



HAWAII CENTER
for PSYCHOLOGY

FINDING YOUR BALANCE

Hawaii Center for Psychology
presents

**Working with Emotion in Psychotherapy: Emotion-Focused Therapy
A Process-Experiential Approach**

APA Approved CE Workshop

DESCRIPTION

Day 1: Workshop

This workshop will begin with a discussion of the role of emotion and emotional awareness in function and dysfunction. The importance of working with automatically generated amygdala based emotion will be emphasized. The use of process diagnosis in an emotion-focused approach to identify both adaptive and maladaptive emotions and primary and secondary emotions will be discussed. Differential intervention based on process diagnosis will be demonstrated. Three major principles of emotional change in psychotherapy Emotion, Awareness, Regulation and Restructuring will be discussed. Videotaped examples of evidence based, methods for evoking and dealing with emotions in self-criticism and trauma or emotional injuries from the past with significant others will be presented and discussed. Access to emotions such as empowering anger at violation and sadness at loss, as well as alternative sentiments toward the self, help people modulate their affective reactions and this helps them combat feelings of powerlessness, hopelessness, contempt and shame. This leads to change in self and self-other narratives. Research studies have supported the importance of emotion-focused work.

Participants will be introduced to the skills of moment by moment attunement to affect, focusing on bodily felt feelings and the use of gestalt methods of dialoguing with parts of self and imagined significant others in an empty chair.

A three-phase model for working with emotion in therapy will be presented.

- 1) Bonding Phase: Empathic attunement to affect
- 2) Evoking Phase: Evocation and arousal of emotion
- 3) Transformation Phase: Undoing emotion and developing a new narrative

Day 2: Experiential Skill Training Workshop

The workshop will focus on developing central skills of Emotion-focused therapy. We will break into two sub-groups to practice the methods and have live supervision of this practice. The emphasis in the training will be on the use of chair dialogues. We will form two subgroups of 6-8 people and people will work in the small groups as therapist, client, and. The best way to learn to work with emotion is to train working with your own and others emotions. In the training we therefore invite you to work experientially in a safe, confidential, environment on personal concerns, at a level at which you feel comfortable, and receive live supervision. In this process the trainer will supervise at specific junctures in the process, modeling what he would do at that point in order to deepen and facilitate the process.

Skills will focus on accessing, regulating and transforming emotion. We will discuss and practice some of the following skills:

- Empathy: Empathic exploration; Empathic Evocation; Empathic Conjecture
- Focusing: Paying attention to the bodily felt-sense; The bodily felt shift
- Marker Identification: Splits; Unfinished business; Self Interruptions
- Evocative Methods: Two chair dialogue; Empty chair dialogue

1001 Bishop St. #2870 Honolulu, HI 96813

(808) 538-7793 F (808) 538-7799

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INSTRUCTOR

Leslie S. Greenberg, Ph.D.

Leslie Greenberg, Ph.D. is Distinguished Research Professor Emeritus of Psychology at York University in Toronto, Ontario. He is the Director of the York University Psychotherapy Research Clinic is the developer of Emotion-focused therapy. He has authored the major texts on Emotion-focused approaches to treatment. He is the senior author on the on the original texts on Emotion-focused approaches to treatment of individuals and couples such as 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) and Emotion-focused Couple therapy: The Dynamics of Emotion, Love and Power (2008). His newest book is Theory of Emotion-Focused therapy (2011). Dr Greenberg has published extensively on research on the process of change. He received the 2004 Distinguished Research Career Award of the Society for Psychotherapy Research: An International interdisciplinary society. He is a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the Society for Psychotherapy Research (SPR). He has been awarded the Canadian Council of Professional Psychology Program Award for Excellence in Professional Training and the Canadian Psychological Association Professional Award for distinguished contributions to Psychology as a profession as well as the Carl Rogers Award of the American Psychology Association's Society for Humanistic Psychology. He is recipient of the APA Award for Distinguished Professional Contribution to Applied Research. He is on the editorial board of many psychotherapy journals, including the Journal of Consulting and Clinical Psychology, the Journal of Psychotherapy Integration and the Journal of Marital and Family Therapy. He conducts a private practice for individuals and couples and trains people in Emotion-focused approaches.

CE Credits

Day 1 (July 27, 2013): 6.5CE

Day 2 (July 28, 2013): 6.0CE

Schedule

Day 1: Workshop

Saturday, July 27, 2013

8:00am Registration

8:30am-4:00pm Presentation (lunch 11:30am-12:30pm)

Day 2: Experiential Skill Training Workshop

Sunday, July 28, 2013

8:00am Registration

9:00am-4:00pm Presentation (lunch 11:30am-12:30pm)

Location

Ward Warehouse – Kaka`ako Conference (2nd floor)

1050 Ala Moana Boulevard

Honolulu, HI 96814

Pricing

Early Registration (by Friday, June 28, 2013)

\$207.32 per day (tax included)

General Registration (after Friday, June 28, 2013)

\$235.60 (tax included)

APA, HPA, CPA, NASW, HAMFT, HMA, APNA Members

\$186.39 (tax included)

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Student Registration
\$144.50 (tax included)

Cancellation Policy

Cancellation requests must be made by phone call to the Hawaii Center for Psychology fourteen (14) days prior to the event in order to receive a full refund—(808)538-7793. No refunds thereafter except in cases of personal or family illness.

Target Audience

The target audience is licensed mental health professionals and those in accredited programs pursuing licensure.

Day 1 (Saturday, July 27) is targeted to those with little to no background exposure to emotion-focused process experiential therapy.
Instructional level: Introductory to Intermediate.

Day 2 (Sunday, July 28) will require participation in Day 1 or for APA purposes, individuals who do not attend Day 1 will be required to provide documentation that they have taken other course work from Dr. Leslie Greenberg. As such, Day 2 is targeted to those with background in EFT.

Instructional level: Intermediate to Advanced.

Special Needs

Please call Hawaii Center for Psychology if you require special accommodations in order to fully participate in the workshop. Two weeks' notice required for sign language interpreters.

For further information see Hawaii Center for Psychology website at www.hawaii-center-for-psychology.com or contact Kelly Takasawa at (808)538-7793.

This program is wholly produced by Hawaii Center for Psychology, a private firm promoting psychotherapy and training.

Hawaii Center for Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Hawaii Center for Psychology maintains responsibility for this program and its content.