

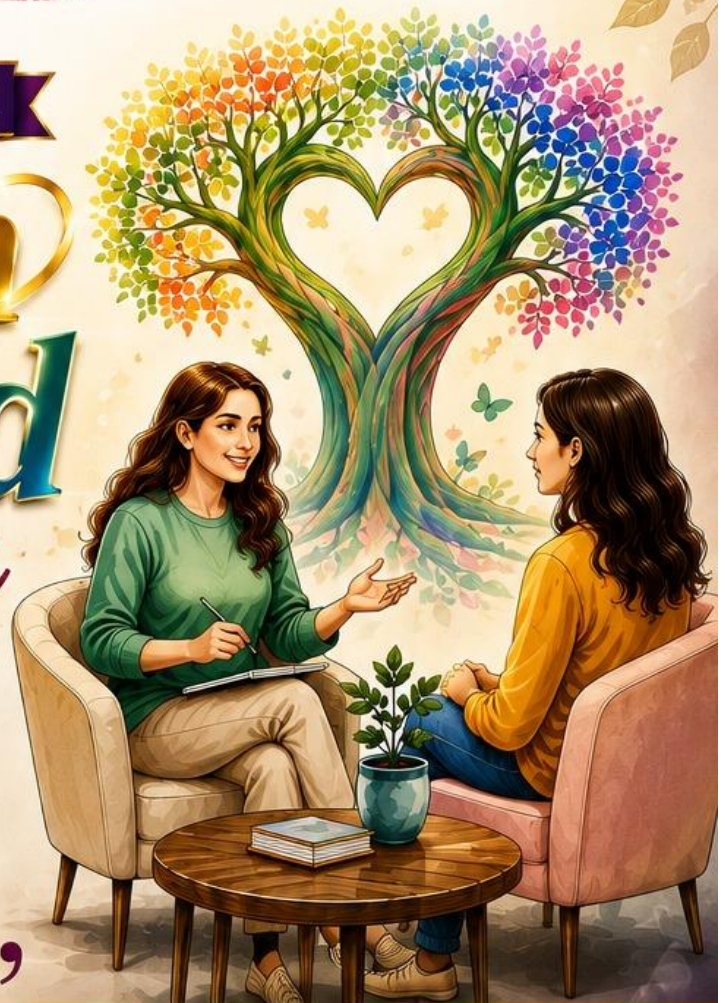


LIFE SKILLS & SCHOOL WELLNESS PROGRAM



You are cordially invited to the
Hands on Intensive Workshop on

Emotion Focused Therapy



Understanding Emotion.
Transforming Lives.

“Emotions are not the problem—
They are the pathway to healing.”

LEARN • EXPERIENCE • TRANSFORM

A comprehensive workshop designed for mental health professionals to master Emotion Focused Therapy (EFT) – an evidence-based, humanistic approach that helps clients build secure emotional connections and lasting change.



KEY HIGHLIGHTS

- Introduction to EFT Principles and Core Concepts
- Understanding Emotional Experiences & Attachment
- Empathic Responding & Therapeutic Stance
- EFT in Practice – Case Examples, Demonstrations & Role Plays
- Transforming Emotion into Growth & Resilience



DATE
26 Sept 2026 (Saturday)



TIME
9:00 AM – 4:30 PM



VENUE
Library, Moolchand Medcity,
New Delhi



WHO CAN PARTICIPATE
BA/ MA/ MPhil/PhD in
Psychology &
Allied Professionals



CERTIFICATE
Certificate of Participation
will be provided

FOR REGISTRATION

Register Directly to UPI :
manovidayindia@indianbk

GPay & Paytm No:
9999564366
(Priya Sharma)

Link for registration :

<https://forms.gle/wyH9mFbyvrRu4Xx7>

For further information you may please contact us at
9999564366, 7701979773 & 9911511728
Website : www.expressionsindia.org

Report – Emotion Focused Therapy

Emotion-Focused Therapy (EFT) is a therapeutic approach that emphasises understanding, processing, and regulating emotions to promote psychological well-being. It helps individuals recognise and explore emotional experiences and develop healthier ways of responding to them.

Dr Tanuja Bhardwaj successfully conducted an **Experiential Learning Session on Emotion-Focused Therapy (EFT) on 26th September 2026 (Saturday)**. The session focused on developing a comprehensive understanding of EFT as a therapeutic approach, with particular emphasis on the role of emotions in psychological functioning and therapeutic change. Participants were introduced to key EFT concepts, including emotional awareness, identification, exploration, and processing of emotional experiences in therapy.

The workshop witnessed active participation from undergraduate and postgraduate students, school counsellors, and learners from psychology and allied disciplines. The diverse participation provided an enriching learning environment and encouraged meaningful interaction and discussion throughout the session.

Before commencing the core components of the session, the facilitator initiated an ice-breaker activity aimed at encouraging participants to become aware of and reflect upon their present emotional state. Participants were invited to identify and understand how they were feeling at that moment and reflect on their emotions. One by one, participants shared their current emotional experiences with the group, creating an open and reflective environment for discussion. This activity provided an experiential introduction to the central principles of EFT by encouraging emotional awareness and expression in a supportive setting.

The session further highlighted the clinical relevance of understanding emotional experiences and the ways in which individuals respond to and regulate their emotions. Participants were introduced to **EFT-based therapeutic techniques aimed at exploring underlying emotional concerns, facilitating adaptive emotional responses, and promoting psychological well-being.** The experiential nature of the session encouraged participants to connect theoretical concepts with their practical application in psychological practice and develop a clearer understanding of how emotional processes can be addressed within therapy.

The workshop concluded with a comprehensive discussion on the practical applications, clinical relevance, and therapeutic considerations of Emotion-Focused Therapy (EFT). The concluding discussion emphasised the central role of emotions in shaping an individual's psychological experiences, interpersonal relationships, and patterns of coping. Participants reflected on the importance of developing emotional awareness and understanding the underlying needs associated with emotional experiences. The facilitator further highlighted how the therapeutic process in EFT involves helping individuals identify, explore, express, and process emotions in a safe and supportive therapeutic environment. Emphasis was also placed on facilitating adaptive emotional responses and supporting individuals in developing healthier ways of relating to their emotional experiences.

The concluding session also provided participants with an opportunity to reflect on the practical application of EFT principles within psychological and counselling settings. The discussion highlighted the importance of therapeutic presence, empathy, emotional attunement, and the establishment of a supportive therapeutic relationship in facilitating emotional exploration. **Participants were encouraged to consider how EFT-informed techniques can be applied while working with individuals experiencing emotional difficulties, interpersonal concerns, and challenges in emotional expression or regulation.** This discussion enabled participants to consolidate the concepts addressed throughout the workshop and develop a clearer understanding of how emotional processes can be incorporated into therapeutic practice. Certificates were awarded to the participants, marking the successful completion of the workshop and acknowledging their active participation and engagement.

Overall, the workshop provided participants with a meaningful and experiential learning experience centred on the principles and clinical applications of Emotion-Focused Therapy. The combination of introductory activities, reflective exercises, conceptual discussions, and experiential learning opportunities enabled participants to engage with the subject beyond its theoretical framework. **The initial emotional awareness activity encouraged participants to observe and articulate their present emotional experiences, providing a practical introduction to one of the fundamental principles of EFT.** This was further complemented by discussions that explored the significance of emotional awareness, emotional processing, and adaptive emotional responses within the therapeutic context.

The workshop also strengthened participants' understanding of the relationship between emotional experiences and psychological functioning. Through the various learning activities, participants were encouraged to recognise the importance of exploring emotions rather than merely managing or suppressing them. The session further enabled them to appreciate the role of the therapist in creating a safe, empathic, and non-judgmental environment where emotional experiences can be explored meaningfully. Overall, the workshop enhanced participants' conceptual and practical understanding of EFT and encouraged them to reflect on its relevance to psychological practice, counselling, and the promotion of emotional well-being.