

Trauma Workshop

Working with Trauma & Emotional Pain: Melissa Harte's Expanded Focusing Task

November 1st & 2nd, 2025
9.30am - 5pm
AIEFT - Level 1, 16A Toorak Road
South Yarra VIC
\$632.50 (\$582.50 members)



Dr. Melissa Harte

Delivered by the Lead Trainer of the
Australian Institute of Emotion Focused Therapy, Dr. Lou Cooper.

Join our upcoming two day workshop, Working with Trauma and Emotional Pain: Melissa Harte's Expanded Focusing Task, led by Dr. Lou Cooper. The Expanded Focusing Task can have a profound impact on the lives of people living with the consequences of trauma and help them to feel empowered by their emotions and better equipped to live an enriched life. This transformative workshop, based on the work of the late Dr. Melissa Harte, is open to therapists from all backgrounds—no prior experience with Emotion Focused Therapy (EFT) required.

Learn how Dr. Harte's Expanded Focusing Task can be integrated into any therapeutic approach to create safety, transform emotional experiences, and empower clients dealing with trauma.



Dr. Lou Cooper

Lou is a Counselling Psychologist and the Lead Trainer of the Australian Institute of Emotion Focused Therapy, accredited as a practitioner and trainer by the International Society for Emotion Focused Therapy (isEFT).

