Two-day Workshop on

“Emotion-Focused Therapy for Anxiety and Depression”

20-21 April 2017
9:30am—5:00pm

Presented by
Leslie S. Greenberg, PhD, C. Psych.

Introduction

Emotion-focused therapy (EFT) is an evidence based treatment of anxiety and depression that helps people activate their underlying maladaptive emotion schemes, often of attachment related fear and sadness and identity related shame, that underlie the affective disorders, to make them amenable to alternative emotional adaptive responses to situations. Access to emotions such as empowering anger at violation and sadness at loss, as well as more compassionate sentiments toward the self, help people transform their affective reactions and this helps them overcome worry, social anxiety and insecure feelings of anxious attachment or to depressogenic feelings of powerlessness, hopelessness, contempt and shame. This leads to a change in self and self-other narratives.

The workshop will begin with 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. Differential intervention based on process diagnosis will be demonstrated. Six major principles of emotional change in psychotherapy—Emotion awareness, Expression, Regulation, Reflection Transformation, and Corrective emotional experience will be discussed.

Videotaped examples of evidence based methods for evoking and dealing with emotions in Social and Generalized anxiety as well as Self-critical and Dependent depression will be presented and discussed. The micro-skills of moment by moment empathic attunement to affect, and the use of psycho-dramatic methods of dialoguing with parts of self and imagined significant others in an empty chair will be demonstrated.
Content

Day 1
20 April 2017

Theory of Emotion in Therapy and Affective Disorders

Period 1
Emotion: Theory and Research
Emotion generation
Adaptive function of emotion
Emotion schemes
-Video Demonstration

Period 2
Emotion Assessment
Assessment for differential intervention
Primary adaptive emotion
Primary maladaptive emotion
Secondary reactive emotion
Instrumental emotionality

Period 3
Anxiety and Depression
Origins and processes
Generalized Anxiety and Worry
Social anxiety
Trauma and Panic
Treatment of Anxiety compared to Depression
-Video Demonstration

Period 4
Framework for Intervention with Anxiety
Creating a safe relationship
Empathy and Strengthening clients’ vulnerable self
Anxiety splits
Negative treatments of self
Resolving Unfinished Business
Transformation and self soothing
Comparison with depression

Major Emotional Change Processes
Awareness
Expression
Regulation
Reflection
Transformation
Corrective Experience
-Video Demonstration
Content

Day 2
21 April 2017

Specific Marker Identification and Task Interventions in Therapy Process

Period 5
Anxiety splits
Difference to Depressive splits
Dialoging with the self
Catastrophic expectations vs Self contempt
-Video Demonstration
-Discussion

Period 6
Negative treatment of self
Silencing the self
Self interruption

Period 7
Working with unresolved emotion in Unfinished Business
Dialogues with significant others around insecurity
Emotional arousal and expression
Changing the view of the other
-Video Demonstration

Period 8
Self soothing and other interventions

Indications and Counter Indications for Emotion Focused Work
Overcontrolled and underregulated emotion
The fragile client
The self-annihilating client
-Discussion
Dr. Leslie S. Greenberg is one of the originators and primary developers of Emotion-Focused Therapy for individuals and couples. He is a 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 International Society for Emotion Focused Therapy and Society of the Exploration of Psychotherapy Integration (SEPI), and a past President of the Society for Psychotherapy Research (SPR).


In addition, Dr. Greenberg 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, 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.
Two-day Workshop on
“Emotion-Focused Therapy for Anxiety and Depression”
20-21 April 2017

Time: 9:30a.m.—5:00p.m.

Venue: Auditorium, 1/F. & 2/F., Christian Family Service Centre
3 Tsui Ping Road, Kwun Tong, Kowloon

Format: Lectures, case illustrations and video demonstrations

Language: English

Fee: $1800 Early bird registration on or before 24 March 2017;
$1950 Regular Rate

Who should attend: Social workers, psychologists, counsellors, family therapists,
psychiatrists, nurses, doctors, counselling teachers,
mental health workers, academics and other related helping professionals

Deadline for Application: 6 April 2017

Enquiry: Tel: 2810 1104;
Email: eft@cmac.org.hk

Application Method:
For application, please send the application form with a crossed cheque made payable to
“The Hong Kong Catholic Marriage Advisory Council” 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 workshop 20-21 April 2017)

Remarks:
1. Confirmation of application will be issued via e-mail after both the application form and the payment
are received.
2. Fee is non-refundable and non-transferrable after the application is confirmed.
3. Receipt of application fee will be issued on the day of workshop.
4. A Certificate of Attendance will be presented to participants with at least 75% attendance.
5. If typhoon signal no.8 or black rainstorm signal is hoisted at or after 7:00am on the day, the morning
session will be cancelled. If typhoon signal no.8 or black rainstorm signal is still hoisted at or after
12:00pm, the afternoon session will also be cancelled.
6. The English name written on the application form will be used for the attendance list and the certifi-
cate of attendance.
7. The Hong Kong Catholic Marriage Advisory Council would videotape the Workshop for record
keeping, evaluation and training purposes.
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“Emotion-Focused Therapy for Anxiety and Depression”

*Presented by Dr. Leslie Greenberg*

20-21 April 2017

**Application Form**

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Profession / Title: __________________________________________________________

Organization: _______________________________________________________________

Tel. No.: ___________________________ E-mail: ________________________________

Correspondence Address: ______________________________________________________

Payment: Cheque No. ____________ Bank: __________________________ Amount: ___________

**Date of Application:** ________________ **Signature:** ________________

Have you joined any training program(s) organized by HKCMAC?  □ Yes  □ No

**Remarks:**

1. Fee is non-refundable and non-transferrable after the application is confirmed.

2. The personal data provided on this form are used for registration and administration purposes by The Hong Kong Catholic Marriage Advisory Council (HKCMAC). HKCMAC would notify you of our latest training programs and activities with the use of your personal data if you do not have objection to our agency doing so. If you have objection to our agency sending promotional materials to you, please check the tick box as shown below:

□ I do not want to receive promotional materials of training programs and activities provided by HKCMAC.

*For official use only: Receipt no. ____________ Staff: ____________ Date: ____________*