

Emotion Focused Therapy

The 2009 Training Institutes

EFT Institute, Level One

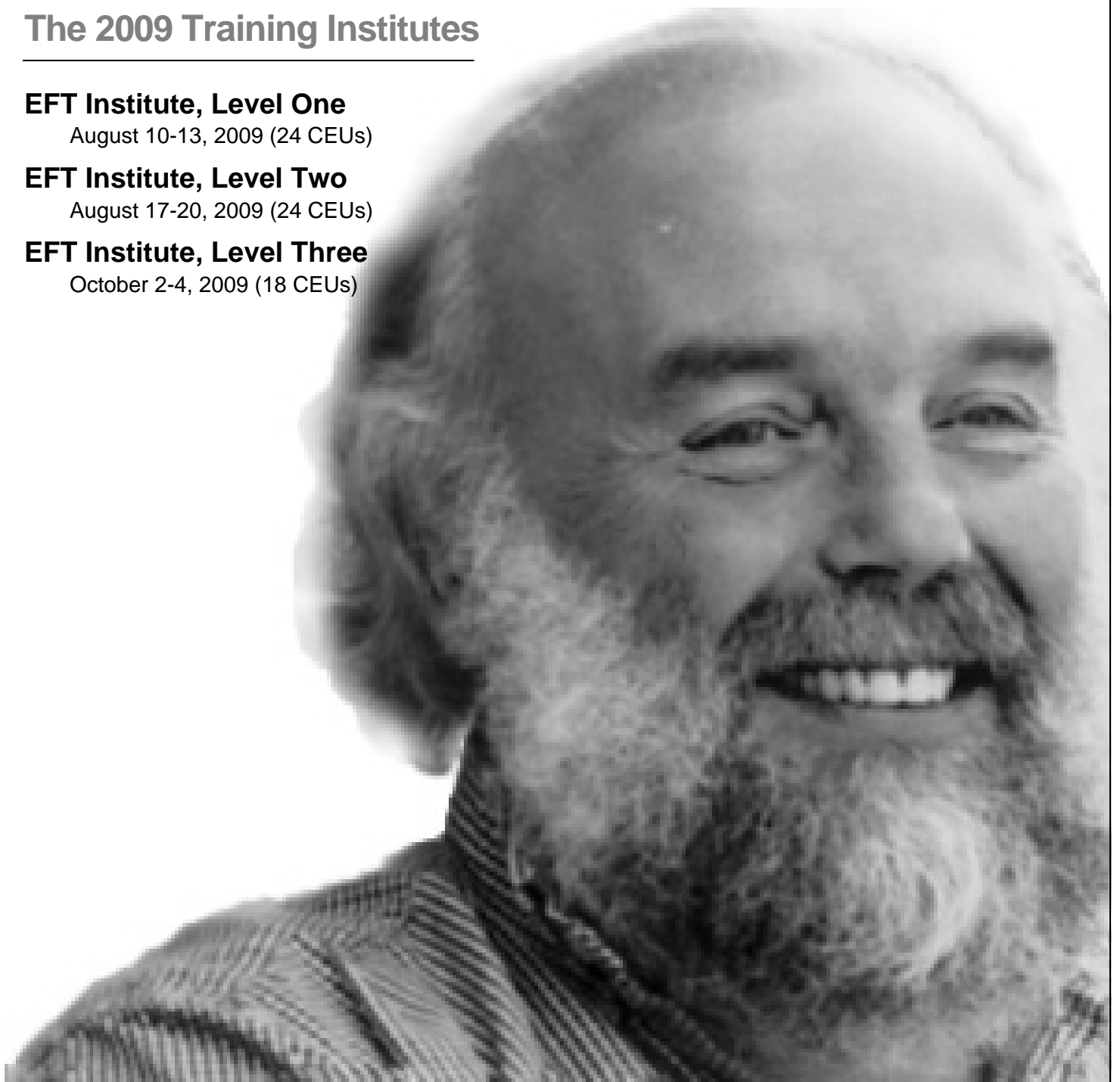
August 10-13, 2009 (24 CEUs)

EFT Institute, Level Two

August 17-20, 2009 (24 CEUs)

EFT Institute, Level Three

October 2-4, 2009 (18 CEUs)



Meet Les

Les Greenberg, Ph.D. is a full Professor of Psychology at York University in Toronto, Ontario. He is the Director of the York University Psychotherapy Research Center and one of the world's leading authorities on working **with** emotions in psychotherapy.

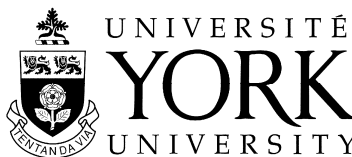
Dr. Greenberg is a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the Society for Psychotherapy Research (SPR). He is on the editorial board of many psychotherapy journals, including the *Journal of Psychotherapy Integration* and the *Journal of Marital and Family Therapy*. Dr. Greenberg's integrative work is celebrated by practitioners from diverse camps including cognitive-behavioural, interpersonal, psychodynamic and solution-focused.

Dr. Greenberg's professional publications include 102 peer-reviewed papers, 89 book chapters, and 18 books. Among his most influential writings are *Emotion Focused Therapy: Teaching Clients to Work Through Their Feelings* (American Psychological Association, 2002), *Emotion-Focused Therapy of Depression* (American Psychological

Association, 2006), *Emotionally Focused Therapy for Couples* (Guilford, 1988), *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love and Power* (American Psychological Association, 2008), and *Empathy Reconsidered: New Directions* (American Psychological Association, 1997).

Dr. Greenberg uses a combination of lectures, videotape demonstrations, live role plays, supervised practice periods, and focused question & answer periods to maximize skill acquisition. His teaching is practical and specific. Workshop participants leave with techniques they can readily integrate into their everyday practice.

Dr. Greenberg's workshops are renowned for their atmosphere of authenticity and warmth. His workshops have brought him critical acclaim throughout the United States and Canada, and in Argentina, Australia, Austria, Belgium, Brazil, Chile, China, Denmark, Finland, France, Germany, Hong Kong, India, Ireland, Italy, Japan, Korea, Malaysia, New Zealand, the Netherlands, Norway, Poland, Portugal, Singapore, South Africa, Spain, Sweden, Taiwan, and the United Kingdom.



The Applied Psychology Institute is approved by the Canadian Psychological Association to offer continuing education for psychologists. API maintains responsibility for all programs.



Natural Feelings

FEELING HUMAN

You know there's more to therapy than eliminating unpleasant emotions. Some unpleasant emotions have a purpose—some are “**constructive**”. When constructive emotions are worked with **skillfully**, the result is often enormous therapeutic change.

Most therapists are skilled at helping patients **swiftly eliminate** unpleasant emotions. Many therapists have been trained in some approach to “emotion regulation”. The methods differ—some “restructure cognitions”, some “modify

behavior”, some “medicate”, and so on—but the goal is generally the same: the prompt reduction of unpleasant emotion.

But a revolution has begun in psychotherapy. After years of enthusiasm for emotion control therapies, practitioners around the world are awakening to realize they've missed half the picture. In mistakenly suppressing our patients' **constructive** unpleasant emotions, we've inadvertently stunted their growth and jeopardized their adaptation.

EMOTIONAL INTELLIGENCE

The isolated senior's anxiety may be a “cue”—a constructive **unpleasant emotion**. In other words, she may be better served by working **with** her isolation-induced anxiety rather than against it. The same may be true of the alcoholic's shame, the neglected spouse's frustration, and the depression of the secretary in a dead-end job.

Emotions provide us with information about how we should conduct our lives.

Constructive unpleasant emotions often contain great **guiding wisdom**. They can act as **cues** and direct our growth. And being emotions, they often contain the energy to get the job done. Properly harnessed emotions often lead to profound shifts in well-being.

YOUR THERAPY TOOLKIT

Most traditionally trained therapists have little or no exposure to **emotion focused therapy** (EFT). Developed by York University psychologist professor Dr. Les Greenberg and his colleagues, EFT can add unique and valuable tools to your therapy toolkit:

- Tools for reaching those who obsessively **over-control** emotions
- Tools for **differentiating** between unconstructive and constructive unpleasant emotions
- Tools for tapping the **directional wisdom** of constructive unpleasant emotions
- Tools for harnessing the **power** of constructive unpleasant emotions
- Tools to help couples **grow closer** emotionally
- Tools to help clients allow more **positive** emotions in their lives

Dr. Greenberg's tools are changing the practices of therapists around the world. You owe it to your patients and to yourself to join Les at one of this year's training programs.

Level ONE Institute

All institutes include
continental breakfast
and buffet lunch



An **Individual EFT Institute, Level ONE** will be held at Number One York Quay in Toronto, Ontario from August 10-13, 2009. The **Level One Institute** provides participants with a solid grounding in the *skills* required to work more directly with emotion in psychotherapy.

Participants receive in-depth skills training through a combination of brief lectures, video demonstrations, live modeling, case discussions, and extensive supervised role-playing practice. Advance registration is strongly recommended. **24 CEUs.**

Day One

9:00AM – 12:00PM

Empathy and Validation of Feeling

- *Creating an alliance • Empathic attunement • Validation • Emotional exploration • Evocation • Conjecture*

1:00PM – 4:30PM

Developing a Collaborative Focus

- *Identifying generating conditions • Symbolizing internal experience*
- *Intrapersonal & interpersonal determinants • Idiosyncratic determinants*
- *Accurate process-oriented formulations*

Day Two

9:00AM – 12:00PM

Evocation, Arousal and Exploration, Part I

- *Concentration methods • Evocation methods • Enactive methods*
- *Models of change processes*

1:00PM – 4:30PM

Evocation, Arousal and Exploration, Part II

- *Focusing • Evocative unfolding • Two chair dialogue • Empty chair dialogue*

Day Three

9:00AM – 12:00PM

Accessing Primary Adaptive Emotions & Core Maladaptive Schemes

- *Accessing primary emotions • Accessing core dysfunctional emotion schemes*
- *Allowing, accepting and owning*

1:00PM – 4:30PM

Restructuring Core Schemes

- *Supporting the emergence of primary needs • Tapping positive emotional resources • Challenging core maladaptive beliefs with newly accessed needs and emotions • Letting go of unmet needs • Provision of new experiences*

Day Four

9:00AM – 12:00PM

Self-Soothing and Meaning Creation

- *Supporting a self-affirming stance • Promoting new narrative constructions*
- *Specific tools for working with anger, sadness, fear and shame*

1:00PM – 4:30PM

Personalized Applications

- *Depression • Post-traumatic stress disorder • Addictions • Couples*
- *Contraindications dialogue*

Level TWO Institute

All institutes include
continental breakfast
and buffet lunch



An **Individual EFT Institute, Level TWO** will be held in Toronto's Harbourfront District from August 17-20, 2009.

The program provides participants **intermediate training** in the skills required to work more directly with emotion in psychotherapy. Participants receive in-depth skills training through a combination of brief lectures, video demonstrations, live modeling, case discussions, and extensive supervised role-playing practice.

Pre-requisite: Level One. **24 CEUs.**

Day One – Introduction

9:00AM – 12:00PM

Advanced Empathy

- *The moment by moment tracking of affect*
- *Empathic exploration and conjecture* • *Empathic evocation*

1:00PM – 4:30PM

Marker Identification

- *Issues in identifying markers of splits and unfinished business* • *Additional markers: self-interruption, vulnerability, trauma, alliance ruptures*

Day Two – Advanced Work with Two-Chair Dialogue

9:00AM – 12:00PM

The Process

- *Sensing the opposed forces* • *Following and leading* • *The role of the “other person” in two-chair dialogue* • *Dealing with collapsing and impasses*

1:00PM – 4:30PM

Variants

- *Self-interruptive dialogues* • *Self-soothing dialogues*

Day Three – Advanced Work with Unfinished Business

9:00AM – 12:00PM

The process

- *Evocation of emotion* • *The interruptive process* • *The “letting go” process*

1:00PM – 4:30PM

Variants

- *Forgiveness* • *Imaginal restructuring*

Day Four – Advanced Practice & Supervision

9:00AM – 12:00PM

Difficult clients and processes

1:00PM – 4:30PM

Applications to specific populations and types of problems

Level THREE Institute

All institutes include
continental breakfast
and buffet lunch

A new **EFT Institute, Level III** with Les Greenberg, Ph.D. will be held in Toronto's beautiful Harbourfront District from October 2-4, 2009.

Expert case consultation is the primary focus of the **Level III** Institute. The benefit is a significant boost in confidence with the EFT process.

Each participant will have the opportunity for at least one comprehensive case consultation. The consultations are an interactive group process, focused around the audio or video recordings of one or more sessions.

Consultations emphasize case formulation, marker identification, focus development, and the full spectrum of emotional interventions. All management issues will be discussed from within the EFT framework.

Level III will provide you with a privileged sense of mastery of EFT.





Welcome!

All institutes include
continental breakfast
and buffet lunch

1) Registrant(s)

Name		
Address		
City	State	Zip
TEL	EMAIL	

2) Registration *Prices listed are Canadian dollars.*

<input type="radio"/>	INDIVIDUAL Level ONE <i>August 10-13, 2009 (Toronto, ON)</i>	<input type="radio"/> Deposit	\$250.00 + GST (= \$262.50)
		<input type="radio"/> Full	\$1,295.00 + GST (= \$1,359.75)
<input type="radio"/>	INDIVIDUAL Level TWO <i>August 17-20, 2009 (Toronto, ON)</i>	<input type="radio"/> Deposit	\$250.00 + GST (= \$262.50)
		<input type="radio"/> Full	\$1,849.00 + GST (= \$1,941.45)
<input type="radio"/>	INDIVIDUAL Level THREE <i>October 2-4, 2009 (Toronto, ON)</i>	<input type="radio"/> Deposit	\$250.00 + GST (= \$262.50)
		<input type="radio"/> Full	\$1,995.00 + GST (= \$2,094.75)

3) Payment method

<input type="radio"/>	Cheque #		(made payable to API) is enclosed
<input type="radio"/>	VISA	Card #	Exp.
<input type="radio"/>	MasterCard		
<i>Signature</i>			

4) Register today!

- FAX** (416) 203-6111
- MAIL** API • 708-99 Harbour Square • Toronto • ON • M5J 2H2
- PHONE** (416) 410-6699

Prices listed are in Canadian dollars. Balance due dates are 60 days prior to the commencement of each training program and are automatically deducted from credit cards and that time. Sorry, there are no earlybird, group, student or helper discounts. Withdrawal requests received in writing within 60 days prior to the commencement of a training program receive a full refund less the deposit. In the unlikely event that a training program is canceled (for any reason), liability will be limited to a refund of tuition fees.

Critical Acclaim

"Highly sophisticated... will predictably have a significant influence on theory, research, and practice in psychotherapy."

—Hans H. Strupp, Ph.D.

"An excellent complement to the traditional work of cognitive-behaviour therapists."

—Arthur Bohart, Ph.D.

"Sophisticated, systematic, empirically-supported and teachable."

—Jeremy D. Safran, Ph.D.

"A fabulous compendium of strategies for working with emotions... There is no doubt that Greenberg is both a pioneer and the field's premier investigator in the important work of applying the basic research on emotions to the process of psychotherapy."

—Marsha M. Linehan, Ph.D.

"Although emotion has long been recognized as playing a significant role in the development, maintenance and change of most clinical problems, the guidelines for working with emotions therapeutically have always left something to be desired. Not so with Greenberg... lucid, jargon-free... a landmark contribution."

—Marvin R. Goldfried, Ph.D.

"Most psychotherapists and theories of psychotherapy recognize, in one way or another, the centrality of emotion in both psychopathology and therapeutic change. [Dr. Greenberg's] 'emotionally focused' therapeutic approach [is one] that virtually all therapists will find useful."

—Morris Eagle, Ph.D.

"Truly outstanding work [for] every researcher and practitioner involved with psychotherapy."

—David H. Barlow, Ph.D.

"An exquisite understanding of the role of emotion... a 'must' for psychotherapists of all orientations... The most influential humanistic therapist and researcher of our day."

—Louis G. Castonguay, Ph.D.

"Exceptional integrative capacities... Immensely valuable [for] psychotherapists of all persuasions... Theoretically innovative and clinically practical."

—Michael J. Mahoney, Ph.D.

Les Greenberg, PhD

Applied Psychology Institute
99 Harbour Square, Suite 708
Toronto, ON M5J 2H2

Upcoming EFT Institutes

Individual Level One Toronto, ON August 10-13, 2009
Individual Level Two Toronto, ON August 17-20, 2009
Individual Level Three Toronto, ON October 2-4, 2009

