking tasks through to resolution as we help clients work toward emotional transformation.

There will be opportunities for practical work in small groups, and the processes will be discussed in the context of case formulation. Finally, the workshop will address typical challenges and impasses in the EFT process.

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[Sign up now!](#)

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Rhonda N. Goldman, Ph.D.

Co-founder of Emotion-Focused Therapy



Rhonda N. Goldman studied at York University under Leslie S. Greenberg and is considered one of the co-founders of Emotion-Focused Therapy (EFT). She is currently a professor at the Illinois School of Professional Psychology.

She is the co-author of four influential books on EFT:

Case Formulation in Emotion-Focused Therapy: Co-Creating Clinical Maps for Change (2013),
Emotion-Focused Couples Therapy. The Dynamics of Emotion, Love, and Power,
Case Studies in Emotion-Focused Treatment of Depression (2007)
Learning emotion-focused therapy (2004).

She practices, teaches, and conducts research in the areas of emotional processes in psychotherapy, empathy, vulnerability, depression, and self-soothing.

In 2011, she received the Carmi Harari Early Career Award from the Society of Humanistic Psychology, a division of the American Psychological Association. She is a former president of the Society for the Exploration of Psychotherapy Integration and a co-founder and board member of the International Society for Emotion-Focused Therapy.

Rhonda Goldman conducts Emotion-Focused Therapy workshops worldwide.