

Working with Stuckness

with

Dr Anna Oldershaw



Friday 26 & Saturday 27 June, 2026
4pm - 8pm (AEST) | Online via Zoom
\$437 (\$397 AIEFT members)

“I’m Stuck!”

Feeling stuck is a common reason people come to therapy. It can also emerge during therapy itself, when momentum slows and both client and therapist begin to feel frustrated or uncertain about how to move forward. Despite our best efforts, some clients struggle to engage with the tools and strategies we offer, resulting in limited change.

This workshop explores what it really means to feel “stuck”, how to recognise different forms of stuckness, and how to work with them more effectively. Drawing on tasks developed through the SPEAKS program, participants will gain practical EFT tools to help clients understand and loosen stuck patterns, fostering greater engagement and therapeutic movement.

Delivered in an interactive format, the workshop includes teaching, video demonstrations, experiential exercises, discussion, and detailed workbooks to support learning and application.

Dr Anna Oldershaw

Dr Anna Oldershaw is a Consultant Clinical Psychologist, researcher, and accredited isEFT Trainer and Supervisor based in the UK. Director of the Emotion Focused Therapy Institute of England, she has over 20 years’ experience in eating disorders and is co-developer of the SPEAKS therapy approach for enduring anorexia. Anna’s research interests include EFT, emotion change processes, eating disorders, and neurodivergence, and she is passionate about delivering engaging and accessible EFT training.

