

Emotion-Focused Therapy

MODULE 1 (IN-PERSON | CERTIFIED)

Date and Time: 4 - 6 August 2026 | 9am - 5pm daily

Venue: NTU @ One North, 11 Slim Barracks Rise, 138664

Early Bird Rate: \$1250 (sign up and pay before 6 Jun 2025)

Standard Rate: \$1350 (sign up and pay from 6 Jun 2025 onwards)

(For organization-level group discounts, In-house Workshops or Group Supervision, please enquire with catherine@caperspring.com)

Sign up:



About EFT Module 1

This intensive 3 day training offers a grand tour of this therapeutic approach. It is the first of three Modules of EFT towards certification. This Module provides an understanding of EFT Emotion Theory, and the role of emotion in human function and dysfunction. Participants receive in-depth skill training through a combination of brief lectures, video demonstrations, live modelling, case discussions and extensive supervised role-playing practice.

Learning Outcomes:

- The principles of change in EFT
- EFT emotion theory including emotion schemes
- Introduction to building therapeutic relationship
- Emotion response types
- EFT tasks and their corresponding markers
- Introduction to Focusing
- Introduction to “Two Chair” dialogue for conflict splits
- Introduction to “Unfinished Business”
- Personal Development as a EFT Therapist



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About Caper Institute

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This Course is brought to you by Caper Institute, the only training provider in Singapore appointed by the International Society of Emotion Focused Therapy (ISEFT) to conduct Certification Training for Emotion-Focused Therapy.

For information on future Caper Institute Workshops, please visit:

<https://caperspring.com/workshop-events-calendar/>

What is Emotion-Focused Therapy?

As helping professionals, we are in the business of change! Emotion-Focused Therapy (EFT) is about changing emotion with emotion. We help clients transform painful debilitating and distressing emotions into one that is adaptive. EFT is an empirically-supported treatment modality that holds emotions as centrally important in human functioning. It involves a therapeutic stance that combines person-centered “following” and neo-humanistic “guiding”, in the client’s experiential process.

About Neo Eng Chuan

Neo Eng Chuan is the founder of Caper Institute, a certified EFT practitioner, approved trainer and supervisor appointed by the International Society of Emotion-Focused Therapy. He has facilitated countless trainings and webinars alongside the co-founders of EFT. He is focused on growing the EFT community within Singapore and undertaking projects to further EFT research.

