
Emotional Injuries

Presented by Prof. Leslie Greenberg

9 May 2015, Saturday



Emotional Injuries

Emotional injuries are experiences of trauma caused by significant others. They include parents, marriage partners, siblings and even children. Some examples of the nature of injuries are; betrayal, neglect, abandonment and abuse (both emotional and physical). Emotional injuries often cause severe disruption to the relationship. The injured often feels bitter and a sense of resentment.

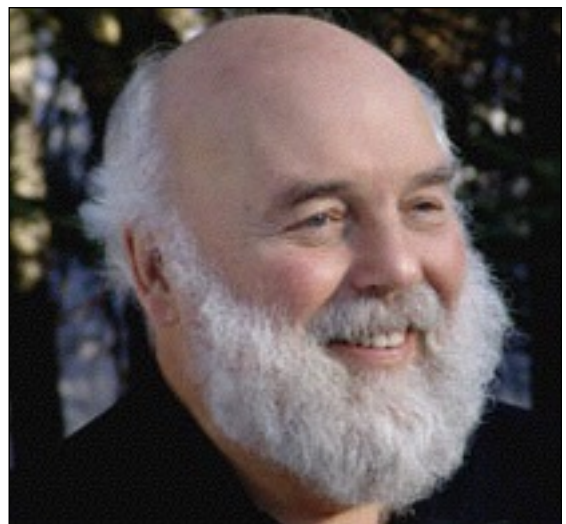
Aim of Workshop

This workshop will present an emotion-focused approach to resolving emotional injuries. It will give clinicians practical and specific interventions to help clients deal with feelings of shame and resolve the anger and hurt in their relationships with others. The importance of accessing and working through emotions related to the injury will be emphasized.

Workshop Leader - Leslie Greenberg

Leslie Greenberg, Ph.D., is Distinguished Research Professor of Psychology at York University in Toronto, Ontario, Canada. 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), *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power* (2008), and *Case Formulation in Emotion-Focused Therapy* (2014).



Workshop Objectives

- Understand the phenomenon of emotional injury
- Consider ethical issues in working with forgiveness
- Discriminate between Forgiveness and Letting go
- Learn steps to promote forgiveness or letting go
- Understand the role of different emotions in the change processes.

When & Where?

- 9 May 2015, Saturday
- 9 am to 5 pm
- Venue : To-be-determined

Fees

- \$150 - for registration received on or *before* 24 Apr 2015
- \$200 - for registration received on or *after* 25 Apr 2015

Pre-Requisite

- It is preferred that participants have some knowledge of Emotion-Focused Therapy. Please contact CaperSpring if you need further clarification on this point.

Registration

- Via the web link below
- <https://adobeformscentral.com/?f=FdsXEi3esIf5-iJCBfOt4Q>

VCF

- Please enquire for VCF funding

Enquires

- contact hello@CaperSpring.com or Mobile [8141-8002](tel:8141-8002)