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## Disseminating EFT practice: The Pilot Phase in the EmpoweringEFT@EU Project

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The EmpoweringEFT@EU project is a Strategic Partnership to support the dissemination, training and supervision in Emotion-Focused Therapy (EFT), funded by the Erasmus+ Agency (N.º 2020-1-PT01-KA202-078724). It gathers a team of EFT experts researchers and practitioners based in Europe. Meet them and this project here: <https://emotionfocusedtherapy.eu>

### Abstract

This presentation describes the Pilot Phase of the EmpoweringEFT@EU project. The main goal of this pilot phase is to disseminate EFT training and supervision in European countries where EFT is less outspread, such as in Portugal and Spain. For this, each EFT institute in Portugal and Spain will select eligible EFT therapists to be trained by Experts within the EmpoweringEFT@EU team and, later on, these new EFT trainers and supervisors will then support (i.e. train and supervise) other novel therapists in their countries, disseminating EFT in their local languages. An E-Platform to support EFT training, supervision and practice will support this pilot phase, and allow gathering common research data on EFT practice and supervision. These local piloting actions related to training and supervision (e.g. EFT Master Classes and clinical supervision of novice EFT therapists) will be assessed through process variables (namely, satisfaction ratings) to lead to the development of good practice guides. This will empower to develop a team of clinical supervisors and trainers to support novel therapists in their EFT practice, providing clinical supervision and EFT training in their local languages (e.g. Portuguese and Spanish). Along with allowing for disseminating EFT and research on practice and supervision, the EmpoweringEFT@EU team will also contact relevant stakeholders, such as the National Psychologists' Association, and local professional groups of psychotherapists, mental health service providers, among others, to disseminate EFT and its applicability and invite them to send their staff to new training events.

### Keywords

Emotion Focused Therapy, Psychotherapy Practice, Clinical Supervision, Psychotherapy Training, Psychotherapy Research