
Working with Narrative Processes in EFT

Presented by Prof. Lynne Angus

31 May - 2 June 2016



Working with Narratives in EFT

“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. This three-day workshop integrate both approaches. 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 the Three-Day Workshop

This workshop will inform clinicians ways to work with both emotion and narrative processes. Angus has identified key narrative-emotion process problem, transition and change markers that facilitate client emotional transformation and story outcomes. Although they share a common empathic base, the identified markers differ in the degree to which specific autobiographical memories are evoked, narrative context is elaborated, bodily felt experience and emotions are expressed and clients’ experiences of change are reflected upon for new meaning making and self-narrative reconstruction.

Importantly, the identification of strength-based process markers indicating client readiness for change - such as competing plot line stories, discovery stories and unexpected outcome stories - are addressed and key strategies for enhancing client emotional change processes, for new story outcomes, presented in the context of videotaped therapy sessions.

Drawing on case examples drawn from treatments of Depression and Trauma, this workshop will be of interest to therapists who have been 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-focused 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-focused Therapy: Changing stories, healing lives' (Angus & Greenberg 2011), *Narrative Process in Emotion-focused 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 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
- Narrative-emotion process Model of Change in EFT.

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- Early Phase : Working with narrative-emotion problem markers for enhanced narrative disclosure and emotional engagement.
 - Middle/Working Phase : Facilitating narrative-emotion transition markers for implementation of process-guided EFT role play interventions, emotional transformation and new story outcomes.
 - Final Phase : Identifying and enhancing narrative-emotion change markers for the co-construction of new views of self and self narrative change.

When & Where?

- 31 May - 2 June 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

- \$1250 Super Early Bird [Before 30 Mar 2016]
- \$1300 Early Bird Fee [Before 30 Apr 2016]
- \$1400 Normal Fee [From 30 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)