

Intensive Training on **Emotion-Focused Therapy:** **Understanding & Transforming Feelings**

Transforming Intense Emotional Moments into lasting Therapeutic Change

Module I - EFT: Cultivating Therapeutic Presence to Work Effectively with Feelings

Module II - EFT Group Supervision: Intensive Skills Training in EFT

Module III - Intensive Training in Chairwork: Transforming Feelings in EFT

Trainer

Ms. Natalie Tong (唐靜思小姐)

Registered Psychologist (HKPS)

Licensed Marriage and Family Therapist, LMFT # 40466

Approved Supervisor of the HK Professional Counseling Association (HKPCA)

專業認可學分 **Accreditation**

護士 **Nurse : CNE**

社工 **Social Worker : CPD**

職業治療師 **OT: CPD**

香港心理學會 **CP: CE**



香港專業培訓學會
Hong Kong Society of Professional Training

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Intensive Training on Emotion-Focused Therapy: Understanding & Transforming Feelings

Introduction

Feelings are intricately connected to our memories, our wounds, our emotional needs, our actions, our perceptions towards ourselves and our significant others. Emotion-Focused therapy (EFT) provides a roadmap and a set of interventions for therapists to facilitate therapeutic processes that transform maladaptive feelings. In EFT, healthy feelings are accessed to construct an adaptive view of self, others, and important life events. Emotion-Focused Therapy is an evidence-based treatment for depression, complex trauma, and couple distress and shows promise in treating anxiety problems, interpersonal problems, and eating disorders.

This is a highly experiential training course in which participants will have regular hands-on practice of different EFT interventions and receive immediate supervisory feedback.

Course Objective

1. Enable participants to understand the nature of emotions and different types of feelings
2. Enable participants to understand the theory of Emotion-Focused Therapy and practice EFT interventions to understand and transform feelings
3. Provide a platform for participants to understand and be compassionate to their own feelings

Module I

EFT: Cultivating Therapeutic Presence to Work Effectively with Feelings (6-Day)

Date: 19/2, 26/2, 4/3, 11/3, 18/3, 8/4/2016 (6 Fridays)

Time: 09:30 – 17:30 (7 hours/day, total 42 hours)

Venue: Rm 201, CFSC, 3 Tsui Ping Road, Kwun Tong, KLN., Hong Kong

Day 1: 19/2/2016

- The Wisdom in Feeling
- The Transforming Power of Emotions & Empathic Responsiveness
- Cultivating Therapeutic Presence & Self-Compassion
- The Practice of Mindfulness

Day 2: 26/2/2016

- Sadness & Anger
- Empathic Interventions
- Practice Session
- Fear & Anxiety
- Empathic Interventions
- Practice Session

Day 3: 4/3/2016

- Shame
- Empathic Interventions
- Practice Session
- Affect regulation Styles
- Skills Training: Video Presentation by participant

EFT



Day 4: 11/3/2016

- The Critic Within: Working with self-criticism in EFT
- Feelings Interrupted: Working with self-interruption in EFT
- Practice Session

Day 5: 18/3/2016

- Resolving Unfinished Business: Empty Chair in EFT
- Practice Session

Day 6: 8/4/2016

- Cultivating Self Compassion: Self-Soothing Intervention in EFT
- Practice Session
- Skills Training: Video Presentations by participants

Module II

EFT Group Supervision: Intensive Skills training in EFT (8 Sessions totaling of 20 hours)

Venue: Conference Room of HKSP, 202-204A, Two Harbourfront, Tak Fung St., Hung Hom.

One of the best ways to learn EFT is to receive supervision on video-taped therapy sessions with a real client. This part of the training is when “everything comes together.” Participants will put together what they learned from the workshop lectures and role-play exercises onto real-life therapy scenarios in group supervision. There will be no more than 8 participants in group supervision. Each participant will bring in a video-taped session with another person and will receive supervision on their actual clinical work. Participants often find this part of the training most useful in their mastery of EFT.

Pre-requisite for Module II training is completion of Module I training or 36 hours of EFT training.

Session	Group A	Day	Time
1	16/4/2016	Sat	14:30-17:30
2	25/5/2016	Wed	19:00-21:00
3	29/6/2016	Wed	19:00-21:00
4	20/7/2016	Wed	19:00-21:00
5	10/9/2016	Sat	14:30-17:30
6	24/9/2016	Sat	14:30-17:30
7	2/11/2016	Wed	19:00-21:00
8	12/11/2016	Sat	14:30-17:30

Each Group: Max. up to 8 persons.

The date and time for Group B & C: To be confirmed

Module III

Intensive Training in Chairwork: Transforming feelings in EFT (3-Day)

Date: 12, 19, 26, Oct., 2016 (3 Wednesdays)

Time: 09:30 – 17:30 (7 hours/day, total 21 hours)

Venue: Rm 201, CFSC, 3 Tsui Ping Road, Kwun Tong, KLN., Hong Kong (To be confirmed)

Emotion-Focused Therapy (EFT) is distinguished from other therapeutic approaches in its use of chairwork as an intervention to evoke and transform emotions. This powerful intervention is highly effective and efficient in resolving painful interpersonal injuries and self-related emotional injuries. It is especially designed for people who suffer from self-criticisms, generalized anxiety, blocking of emotions, and unresolved interpersonal business with significant others. Participants will have hands-on experience practicing the use of chairwork and receive supervisory feedback.

Day 1: 12/10/2016

- The Critic Within: Two-Chair Intervention for Self-Criticism
- Feelings Interrupted: Two-Chair Intervention when people interrupt their feelings
- Practice Sessions

Day 2: 19/10/2016

- Cultivating Compassion: Self-Soothing Intervention for developing Self-Compassion
- Practice Sessions

Day 3: 26/10/2016

- Untying knots of the heart: Empty Chair for Unfinished Business
- Practice Sessions



Course Details

Course Fee :	Full Course HK\$23,000-
Single Module:	Mod I: HK\$9,600- Mod II: HK\$8,000- Mod III: HK\$5,400-
Early Bird :	For Early Bird and Group Discount, details please refer the Registration Form
Language :	Cantonese supplement with English (Teaching materials are mainly in English)
Course Mode :	Lecture, group discussion, role play, group supervision & case sharing
Target :	Social workers, nurse, and allied health professionals are welcome.
Accreditation:	Nurse : 1 CNE/hour , Social Worker : 1 CPD/hour, OT/CP (CPD/CE): To be confirmed

Certificate

Full Course: A certificate will be issued for participants who have attended 80% of the sessions and have completed all practice sessions: Certificate in Intensive Training on Emotion-focused Therapy: Understanding & Transforming Feelings

Single Module: A Certificate issued for participants who have attended 80% of the sessions each module.

Module I - Certificate in EFT: Cultivating Therapeutic Presence to Work Effectively with Feelings

Module II - Certificate in Intensive Skills training in EFT with Group Supervision

Module III - Certificate in Intensive Training in Chairwork - Transforming feelings in EFT

Trainer: Ms. Natalie Tong (唐靜思小姐)

Registered Psychologist (HKPS)

Licensed Marriage and Family Therapist, LMFT # 40466

Approved Supervisor of the HK Professional Counseling Association (HKPCA)



Ms. Natalie Tong is a highly experienced trainer who has conducted numerous training workshops and provided graduate training in the area of counseling and psychotherapy. She is a part-time lecturer at the University of Hong Kong and the City University of Hong Kong who teaches counselors and social workers in-training.

In her private practice, she provides psychotherapy to clients suffering from depression, complex trauma, anxiety, and couple distress. She is a Certified Emotion-Focused Therapy Practitioner who integrated her training in clinical psychology with Emotion-Focused Therapy. She received individual supervision from Professor Leslie Greenberg and Dr. Ting Liu in her EFT Training. She is a Clinical Member of the American Association of Marriage and Family Therapy (AAMFT) and an Associate Member of the American Psychological Association (APA).

Trainee's Feedback on Natalie's Training

欣賞導師講解清晰，例證具體，講員對課題非常認識。
趙凌傑 社工

Very good psychologist & gave an excellent course.
Social Worker

簡潔清楚講解 EFT 並配合具體實際的方法技巧，在我工作上很有用。
Sharon To, Social Worker

Very insightful sharing of EFT, especially the practical skill of clinical intervention.

Social Worker

Natalie has a very brief explanation for the video lesson is very helpful. Provide many useful examples to illustrate the intervention.

欣賞導師講解理論部份時思路十分清晰。

Jennifer, Social Worker

欣賞講員的專業知識和實戰個案分享，課堂導師運用很多真實個案及示範去教導內容，非常有用。

Natalie 的表達手法輕鬆活潑，把EFT的精要解釋得非常生動，獲益良多。

Enquiry: 852 - 3111 0264

Details and Registration: www.ieft.hkspt.org

Registration Form

Student No: _____

Course : Intensive Training on Emotion-Focused Therapy: Understanding & Transforming Feelings

Participants are strongly advised to complete Module 1 or 36 hours of EFT Training before attending Module 2 & 3. Priority will be given to participants who enroll the full course or 2 modules.

Mod I <input type="checkbox"/> \$9,600	Mod II <input type="checkbox"/> \$8,000	Mod III <input type="checkbox"/> \$5,400	Total	Early Bird Before 15/12/2015	*Group of 2 Enroll Before 15/12/2015
✓	✓	✓	<input type="checkbox"/> HK\$23,000	<input type="checkbox"/> HK\$18,800	<input type="checkbox"/> HK\$18,000
✓	✓	-	<input type="checkbox"/> HK\$17,600	<input type="checkbox"/> HK\$15,200	<input type="checkbox"/> HK\$15,000
✓	-	✓	<input type="checkbox"/> HK\$15,000	<input type="checkbox"/> HK\$13,000	<input type="checkbox"/> HK\$12,800
✓ only	-	-	<input type="checkbox"/> HK\$9,600	<input type="checkbox"/> HK\$8,600-	<input type="checkbox"/> HK\$8,500-
-	-	✓ only**	<input type="checkbox"/> HK\$5,400	<input type="checkbox"/> HK\$4,800-	<input type="checkbox"/> HK\$4,700-

* For group discount registration, please submit your forms together.

**** If you are enrolling the "Module III" only, please state your previous EFT Training:**

Previous EFT Training: _____

Topics of EFT Training: _____

Total no. of training hours: _____ Name of agency which provided training: _____

Name (English) : _____ (Mr / Ms) 姓名 (中文): _____

(Printed name in your certificate, please write in block letter, thank you.)

Education Level: Secondary Tertiary or above

Working Organization: _____ Position: _____

#Email: _____ Tel: _____ Mobile: _____

 I agree I disagree to receive regular HKSPT'S course information by email. My email is already in your list and I have been regularly receiving HKSPT's course information.

Address: _____

 Payment by Cheque:

Please made crossed cheque payable to "Hong Kong Society of Professional Training"

Cheque No: _____ Name of Bank: _____

Please send completed registration form and cheque to: **Hong Kong Society of Professional Training,**

Rm. 202-204A, Two Harbourfront, Tak Fung St., Hung Hom, Kowloon, Hong Kong.

 Payment by Bank-in:Please bank in the course fee to our bank account with "Bank of China (HK) Ltd" 中銀香港 A/C #: **012-890-1-038-682-9**Please send the completed registration form and bank in slip to Hong Kong Society of Professional Training either by email (PDF) to **ask.hkspt@outlook.com** or by fax: **852-21257900**

We will confirm through email within 1 week, please contact us if you did not receive any confirmation.

Receipt Name of the course fee: _____ (please write in block letter)

Signed by Applicant: _____ Date: _____

Important Notes:

#1. The course confirmation will be sent to participants via email at least 2 weeks before the course, please contact us if you do not receive any notification. 2. Once a registration is completed, it will be processed and cannot be refunded for any reasons. All requests for any change of registration must be given in writing. An administration fee of HK\$200- will be charged for any processing request. 3. Official receipt will be issued on the first day of the course. Re-issue of official receipt will be charged HK\$50- 4. The personal data provided on this form will only be used for processing of registration.