



Organizer

The Hong Kong Catholic Marriage Advisory Council

One-day Workshop

**"Organising awareness and increasing emotion regulation—
Emotion-focused therapy chair work for clients with emotion difficulties"**

Conducted by Alberta Pos, PhD, C.Psych.

8 December, 2012 Saturday

9:30a.m.—5:15p.m.

Introduction and workshop content

Clients with borderline personality disorder (BPD), substance abuse, trauma and extreme avoidance often suffer from self-criticism and self-interruption. This suggests to the Emotion-focused therapy (EFT) therapist that by employing two-chair EFT interventions they can resolve these clients self-conflicts. Chair work can be an important and effective mode of intervention for these populations for resolving these client difficulties with which they struggle—but only if engaged in effectively. When effective chair work can in fact potentially provide structure to a client's experience of self, stimulate their meta-cognitive awareness, provide an alive experience of the process of polarization and avoidance, attenuate emotional activation, and increase clients' experience of self-coherence. However, clients prone to emotional dysregulation and avoidance as well as unstable and fluctuating self-states present special challenges to the therapist who engages these clients in two-chair or other evocative EFT interventions.

The main difficulty in engaging in active intervention for these clients is that they may find 'treatment as usual' (TAU) manualizations of EFT chair work intervention self-disorganizing and therefore emotionally dysregulating. This can occur even if the therapist provides a highly attuned, validating and accepting empathic relationship. Therefore, active chair work interventions with more difficult clients requires that the therapist be particularly aware of clients capacity for reflection and the role this capacity plays in emotion regulation and readiness for change.

This workshop will provide participants with a basic framework and guidelines for understanding important markers that more difficult clients provide concerning their capacity to productively engage in chair work. Markers of readiness to engage in chair work will be outlined. Participants will also be instructed in how to intervene with clients who have not provided readiness markers. They will be introduced and be made aware of basic principles derived from EFT for couples (EFT-C) that can support systemic pre-chair work that therapists can engage in to lay the ground for productive chair work in the future. Participants will also be instructed in and learn general principles for scaffolding the development of clients' self-reflection. In addition, participants will learn relationship and experiential strategies that can attenuate unproductive emotional arousal when engaging in more active and emotionally arousing interventions with these difficult clients.

Learning Objectives

- Participants will be able to distinguish on a theoretical level the resilience of the client that EFT case formulation assumes before engaging in active EFT interventions.
- Participants will learn markers of client readiness to engaging in EFT two-chair work.
- Participants will learn the concept of ‘hot emotion coaching’ and how and when to engage in explicit psycho-education on emotion regulation and case formulation with clients.
- Participants will learn principles of Emotion-focused therapy for couples, in particular how articulating and identifying maladaptive cycles of emotional activation that occur between two parts of the self (just like between two persons in the couple). They will also learn how this formulation can be productively used in session to help a difficult client begin to understand and reflect on their internal conflicts as well as build willingness to engage in chair work.
- Participants will learn elements and importance of dialectic empathic reflection.
- Participants will learn the importance of therapists’ capacity for surrogate symbolizing and modeling.

About the Presenter

Dr. Alberta Pos is presently an Associate Professor on the Clinical Psychology Faculty, Adult Clinical stream, in the Department of Psychology at York University in Toronto where she has been training and supervising doctoral students in EFT and local professionals for several years. She has been involved in training EFT therapists with Dr. Leslie Greenberg for over 15 years, and has independently run multi-day international trainings in China and Canada. She is a recognized supervisor for training EFT therapists internationally as well. During her training years Dr. Pos participated as a therapist in several research trials on EFT, including EFT RCTs for depression, and for emotional injury for both individuals and couples.

Dr. Pos is presently engaged in a number of funded research initiatives to study the process of change in EFT, with a particular focus on individual differences in clients’ engagement in EFT’s key processes such as empathy, alliance and emotional processing. Dr. Pos has also published several papers on EFT and emotional processing one of which resulted in her being awarded the New Researcher Award from the Society for the Exploration of Psychotherapy Integration in 2011. She is now an active steering committee member for this organization. Having also been trained in CBT and Dialectical Behavior Therapy for borderline personality disorder, Dr. Pos is now working on applying and adapting EFT for more complex populations such as personality disorders, particularly borderline and narcissistic personality disorders. A further recent interest is in how to do productive chair-work with populations vulnerable to emotional dys-regulation. Even more recently Dr. Pos has been collaborating with Dr. Greenberg and the Breuninger Foundation in developing an intervention for increasing emotional competence in female leaders. She is a recent recipient of a York Catalyst Award to support this new line of research.

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Date :	8 December, 2012 Saturday
Time:	9:30a.m.—5:15p.m. [Registration begins at 9:15a.m.]
Venue:	Conference Room, 5/F., Holy Cross Church Centre, 72 Yiu Hing Road, Sai Wan Ho, Hong Kong
Format:	Lectures, case illustrations, video demonstrations, and discussion
Language:	English
Who should attend:	Social workers, psychologists, counsellors, family therapists, psychiatrists, nurses, family doctors, counselling teachers, mental health workers, academics and other related helping professionals (<i>CE points are pending</i>)
Fee:	\$700 Early bird registration on or before 12 November, 2012; \$800 Regular Rate
Deadline for application:	26 November, 2012
Enquiry:	Mr. Eric Li (Tel: 2810 1104) or eft@cmac.org.hk

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 Workshop on 8 December, 2012*)

Important Notes

- Applications will be accepted on a first-come-first-served basis until quota is full.
- Application fee payment is non-refundable, and registration is non-transferable.
- A "Certificate of Attendance" will be presented to participants with at least 80% attendance rate.
- If either a Typhoon No. 8 (or higher) or a Rainstorm Black Warning Signal is hoisted or in force at or after 6:15a.m, the morning session of the workshop will be cancelled automatically. Similarly, if either of the signals is hoisted or in force at or after 11:00 am, the afternoon session of the workshop will also be cancelled.

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Application Form

Full Name

(English) _____ (Chinese) _____

Correspondence Address:

Tel. No.: (Day) _____ (Mobile) _____

Fax No.: _____ E-mail: _____

Occupation: _____ Organization: _____

Payment: Cheque No.: _____ Bank: _____ Amount: _____

For official use only:

Receipt no. _____ *Staff:* _____ *Date:* _____

Remarks: _____