Emotion-Focused Therapy (EFT) is an evidence-based treatment for depression, couples distress and trauma. In the first day of this workshop you will be introduced to the principles of Emotion-Focused Therapy. The second day will be based on a new set of videotapes—Three Approaches to Psychotherapy: The Next Generation in which three leading therapists demonstrate three different approaches to working with both a female and male client.

The workshop will begin with a discussion of the role of emotion and emotional awareness in function and dysfunction. The importance of working with amygdala based emotion will be emphasized. The use of process-diagnosis to identify opportunities for intervention and different types of emotion will be discussed. Six major principles of emotional change in psychotherapy: Emotion Awareness, Expression, Regulation, Reflection, Transformation, and Corrective Experience will be discussed. Videotaped examples of evidence based, methods for evoking and dealing with emotions will be presented as well as the micro-skills of moment by moment empathic attunement to affect.

The second day will involve a demonstration and discussion of Emotion-Focused Therapy, Psycho-dynamic and Cognitive Therapy by Dr Leslie Greenberg, Dr Nancy McWilliams and Dr Judith Beck respectively. In the video tapes, the therapists will define and illustrate their individual approaches, engage in a roundtable discussion of their work. Dr Greenberg will compare and contrast the techniques and relationship styles of the three approaches.

**About the presenter**

Leslie Greenberg, Ph.D. is Distinguished Research Professor of Psychology at York University in Toronto, Ontario. He is the Director of the York University Psychotherapy Research Clinic and the Emotion-Focused Clinic. He is the major developer of an emotion-focused approach to therapy and has co-authored the major texts on emotion-focused approaches to treatment. These include Emotion in Psychotherapy (1986), Emotionally Focused Therapy for Couples (1988) and more recently Emotion-Focused Therapy: Coaching clients to work through emotions (2002), Emotion-Focused Therapy for Depression (2005) and Emotion-Focused Couples Therapy: The dynamics of emotion, love and power. He was awarded the Distinguished Research Career Award of the Society for Psychotherapy Research, the Canadian Council of Professional Psychology Association Award for Excellence in Professional Training, the Canadian Psychological Association Professional Award for distinguished contributions to psychology as a profession and the Carl Rogers Award of the Society for Humanistic Psychology. Dr. Greenberg 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 on the editorial board of many psychotherapy journals, including currently the Journal of Consulting and Clinical Psychology, Journal of Psychotherapy Integration, Journal of Constructivist Psychology, Journal of Marital and Family Therapy, Gestalt Review, Journal of Clinical Psychology.
Educational Objectives:

- Learn to identify different types of emotional expression
- Learn how to intervene differentially with emotion
- Learn how to access adaptive emotions to produce change
- Learn techniques of three different approaches
- Learn differences and commonalities of the three approaches

Workshop Outline

Day 1  
Morning  
Emotion-Focused Therapy
- Introduction to the approach
- Emotion: Theory and Research.
- Emotion Assessment  
Video Tape Demonstrations  
Break  
- Treatment Principles  
- Markers and Tasks  
Video Tape Demonstrations  
Afternoon  
Framework for Emotion–Focused Intervention  
- The bonding phase  
- The evoking and exploring phase  
- The transformation phase  
Specific Methods  
- Self Criticism and Two-chair dialogue  
- Video Tape Demonstrations  
- Unfinished business and Empty chair dialogue  
- Video Tape Demonstrations  

Day 2  
Morning  
- Video tape presentation of Emotion-Focused Therapy with a female client  
- Video tape presentation of Psychodynamic Therapy with a female client  
Afternoon  
- Video tape presentation of Cognitive Therapy with a female client  
- Brief presentation of the three approaches with a male client  
- Therapist’s video-taped roundtable discussion of the three therapies.

Comments on Greenberg’s work

1. There is no doubt that Greenberg is both a pioneer and the field’s premier investigator in the important work of applying the basic research on emotions to the process of psychotherapy... A fabulous compendium of strategies for working with emotions.” —Marsha M. Linehan, Ph.D.

2. "Immensely valuable [for] psychotherapists of all persuasions...theoretically innovative and clinically practical." —Michael J. Mahoney, Ph.D.

3. "Most psychotherapists and theories of psychotherapy recognize, in one way or another, the centrality of emotion in both psychopathology and therapeutic change. [Dr. Greenberg’s] ‘emotionally focused’ therapeutic approach [is one] that virtually all therapists will find useful.”—Morris Eagle, Ph.D.

4. "Although emotion has long been recognized as playing a significant role in the development, maintenance and change of most clinical problems, the guidelines for working with emotions therapeutically have always left something to be desired. Not so with [those of] Greenberg... [his are] lucid, jargon-free... a landmark contribution."—Marvin R. Goldfried, Ph.D.

5. "Truly outstanding work [for] every researcher and practitioner involved with psychotherapy." —David H. Barlow, Ph.D.
Workshop Detail

Who should attend: Social workers, counsellors, family therapists, psychologists, psychiatrists, nurses, family doctors, counselling teachers, mental health workers, academics and other related helping professionals (CE & CME points are pending)

Language: English

Format: Lectures, Video demonstrations and Q&A

Date & Time: 25 & 26 November, 2011 — Friday & Saturday (9:15a.m.—5:00p.m.) [Registration: 9:00a.m.—9:15a.m.]

Fee: Early Bird Rate (Before 12 October, 2011)
2 Days ($1,400)
1 Day  ($700)

Regular Rate
2 Days ($1,600)
1 Day  ($800)

Venue: Level 2, The Hong Kong Jockey Club Building for Interdisciplinary Research, 5-7 Sassoon Road, Pokfulam, Hong Kong.

Deadline for Application: 11 November, 2011

Enquiry: Ms. Kwan (Tel: 2810 1104)

Application Method

For registration, please send the application form with a crossed cheque made payable to “The Hong Kong Catholic Marriage Advisory Council” to:
The Hong Kong Catholic Marriage Advisory Council, Room 101, 1/F., Low Block, Grand Millennium Plaza, 181 Queen’s Road Central, Hong Kong. (Re.: EFT Nov 25 & 26)

Important Notes
· Applications will be accepted on a first-come-first-served basis until quota is full, and in that case applicants will be informed.
· Application will only be secured with payment.
· Confirmation of application will be issued via e-mail.
· Receipt of course fee will be issued on the first day of the course.
· A “Certificate of Attendance” will be presented to trainees with at least 80% attendance rate.
· Fees are non-refundable.

Application Form

Full Name (English) _____________________________________ (Chinese) ____________________________________

Correspondence Address: ___________________________________________________________________________

Tel. No.: (Day) ________________________________ (Mobile) _____________________________________
Fax No.: _____________________________________ E-mail:_______________________________________

Occupation: __________________________ Organization: _____________________________________________

Payment: Cheque No.: _________________ Bank: __________________________ Amount: _______________

Have you joined any course(s) organized by HKCMAC before? ☐ Yes ☐ No