
Introduction to Working with Narrative in EFT

Presented by Prof. Lynne Angus

30 May 2016



Narratives in Emotion-Focused Therapy

“In therapy as in life, all significant emotions are embedded in important stories, and all significant stories revolve around important emotional themes “ (Handbook of Narrative and Psychotherapy, Angus & McLeod (eds) 2004). Yet, despite the interaction between emotion narrative processes, emotion-focused therapy and narrative-informed therapies have evolved as separate clinical approaches. Working with narratives in EFT is a ground breaking and empirically based model developed by Lynne Angus and Leslie Greenberg.

According to this narrative-informed approach, all successful psychotherapy entails the articulation, revision, and deconstruction of clients’ maladaptive life stories. Because emotions and narratives interact to form meaning and sense of self, the evocation and articulation of emotions is critical to changing life narratives.

Overview of One-Day Workshop

Participants would understand how the interaction between emotion and narrative creates a constantly evolving sense of self; how clinicians can address both narrative and emotion processes to help clients create more adaptive, empowering meanings and sense of self; and the importance of a strong therapeutic alliance.

This introductory workshop draws heavily from treatments of Depression and Trauma, and will be of interest to those working with narrative-focused therapy approaches and would now like to explore how to more fully integrate the power of working with both emotional and narrative change processes, for effective, sustained treatment outcomes.

Lynne Angus



Lynne Angus, PhD, C.Psych. is a Professor of Psychology at York University in Toronto, Ontario, Canada and a clinical supervisor and therapist at the York University Psychology Clinic. Lynne practices, teaches and conducts research on the contributions of narrative and emotion processes for clinically

significant change in Emotion-focussed Therapy and has written on self-narrative change, metaphor and narrative, emotion and meaning making processes in the context of EFT treatments of depression and complex trauma. She is the senior editor of *The Handbook of Narrative and Psychotherapy* (Angus & McLeod, 2004), she has also co-authored 'Working with Narrative in Emotion-focussed Therapy: Changing stories, healing lives' (Angus & Greenberg 2011), *Narrative Process in Emotion-focussed Therapy for Trauma* (Paivio & Angus forthcoming) and *Bringing Psychotherapy Research to Life :Legacies from the Society for Psychotherapy Research* (Castonguay, Muran, Angus, Hayes, Ladany & Anderson 2007). Lynne is a past president of both the International Society for Psychotherapy Research and North American Chapter, Society for Psychotherapy Research.

Course Content

- Narrative-informed Dialectical Constructivist theory addressing the systemic relationship between autobiographical memory narratives , emotion and meaning making processes.
- Principles of client narrative disclosure for enhanced emotional engagement, meaning co-construction and self-narrative change.
- Principles of emotion transformation, and role play dialogues, for new outcome storytelling.
- Guide to narrative- emotion process diagnostic assessment in therapy sessions.

When & Where?

- 30 May 2016
- 9 am to 5 pm
- Venue : Lifelong Learning Institute
- Address : 11 Eunos Road 8 Singapore 408601
- <https://www.lli.sg/content/lli/home/contact-us.html>

Fees

- \$300 Super Early Bird [Before 29 Mar 2016]
- \$350 Early Bird Fee [Before 29 Apr 2016]
- \$400 Normal Fee [From 29 Apr 2016]

Registration

- Via the web link [Sign Up Now!](#)
- **A confirmation email will be send once the payment is received and processed.**

VCF

- Please enquire for VCF funding

Enquires

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