

## Emotional-focused Therapy Workshop

Emotion-Focused Therapy (EFT) has evolved in recent years to have a significant impact on the field of psychotherapy. It is an empirically supported humanistic treatment that views emotions as centrally important in human functioning and therapeutic change. EFT involves a therapeutic style that combines both following and guiding the client's experiential process, emphasizing the importance of both relationship and intervention skills. It takes emotion as the fundamental datum of human experience while recognizing the importance of meaning making, and ultimately sees emotion and cognition as inextricably intertwined.

The workshop will focus on helping therapists work with and transform the problematic emotional processes that bring clients to therapy. Participants will learn how maladaptive emotional processes function in dysfunction and learn skills to help clients relieve suffering and tackle their problems. Participants will be introduced to the moment-by-moment empathic attunement skills to help them track, access, deepen, and restructure emotion. The major principles of emotional change will be discussed including awareness, expression, regulation, reflection, and restructuring. A major focus of the workshop will be on differential intervention of emotional states and the use of specific tasks designed to address different types of emotional processing problems. The concept and practice of process diagnosis will be introduced. Videotaped examples of these evidence based methods including the following major task interventions will be covered: 1) focusing for an unclear felt sense, 2) the two-chair dialogue for working with self-criticism, and 3) the empty chair dialogue for working with emotional injuries with a significant other from the past, 4) self-interruption of emotions and needs, and 5) self-soothing of dysregulated emotion. Beyond video demonstration, the workshop will be comprised of hands-on skill development through extensive supervised experiential work on personal issues.

Program Schedule: September 28<sup>th</sup>, 2018- October 2<sup>nd</sup>, 2018

September 28<sup>th</sup>-October 1<sup>st</sup> will be held by Professor Greenberg and on October 2<sup>nd</sup> Tucker Feller, a Canadian Gestalt therapist will join him to teach and answer questions from the participants together.

Educational Goals:

1. Learn to identify different types of emotional expression.
2. Learn how to intervene differentially with emotion
3. Learn when to regulate and when to access emotion.
4. Learn how to access adaptive emotions to produce change.
5. Learn to facilitate resolution of self-critical splits and unfinished business.

Leslie Greenberg, Ph.D., is Distinguished Research Professor of Psychology at York University in Toronto, Ontario. He is Director of the York University Psychotherapy Research Clinic and is the developer of Emotion Focused Therapy. He has been the senior author on the original texts on emotion-focused approaches to treatment of individuals and couples: *Facilitating Emotional Change* (1993) and *Emotionally Focused*

Couples Therapy (1988). More recent books include *Emotion-Focused Therapy: Coaching Clients to work through their Feelings* (2002), *Emotion-Focused Therapy of Depression* (2006), and *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power* (2008). Les has published extensively on research on the process of change. He received the 2004 Distinguished Research Career Award of the Society for Psychotherapy Research, an international multidisciplinary, scientific society. He is a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the Society for Psychotherapy Research (SPR). He has been awarded the Canadian Council of Professional Psychology Program Award for Excellence in Professional Training and the Canadian Psychological Association Professional Award for Distinguished Contributions to Psychology as a Profession as well as the Carl Rogers Award of the American Psychology Association's Society for Humanistic Psychology. He is on the editorial board of many psychotherapy journals, including the *Journal of Consulting and Clinical Psychology*, the *Journal of Psychotherapy Integration*, and the *Journal of Marital and Family Therapy*. He conducts a private practice for individuals and couples and trains people in emotion-focused approaches.