

***Centre for Emotion Focused Practice***

[**Carlos Schäfer**](http://emotionfocused.com.au/author/emotionfocused/)

**Emotion Focused Clinic: Melbourne Psychology & Counseling -** The Centre for Emotion Focused Practice (CEFP) has emerged out of a need and desire to create a community for both clients and practitioners where emotion focused practice is combined with the Rogerian principles of integrity, respect, authenticity and genuineness. The Centre is based in Melbourne, South Yarra where a team of psychologists and counselors are available to support you.

Process-Experiential Emotion Focused Therapy (PEEFT) or more commonly referred to as Emotion Focused Therapy (EFT) integrates experiential perspectives, cognitive science, existential thought and contemporary emotion theory.  It develops emotional intelligence, integrates experience and offers restructuring and transformation.

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## Process-Experiential Emotion Focused Therapy

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PEEFT was developed by Les Greenberg, Laura Rice and Robert Elliot in the 1980’s. The quality of the client-therapist relationship was emphasized and experiential techniques including Gendlin’s Focusing (working with the felt sense) and Perls’ Gestalt therapy (empty or two-chair work) are utilized.  It is a proven effective technique of understanding the physiological, cognitive and emotional aspects behind symptoms and resolves maladaptive emotions in the present moment.

Emotions are seen as information providers, they tell us what is important and whether things are going our way, they are efficient, automatic signaling systems that involve us identifying our wishes and needs that subsequently lead us to adaptive action. Emotions help us integrate experience by giving meaning, value and direction.

Process-Experiential Emotion-Focused practitioners work within a person-centred approach, attuning with their clients whilst being directive of process.  PEEFT is suitable for children, adolescents, adults, individuals, couples, families, schools and organizations.  It is manualised and has an expanding popularity, recognition and evidence base, including for depression. EFT is listed by the APA (and the APS) as an empirically supported treatment for depression.

The Centre provides a community of Psychologists, Social Workers, Counselors and Psychotherapists who offer face to face appointments, workshops and groups.  There is also provision of training, supervision and professional development in Emotion Focused Therapy and ongoing research, reflective practice and service evaluation.

Rooms are available for hire for individual therapy, workshops, meetings and training.

The Centre for Emotion Focused Practice is committed to ethical and professional practice standards, a safe and respectful environment for all, transparency and egalitarian governance.

# Contact

## Emotion Focused Practice: South Yarra Psychology Clinic



The centre is only 4.5 km from the CBD of Melbourne, South Yarra. The centre is within walking distance from South Yarra train station. You can also get to the centre via trams and buses. Our centre lies at the corner of Powell Street and Toorak Road (entry via Powell Street). There is ample parking in the nearby streets.

### Address

**Level 1, 102 Toorak Rd. South Yarra VIC 3141**

### To get an appointment, please call (03) 9820-5577