The Hong Kong Catholic Marriage Advisory Council

presents

2014 Conference on

Emotion-Focused Therapy:
Ten Years in Hong Kong

25 & 26 April 2014

and

Pre-Conference Workshop

Emotion-Focused Therapy: Fundamentals and Practice

22 April 2014

Venue of Conference
The Auditorium,
9/F., the Hong Kong Federation of Youth Groups Building,
21 Pak Fuk Road, North Point, Hong Kong

Venue of Pre-Conference
The Auditorium,
1/F., Christian Family Service Centre,
3 Tsui Ping Road, Kwun Tong, Kowloon.

Language

The Conference is conducted in English

The Pre-Conference is conducted in Cantonese
**Introduction**

Emotion-Focused Therapy (EFT) is based on the findings that have now garnered ample empirical evidence that emotions influence thought and behavior, which is contrary to the view that the best way to change emotions is by changing thoughts. EFT proposes that the best way to achieve enduring change in cognition, behavior and interaction is by changing emotion with emotion. EFT has developed methods based on over 30 years of research on how people change in therapy to help people become aware of, express and regulate emotion in order to better tolerate and utilize its offerings, reflect on emotion to make sense of it, and transform it by both accessing alternate opposing emotion and having corrective emotional experiences.

The practice of Emotion-Focused Therapy is grounded in its neo-humanistic perspective, its basis in research, its person-centered but process-guiding relational stance, its therapist exploratory response style, and its marker-guided task strategy. EFT is now recognized as evidence based treatments for depression, for couple conflict and there is also growing evidence of its effectiveness for trauma, interpersonal problems and eating disorders.

The Hong Kong Catholic Marriage Advisory Council, in co-operation with the Emotion-Focused Therapy Clinic of York University (www.emotionfocusedclinic.org), has actively organized workshops and training programs in Emotion-Focused Therapy in Hong Kong since 2004. Over the past decade, the EFT approach has been widely discussed and increasingly adopted by social workers, counselors, psychologists, and mental health practitioners in different clinical settings. The 2014 Conference on Emotion-Focused Therapy: Ten Years in Hong Kong aims at providing a valuable platform for clinicians to keep abreast of the application of Emotion-Focused Therapy and to consolidate our experience and expertise in working with different people.

**Objectives**

1. To promote awareness of the importance of working with emotions
2. To enhance effectiveness of local practitioners in working with people in different settings with the application of Emotion-Focused Therapy
3. To encourage networking for local practitioners
Organizer

The Hong Kong Catholic Marriage Advisory Council (www.cmac.org.hk) is a non-governmental organization established in 1965. The aim of HKCMAC is to provide professional services for the promotion of happy marriages and responsible parenthood. The HKCMAC has been providing counseling service for individuals, couples and families for nearly 50 years. Over the past few decades, HKCMAC has been actively involved in the provision of professional training in the field of social work and family mediation.
# Program Schedule

## Day 1
25 April 2014 (Friday)

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<tr>
<td>9:00 – 9:30am</td>
<td>Registration</td>
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| 9:45 – 11:00am | **Theory of Practice: Changing Emotion with Emotion**        
                           Leslie S. Greenberg, PhD |
| 11:15 – 12:30pm | **EFT for Social Anxiety: Theory, Research & Practice**  
                           Robert Elliott, PhD |
| 12:30 – 2:00pm | Lunch                                                                   |
| 2:00 – 3:15pm | **Empathy, Empathic Attunement and Alliance**                         
                           Alberta E. Pos, PhD |
| 3:45 – 5:15pm | **Working with Anxiety Difficulties in EFT**     
                           Robert Elliott, PhD |
|             | **Self-Criticism and Personality Disorders**                          
                           Alberta E. Pos, PhD |
|             | **Allowing Emotional Pain and Accessing Self-soothing**               
                           Sandra C. Paivio, PhD |
|             | **Emotion-Focused Therapy for Couples**                                
                           Rhonda N. Goldman, PhD |
Day 2  
26 April 2014 (Saturday)

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<td>9:00 – 9:30am</td>
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| 9:45 – 11:00am| **EFT for Complex Post-Traumatic Stress (EFTT)**  
Sandra C. Paivio, PhD |
| 11:15 – 12:30pm| **Emotion-Focused Therapy for Couples**  
Rhonda N. Goldman, PhD |
| 12:30 – 2:00pm| Lunch                                                                   |
| 2:00 – 3:30pm | Leslie S. Greenberg, PhD  
Changing Emotion with Emotion |
|               | Robert Elliot, PhD  
Working with Anxiety Difficulties in EFT |
|               | Alberta E. Pos, PhD  
Self-Criticism and Personality Disorders |
|               | Sandra C. Paivio, PhD  
Allowing Emotional Pain and Accessing Self-soothing |
|               | Rhonda N. Goldman, PhD  
Emotion-Focused Therapy for Couples |
| 4:00 – 5:00pm | **Open Forum** (All Speakers)                                          |
| 5:00 – 5:15pm | Closing                                                                 |
Dr. Leslie S. Greenberg is Distinguished Research Professor Emeritus of Psychology at York University in Toronto, Canada. He is the past Director of the York University Psychotherapy Research Clinic, and is the Director of Emotion-Focused Therapy Clinic. He is also 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*, and *Journal of Clinical Psychology*.

Dr. Greenberg 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, the American Psychological Association Distinguished Professional Contribution to Applied Research Award and the Carl Rogers Award of the Society for Humanistic Psychology.

*Speakers are introduced according to the chronological order of presentation.*
Robert Elliott, PhD

Dr. Robert Elliott is Professor of Counselling in the Counselling Unit at the University of Strathclyde, Glasgow, Scotland. He received his Ph.D. in Clinical Psychology from UCLA in 1978. He taught at the University of Toledo 1978-2006, where he is now Professor Emeritus of Psychology. He has also held visiting faculty positions as KatholiekeUniversiteit Leuven (Belgium), York University (Canada), University of Sheffield (UK), and La Trobe University (Australia). He served as President of the Society for Psychotherapy Research (2000-2001) and as co-editor of the journal *Psychotherapy Research* (1994-1998). He is co-author of *Facilitating Emotional Change* (1993, with Leslie Greenberg and Laura Rice), *Learning Process-Experiential Psychotherapy* (2004, with Jeanne Watson, Rhonda Goldman, and Leslie Greenberg), and *Research Methods in Clinical Psychology* (2nd ed., with Chris Barker & Nancy Pistrang), as well as more than 100 journal articles and book chapters. He was founding editor of the journal, *Person-Centered and Experiential Psychotherapies*. He is a Fellow in the Divisions of Psychotherapy and Humanistic Psychology of the American Psychological Association. In 2008, he was the recipient of the Carl Rogers Award, from the Division of Humanistic Psychology, American Psychological Association (for contributions to humanistic psychology), and the Distinguished Career Award, from Society for Psychotherapy Research.

*Speakers are introduced according to the chronological order of presentation.*
Keynote Speaker*

Alberta E. Pos, PhD

Dr. Alberta E. 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 avoidant PDs. 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 recipient of a York Catalyst Award to support this new line of research.

*Speakers are introduced according to the chronological order of presentation.
Keynote Speaker*

Sandra C. Paivio, PhD

Dr. Sandra C. Paivio is Professor in the Psychology Department, Director of the Psychotherapy Research Centre at the University of Winsor, and has 20 years of clinical experience. She is one of the developers of emotion-focused therapy, particularly applied to complex trauma (EFTT), and has conducted clinical trials evaluating the efficacy of and processes of change in EFTT. She is author of numerous publications on trauma and psychotherapy, including co-author (1997, with Les Greenberg) of Working with Emotions in Psychotherapy, author (2010, with Antonio Pascual-Leone) of Emotion-focused Therapy for Complex Trauma, and author (with Lynne Angus) of a forthcoming book on Narrative Processes in Emotion-Focused Therapy for Trauma. Dr. Paivio has presented numerous workshops nationally and internationally and provided intensive graduate student and professional training in EFT and EFT specifically for trauma. She also is an invited member of the American Psychological Association (Division 56) working group developing best practice guidelines for complex trauma.

*Speakers are introduced according to the chronological order of presentation.
Keynote Speaker*

Rhonda N. Goldman, PhD

Dr. Rhonda N. Goldman is a professor of Clinical Psychology at the Illinois School of Professional Psychology at Argosy University, Schaumburg Campus. She is also an affiliate therapist at the Family Institute at Northwestern University in Evanston with over 20 years of clinical experience working with both couples and individuals. She is also the president of the Emotion-Focused Therapy Institute in Chicago.

She has co-authored three texts on Emotion-Focused Therapy including *Leaning Emotion-Focused Therapy* (2003), *Case Studies in Emotion-Focused Treatment of Depression* (2007), and *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power* (2008). She is currently writing a book on a new text entitled *Case formulation in Emotion-Focused Therapy* to be published by APA. She practices, teaches, and conducts research on emotional processes and outcomes in emotion-focused therapy and has written journal articles and book chapters on empathy, vulnerability, depression, and emotion. She currently sits on the editorial review boards of the journals *Psychotherapy Research* and *Person-centered and Experiential Psychotherapies*. She is the recent recipient (2011) of the Carmi Harari Early Career Award from Division 32, the Society of Humanistic Psychology of the American Psychological Association. Most recently, she is co-founder of the Emotion-Focused Therapy Institute of Chicago.

*Speakers are introduced according to the chronological order of presentation.*
Keynote Speech

Theory of Practice: Changing Emotion with Emotion
by Leslie S. Greenberg, PhD

An overview of the theory of practice will be presented. This will include 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 with an emphasis on how to change emotion.

Case formulation and marker guided intervention will be described. The goal of case formulation is to help expediently create a focus for the therapy that actively engages clients in their own healing. A focus on the core, underlying emotion schemes that drives the presenting problems aids both the therapist and client to be able to work productively and help clients meet the goals that brought them to therapy.

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.
EFT for Social Anxiety: Theory, Research & Practice
by Robert Elliott, PhD

Social Anxiety is common in clinical populations and is a clinically and theoretically important recent focus for Emotion-Focused Therapy. First, I summarize EFT theoretical views on social anxiety, including primary maladaptive shame and fear, behavioral and emotional avoidance/self-interruption, anxiety and self-criticism splits, emotion-regulation difficulties, and unfinished business stemming from early experiences of rejection, neglect, abuse or bullying by significant others. Second, I report the results of a meta-analysis of 19 outcome studies of humanistic-experiential therapies for range of anxiety difficulties, showing large amounts of pre-post change but disappointing poor results when compared to CBT. I then summarize highly promising results from a recent study comparing EFT to person-centered therapy for social anxiety, which points to the possibility of developing more effective humanistic approaches for social anxiety. Finally, using the results of this study, I describe a general therapeutic approach for working with this client group, including: (a) strong, genuinely accepting and empathic relationship; (b) exploratory work for accessing, deepening, and symbolizing emotional experiences related to social anxiety; (c) narrative work for developing a coherent account of the social anxiety in the person’s life; and (d) within-session enactments (chair work) of internal self-critical and social anxiety processes, plus unresolved painful relationships connected with social anxiety, and (e) within-session enactments of self-soothing processes (self-compassion).
Empathy, Empathic Attunement and Alliance
by Alberta E. Pos, PhD

Long considered a robust predictor of outcome across a number of therapy approaches, the therapy alliance is defined trans-theoretically as being composed of feelings of bonded connection to the therapist as well as agreement on tasks and goals of therapy. While tasks and goals of therapy may differ across different therapy models, from an EFT perspective the therapist’s primary and constant directive is to maintain empathic attunement with the client. This attunement has the potential to provide the client with both a new interpersonal experience, as well the safe environment within which clients can turn inward and engage in the core change process of emotional processing. This talk will present core theoretical, developmental, neurobiological and process research findings concerning the essential role that empathy plays in the therapy process. Current process measures of, and research concerning, empathy as a common factor of therapy will also be discussed. Evidence validating the importance of empathy in first sessions of EFT will also be examined. Practical considerations and guidelines for the provision of effective empathic attunement that will lead to optimal emotional activation and transformation of emotion schemes throughout the therapy path will be offered. Both fundamental empathic skills as well as pragmatic considerations for the provision of empathy to more difficult client populations will also be discussed.
EFT for Complex Post-traumatic Stress (EFTT)  
by Sandra C. Paivio, PhD

Complex PTSD stemming from childhood abuse results in a constellation of disturbances and disrupted affective processes is at the core of this constellation. These include chronic feelings of fear, shame, and worthlessness, unresolved sadness and anger at perpetrators (attachment figures), and difficulties regulating these emotions (under-regulation and avoidance/over-control). EFTT (Paivio & Pascual-Leone, 2010) is a short-term evidence-based approach that posits emotional processing of trauma feelings and memories as a mechanism of change. EFTT uniquely emphasizes accessing previously inhibited adaptive emotion (anger at violation, sadness at loss) and associated meaning to help transform maladaptive fear and shame. EFTT is based on an empirically-verified model that specifies steps in the process of resolving attachment injuries (Greenberg &Foerster, 1997). Primary re-experiencing procedures in EFTT are imaginal confrontation (IC) of perpetrators in an empty chair or empathic exploration (EE) of trauma material in interaction with the therapist. Both of these procedures involve exposure and interpersonal processes. EFTT consists of four phases – cultivating the alliance, reducing fear and shame, resolving attachment injuries through anger and sadness, and termination.
Emotion-Focused Therapy for Couples
by Rhonda N. Goldman, PhD

The theory of EFT-C (Greenberg & Goldman, 2008) posits three dynamic systems that form the basis of couple relationships. They include the core fundamental processes that lay at the heart of couples conflicts: fears of loss of security and attachment, struggles for the validation of identity, and the attraction and liking system which is seen as both bringing couples together and sustaining relationships. The EFT-C model is a 5-stage, 14-step model that intricately describes how to help couples work through core conflicts and change entrenched maladaptive cycles that drive the problems couples bring to therapy. EFT-C helps couples develop new, healthier cycles that promote bonding and closeness. Emotion-Focused Therapy can be particularly helpful for couples working through emotional injuries resulting from betrayal, or violations sustained in the course of the relationship (i.e., extra-marital affairs) (Greenberg, Malcolm & Warwar, 2008; Woldarsky-Meneses & Greenberg, 2010). More recently, EFT-C has also been developed to help individual partners within couples develop the capacity for self-soothing (Goldman & Greenberg, 2012; Goldman & Greenberg, 2010) which is seen as particularly helpful for sustaining long-term, healthy relationships.
Workshops

Changing Emotion with Emotion (*only conducted on Day 2*)
by Leslie S. Greenberg, PhD

Methods for changing emotion with emotion will be discussed based on the principles of emotional change. Participants will be presented with detailed guidelines, clinical examples, and empirical support for working with emotions. Participants will also be guided through skill training exercise to practice some of the principles.

Objectives:
1. To learn to identify different types of emotional expression
2. To learn how to intervene differentially with emotion
3. To learn how to access adaptive emotions to produce change
4. To learn skills of changing emotion with emotion
Working with Anxiety Difficulties in EFT
by Robert Elliott, PhD

This hands-out workshop on EFT for anxiety difficulties will focus on practical application and skill practice. After an overview of types of anxiety difficulty and humanistic theories of anxiety difficulties, I will emphasize two key tasks in working with this client population: two-chair dialogue for anxiety splits and self-soothing for anguish brought on by chronic anxiety difficulties.

Objectives:
1. To develop an understanding of key theoretical concepts in EFT for anxiety
2. To develop skills for applying two-chair work to anxiety splits
3. To develop skills for facilitating self-soothing for emotional pain/anguish
Self-Criticism and Personality Disorders
by Alberta E. Pos, PhD

Clients with borderline and avoidant personality disorders exhibit extreme avoidance and often suffer from self-criticism and self-interruption. These are markers to the EFT therapist for employing two-chair EFT interventions to resolve these self-conflicts. Chair-work can be an important and effective mode of intervention for these populations but only if engaged in effectively. When effective, two-chairwork can structure to a client’s experience of self, stimulate their meta-cognitive awareness, provide an alive experiences of the processes of polarization and avoidance, attenuate emotional activation, and increase clients’ experience of self-coherence. However, clients prone to interpersonal maladaptive cycle (the sin qua non of PDs) often struggle to benefit from, and can have problematic ‘stuck points’ during two-chair interventions due to emotional dysregulation, avoidance, and fluctuating self-states. As such these clients present special challenges to the therapist who engages these clients in two-chair or other evocative EFT interventions. This workshop will discuss how clients with PDs such as BPD and AVPD often respond to ‘treatment as usual’ (TAU) manualizations of EFT two-chair intervention in unexpected ways requiring the therapist consider additional helpful strategies. This workshop will provide you 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. They will be introduced and be made aware of basic principles derived from EFT for couples (EFT-C) can support systemic pre-chair work for the client with BPD who requires emotional scaffolding, or support working through the multiple levels of avoidant coping in the client with AVPD. Participants will also be instructed in and learn general principles for scaffolding the development of clients’ self-reflection and emotion regulation.

Objectives:
1. 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 depends.
2. Participants will learn markers of client readiness to engaging in EFT two-chair work.
3. Clients will be introduced to a hierarchical series of two-chairwork interventions often evidenced when working with AVPD.
Allowing Emotional Pain and Accessing Self-soothing
by Sandra C. Paivio, PhD

Fear and avoidance of painful trauma feelings and memories is a major obstacle to emotional processing and resolving traumatic experiences. In order for clients to re-experience this painful material they must have the internal resources needed to regulate intense emotion and explore meaning. This workshop will present and illustrate the EFTT approach to helping clients reduce experiential avoidance and allow emotional pain stemming from child abuse trauma, and access self-soothing resources. The workshop will present video examples of EFTT with two clients who illustrate different degrees of avoidance and awareness of internal experience.

Objective:
To illustrate EFTT work with clients with differing degrees of experiential avoidance and access to self-soothing resources.
Emotion-Focused Therapy for Couples  
by Rhonda N. Goldman, PhD

At the core of the conflicts that couples tell us about in therapy is a great deal of pain. Emotion-focused therapists quickly form an empathic working alliance with couples and begin to work to identify the core negative, maladaptive interactional cycles that are driving painful conflicts. This workshop will address how to diagnose negative cycles that are seen as driving conflict and problems. It will teach participants to facilitate the construction of new, healthier cycles that are associated with emotional bonding and increased marital satisfaction. The workshop will also address how to help couples heal from emotional injuries as well as how to help individuals within couples develop self-soothing. Videotapes of case examples will be used.

Objectives:
1. To identify and explicate the steps of EFT for couples.
2. To help therapists identify core negative maladaptive cycles in therapy.
3. To delineate attachment and identity processes.
4. To explicate the process of self-soothing in couples therapy.
Recommended Publications** by the Speakers


This book is a comprehensive student-oriented introduction and overview of EFT focusing on clear presentation of theory and practice and a wide range of therapeutic tasks and applications. It describes in detail the various tasks and techniques of this theoretically grounded, empirically supported, and integrative humanistic therapy, while emphasizing the importance of the therapeutic relationship. Each major aspect of theory, case formulation, treatment, and research, as well as the nuances of learning and teaching this complex form of therapy are addressed.

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This forth-coming new book lays out a map to guide EFT clinicians through the process of EFT. Case formulation begins with forming a therapeutic relationship with clients and moves toward searching for the core pain, analyzing the nature of emotional processing, working with the core maladaptive emotions, formulating markers, and working with tasks through to resolution. Multiple clinical examples illustrate the method.

This book offers therapists an exciting new approach to helping clients live in harmony with head and heart. It is proposed that, rather than controlling or avoiding emotions, clients can learn from their own bodily reactions and begin to act sensibly on them. Expressing emotion in ways that are appropriate to context is a highly complex skill, and one that is rarely taught. This book provides an empirically supported model of training clients to attain emotional wisdom.


This book provides an introduction to the theory, history, research, and practice of Emotion-Focused Therapy. It is a complete theory of human functioning based on the adaptive role of emotion and on a therapy practice founded on the idea that emotional change is central to enduring change.

This therapy emphasized the awareness, acceptance, understanding, and transformation of emotion, and proposes that emotions themselves have an adaptive potential that, if activated, can help clients to change. Emotion-focused therapists help clients to experience their emotions in the safe setting of therapy so that, rather than avoiding or controlling their feelings, clients learn to use them as a guide to what is important or necessary in their lives.

This book lays out the five-stage, 14-step model of Emotion-Focused Couples Therapy. Basics of the theory are presented including a description of the fundamental couples systems of attachment, identity, and attraction/liking. In addition to theory, specific chapters provide clinicians with a hands-on description of the interventions involved in EFT-C. Further chapters are devoted to working with specific emotions including shame, anger, sadness, and fear.


This book presents the theory of emotion, emotional change processes, and intervention principles of emotion-focused therapy (EFT), as well as chapters illustrating EFT intervention (transcriptions of therapy sessions with numerous clients) with the basic emotions of fear, shame, anger, and sadness.

This book is a classical overview of sources and original tasks of EFT. The first two sections introduce the process experiential approach to treatment. Exploring the interrelationships among emotion, cognition, and change, the authors develop a powerful clinically relevant theory of human functioning. The third section, a detailed treatment manual, outlines the general principles and methods of therapy and provides step-by-step directions for six specific types of interventions. Excerpts from actual transcripts exemplify the various methods, illuminating the moment-by-moment process for both the client and the therapist.


This book describes the long-term effects of complex child abuse trauma and the EFT model of therapy applied specifically to dealing with these client issues. The book covers EFT and trauma theory, the model and principles of change, and examples (transcriptions of therapy sessions) of therapeutic work during the different phases of therapy.


**Publications are presented according to the alphabetical order of the first author.**
## Pre-Conference Workshop

### Emotion-Focused Therapy: Fundamentals and Practice

#### Program Schedule

22 April 2014 (Tuesday)

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<tr>
<td>9:15 – 9:30am</td>
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| 9:30 – 10:30am | Introduction to Emotion-Focused Therapy  
Maggie Wai Ling Poon, PsyD |
| 10:40 – 11:40am | Practicing Emotion-Focused Therapy (Individual)  
in Local Elderly Service  
Ms Elsie Lam |
| 11:50 – 12:50pm | Applying Emotion-Focused Therapy in Young Adult—  
The Arriving and the Leaving  
Mrs. Selina Leung |
| 12:50 – 2:10pm | Lunch                                                                                     |
| 2:10 – 3:10pm | Emotion-Focused Couples Therapy—  
Working with Emotions in Couples with Affairs  
Mr. Jay Tse |
| 3:20 – 4:20pm | EFT and Parenting Education –  
Being A Emotion Coach for Child Development  
Mrs. Maria Kong |
| 4:30 – 5:00pm | Open Forum  
(All Presenters) |
Pre-Conference Workshop

Emotion-Focused Therapy: Fundamentals and Practice

22 April 2014

Presenters*

Maggie Wai Ling Poon, PsyD

Dr. Maggie Poon is a clinical psychologist and registered social worker. She obtained her Doctor in Psychology (Clinical Psychology) from the University of Hong Kong. She is also a certified Intermediate Level Practitioner in Emotion-Focused Therapy (Individual Therapy). Dr. Poon is now working in a government agency. Apart from providing psychological assessment and treatment, she is a field supervisor for clinical psychologist-in-training for the University of Hong Kong and the Chinese University of Hong Kong. She also conducts training for mental health professionals (e.g. psychologists, social workers and nurses) on topics like counselling, positive psychology, trauma treatment and custody evaluation. She has published books and articles on positive psychology and psychological treatment for trauma patients.

Ms Elsie Lam

Ms Elsie Lam is a Registered Social Worker, Certified Emotion-Focused Therapist (Individual Therapy), Training Facilitator (Individual Therapy), Intermediate Level Practitioner in Emotion-Focused Couple Therapy. She has been trained and supervised under Professor Greenberg since 2007.

Ms Lam took Gerontology as her elective subject during her university study. After graduated, she worked as a caseworker in the Pelletier Hall. She was the first full-time Chinese counsellor in the ‘Resource’ (which was formerly known as’ Marriage and Personal Counselling Service). Then, she worked as Part-time Fieldwork Instructor in the Hong Kong Polytechnic University and the City University of Hong Kong for more than 20 years. During this period, she supervised social work placement students in various elderly settings and organizations in Hong Kong.
Ms Lam is currently working in private practice. She established Elsie Lam Counselling Centre in 2006 and applied Emotion-Focused Therapy as her core therapeutic approach in working with different Chinese population including the elderly people. During these years, she conducted various clinical supervisions and staff development programs in EFT for various local social service organizations on elderly service, youth service, family service and rehabilitative service.

**Mrs. Selina Leung**

Mrs. Selina Leung is a Registered Counselling Psychologist of HKPS, a Certified Counsellor and Approved Supervisor of HKPCA, a Certified Emotion-Focused Therapist (Individual Therapy), EFT Training Facilitator (Individual Therapy) and EFT Couple Therapy Facilitator-in-Training in Toronto, Canada. Besides in Hong Kong, Mrs. Leung also assisted in EFT facilitation with Professor Leslie Greenberg in China. She has been trained and supervised under Professor Greenberg since 2007.

Mrs. Leung earned her BSc in psychology at the University of Toronto, Canada and MTS at Tyndale University College and Seminary (previously known as Ontario Theological Seminary), Canada. After graduated, she worked at different social service agencies for seven years in Canada. Mrs. Leung had worked as a Senior Student Counsellor at the Chinese University of Hong Kong for the past 21 years and she is currently in private practice.

**Mr. Jay Tse**

Mr. Jay Tse is a marriage and family therapist at The Hong Kong Catholic Marriage Advisory Council. He earned a Master of Family Therapy degree and completed two-year training in Gestalt Therapy at Southern Connecticut State University, New Haven, Connecticut, United States. He is a Clinical Fellow and Approved Supervisor of the American Association for Marriage and Family Therapy. Also, he is a Certified Sex Therapist (HKASERT), an Accredited Family Mediator and Family Mediation Supervisor. In addition to his clinical practice, he has contributed to training workshops, seminars, and fieldwork supervision for social service agencies and social work students in recent years.
Mr. Jay Tse has been trained in Emotion-Focused Therapy with Professor Leslie Greenberg since 2004. He completed the Level II Skills Training of the Emotion Focused Therapy Institute in Toronto, Canada. He is an EFT Training Facilitator (Individual Therapy & Couple Therapy) and an Emotion-Focused Therapist (Couple Therapy) certified by the EFT Clinic, York University, Toronto, Canada & the HKCMAC. He has been a facilitator involving in group supervision and skills coaching in the Training Programs in EFT since 2007.

Mrs. Maria Kong

Mrs. Maria Kong is an experienced marriage and family counselor in the social work and counseling field in Hong Kong. She worked for the HKCMAC for over 25 years. In her professional work, she was actively being a pioneer member promoting various services, namely Marriage Counseling, Family Life Education, Family Mediation, FOCCUS and Sex Therapy in the HKCMAC.

Mrs. Kong has been practicing EFT directly under the supervision of Professor Leslie Greenberg since 2002. She has completed EFT Level I, Level II & Level III and Couple Work Skills Training at the Emotion-Focused Institute in Toronto, Canada. She is an EFT Trainer (Individual Therapy & Couple Therapy), an EFT Supervisor, an EFT Training Facilitator and an EFT Therapist (Couple Therapy) certified by the EFT Clinic, York University in Toronto, Canada and the HKCMAC since 2007.

Mrs. Maria Kong is an Accredited Family Mediator and Family Mediation Supervisor (HKIAC) and a FOCCUS Trainer and Facilitator (FOCCUS Inc. USA). She was an executive member of the Hong Kong Professional Counseling Association. She has delivered training programs, seminars and fieldwork supervision for various social service agencies, social work and counseling students of various post-graduate programs.

Mrs. Kong is a Registered Social Worker (RSW) and currently a private practitioner. She received her Master of Social Work from the Chinese University of Hong Kong.

*Presenters are introduced according to the chronological order of presentation.*
Pre-Conference Workshop

Emotion-Focused Therapy: Fundamentals and Practice

22 April 2014

Presentations

**Introduction to Emotion-Focused Therapy**
by Maggie Wai Ling Poon, PsyD

This presentation will start with an emotion theory, including the functions and types of emotion. Key principles of Emotion-Focused Therapy such as emotion awareness, emotion expression, and emotion regulation together with basic concepts of marker-guided intervention will be introduced.

**Practicing Emotion-Focused Therapy (Individual) in Local Elderly Service**
by Ms Elsie Lam

This presentation will focus on the practice of EFT in local elderly service. Various emotions in aging will be touched on and the role of emotion regulation in affecting the fulfillment of developmental tasks (integrity vs. despair) will be reflected. The important role of an empathically attuned relationship in the helping process will be shared. The flexible application of various tasks (chair-work, Systematic Evocative Unfolding, etc) of EFT in working with Chinese elderly people will be covered through case illustration. Finally, the difficulties and limitations of applying EFT in local elderly service will be shared.

**Applying Emotion-Focused Therapy in Young Adult—The Arriving and the Leaving**
by Mrs. Selina Leung

This presentation will be focused on the application of EFT among the young intellectual adults in a university setting. Various therapeutic tasks and the processing of the therapy will be illustrated through different cases. Also the strengths and limitations as well as some of the characteristics working among this client group will be highlighted.
Emotion-Focused Couples Therapy—Working with Emotions in Couples with Affairs by Mr. Jay Tse

The occurrence of extramarital affair can have devastating impacts on the integrity of marriage and on the partners’ emotions and self worth. The partners would experience violation of one’s own values, shattered dreams and damaged views of the other, disruption of secure bond, and feelings of betrayal, rage, powerlessness, victimization, and abandonment. Anger, shame, fear and sadness are the major emotions that emerge after the affair in couples. This presentation will focus on enhancing deeper understanding of and how to work with these key underlying emotions that drive the conflicts in the couples. Discussion will include how to work with the couples’ negative, escalatory interactional cycles that become entrenched after the affair. The underlying maladaptive emotional cycles in the couple relationship and blocks to emotion responsiveness will also be addressed. It will further discuss emotion-focused interventions and steps in facilitating other-soothing, emotion regulation, and alternative emotion processes in couples for transforming their marital bonds.

EFT and Parenting Education - Being an Emotion Coach for Child Development by Mrs. Maria Kong

Emotion expression is a fundamental communication that serves to regulate social interaction. This presentation is based on EFT theory that introduces the types of emotion for coaching child development. Through the use of Empathy Attunement and Moment by Moment Skills, parents are made aware of the role of affect regulation for meeting basic needs (e.g. attachment and identity and achieving intimacy). Moreover, this presentation will explore how "self-interruptive split" is formed during childhood. Self-interruptive split is one of the markers of EFT in which certain areas of one’s self interrupts or constrains emotional experience and expression. Cases will be used to illustrate the use of EFT in the local context during the presentation.
Registration

Who should attend the Conference
Social workers, psychologists, psychiatrists, counselors, and other mental health professionals (*CE & CME points are pending*).

Registration Fee

<table>
<thead>
<tr>
<th></th>
<th>Pre-Conference 22 April, 2014</th>
<th>Conference 25 &amp; 26 April, 2014</th>
<th>Pre-Conference and Conference</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Regular Fee</strong></td>
<td>$1000</td>
<td>$2800</td>
<td>$3200</td>
</tr>
<tr>
<td><strong>Early Bird</strong></td>
<td>$800</td>
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<tr>
<td><strong>EFT Alumni</strong>*</td>
<td>$700</td>
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<tr>
<td><strong>Student (Full-time)</strong>**</td>
<td>$500</td>
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All currency in HK Dollars

*EFT Alumni include those who have completed the One-year Training Program in EFT organized by the HKCMAC.

**Full-time students have to send a copy of current student card together with the registration form.

Deadline of registration

- Early Bird, EFT Alumni & Full-time Students: **8 March, 2014**
- Regular Registration: **8 April, 2014**

Registration Procedure

Please send the completed registration form and crossed cheque (*for local applicants*) or bank draft in HK dollars (*for overseas applicants*) payable to “The Hong Kong Catholic Marriage Advisory Council” by post 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 Conference 2014 Application)

Registration will be accepted on a first-come-first serve basis and confirmation of registration will be issued via email. All registrations are non-transferable. Receipt will be issued on the first day of the Conference.

*Overseas applicants should be responsible for arranging their own transportation and accommodation before registration.*
Cancellation Policy
Requests for cancellation of registration and refunds MUST BE MADE IN WRITING to the HKCMAC. Requests postmarked by 8 March 2014 will receive a 50% refund of paid fees. No refund would be made after 8 March 2014. Please allow 6 weeks for processing. The HKCMAC reserves the right to cancel the Conference and a prorata refund would be made according to the number of sessions cancelled.

Video Taping
The HKCMAC will video-tape the whole process of the Conference for purposes of record keeping, evaluation and training.

Certificate
Certificate of Attendance would be issued for those participants with at least 75% of attendance (i.e. three out of four sessions).

Bad Weather Arrangement
If typhoon signal no. 8 or above/black rainstorm signal is hoisted at or after 7:00am on the event day, the morning session will be cancelled. If typhoon signal no.8 or above/black rainstorm signal is hoisted at or after 12:00pm, the afternoon session will be cancelled.

Enquiry
Mr. Arthur Lam
Tel: 2810-1104
Fax: 2526-3376
Email address: eftconference2014@cmac.org.hk
Website: http://eftconference2014.cmac.org.hk
Map of Venue

Venue of Conference (25 & 26 April 2014)
The Auditorium,
9/F., the Hong Kong Federation of Youth Groups Building,
21 Pak Fuk Road, North Point, Hong Kong

Transportation
1. Bus Stop nearby: King’s Road (Model Housing Estate) 英皇道(模範村/樂基中心)
   2, 2A, 77, 81, 82, 82X, 85, 99, 116, 682, 682P, 698R, A12, N8, N8X

2. Bus Stop nearby: Java Road 渣華道

3. Minibus Stop nearby: Harbour Plaza Hotel 北角海逸酒店
   61

4. MTR: Quarry Bay Station exit C
Transportation
A. Bus Stop nearby: Kwun Tong Swimming Pool 觀塘泳池
   11B, 11C, 70X, 89C

B. Bus Stop nearby: Kwun Tong Station 觀塘站

C. Minibus Stop nearby: Fook Tong Road – Kwun Tong Station 福塘道 – 觀塘站
   47, 59M

D. MTR: Kwun Tong Station exit D1
Hotel Information for Overseas Applicants

1. **Hotel Ibis Hong Kong North Point** 香港宜必思世紀軒酒店
   
   Website: http://www.accorhotels.com
   Estimated time travelled between Hotel and Venue of Conference: 14 - 16 minutes

2. **City Garden Hotel Hong Kong** 城市花園酒店
   
   Estimated time travelled between Hotel and Venue of Conference: 15 - 18 minutes

3. **Habour Grand Hong Kong** 港島海逸君綽酒店
   
   Website: http://www.harbourgrand.com/hongkong/default-en.html
   Estimated time travelled between Hotel and Venue of Conference: 17 - 20 minutes

4. **The East** 東隅
   
   Website: http://www.east-hongkong.com/
   Estimated time travelled between Hotel and Venue of Conference: 18 - 20 minutes
The Hong Kong Catholic Marriage Advisory Council

2014 Conference
Emotion-Focused Therapy: Ten Years in Hong Kong
25 & 26 April 2014
and
Pre-Conference Workshop
22 April 2014

Registration Form

Personal Information
Full Name(English): ___________________ (Chinese) ___________________
Occupation: ___________________ Organization: ___________________
Tel No.: (Day) ___________________ (Mobile): ___________________
Fax no.: ___________________ E-mail: ___________________
Correspondence Address:
_________________________________________________________________________________
_________________________________________________________________________________

Please put a tick(✓) inside the box of your choice:

<table>
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**Full-time students have to send a copy of current student card together with the registration form.

Payment: Cheque/Bank Draft No. ____________ Bank: ____________ Amount: $__________
Workshops Selection
For those who attend the EFT Conference 2014 (25&26 April, 2014), please choose the topics you are interested in by priority with number 1 to 5, where 1 is the topic you are most interested in. We will arrange the workshops by your priority on a first-come-first-serve basis. All participants will attend 2 of the workshops on day 1 and day 2 separately. The topics are as follows:

<table>
<thead>
<tr>
<th>Workshop Title and Presenters</th>
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<tr>
<td>Changing Emotion with Emotion (Leslie S. Greenberg, PhD) Day 2 only</td>
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<tr>
<td>Working with Anxiety Difficulties in EFT (Robert Elliot, PhD)</td>
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<tr>
<td>Self-Criticism and Personality Disorders (Alberta E.Pos, PhD)</td>
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<tr>
<td>Allowing Emotional Pain and Accessing Self-soothing (Sandra C.Paivio, PhD)</td>
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<tr>
<td>Emotion-Focused Therapy for Couples (Rhonda N.Goldman, PhD)</td>
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Remarks
1. The above personal data are collected for registration purpose.
2. The HKCMAC would send other promotional materials to you via emails in the future, unless otherwise advised.
3. The Conference would be video-taped for purposes of record keeping, evaluation and training.
4. No cancellation and no refund would be made after 8 March 2014.

Signature: ____________________________ Date: ____________________________

For official use only
Receipt No.: ________________ Staff: ________________ Date: ________________