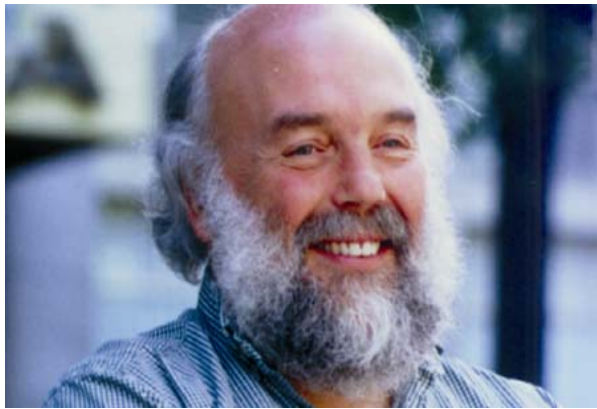


Emotion Focused Therapy

2008-9 Training Institutes



Couples EFT Institute, Level One

Toronto, Ontario

November 9-12, 2008 (24 CEUs)

Individual EFT Institute, Level One

Toronto, Ontario

August 5-8, 2008 (24 CEUs)

→ Waiting list full

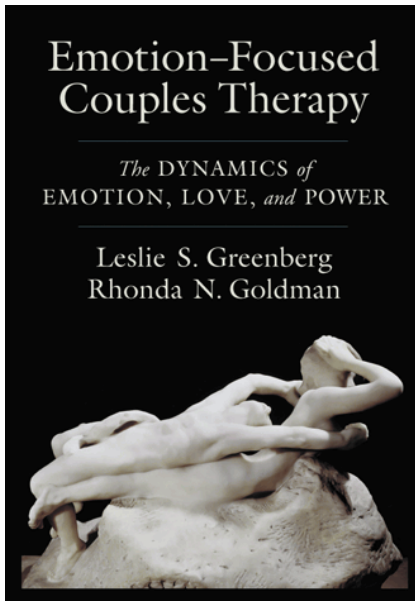
Toronto, Ontario

August 10-13, 2009 (24 CEUs)





Just released!



In *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power*, authors Leslie S. Greenberg and Rhonda N. Goldman explore the foundations of emotionally focused therapy for couples. They expand its framework to focus more intently on the development of the self and the relationship system through the promotion of self-soothing and other-soothing; to deal with unmet needs both from the client's adulthood and childhood; and to work more explicitly with emotions, specifically fear, anxiety, shame, power, joy, and love.

The authors discuss the affect regulation involved in three major motivational systems central to couples therapy—attachment, identity, and attraction and clarify emotions and motivations in the dominance dimension of couples' interactions.

The authors use a rich variety of case material to demonstrate how working with emotions can facilitate change in couples and, by extension, in all situations where people may be in emotional conflict with others. They provide the tools needed to identify specific emotions and show the reader how to work with them to resolve conflict and promote bonding in couples therapy.

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About the Authors

Published by the American Psychological Association, February 2008

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.

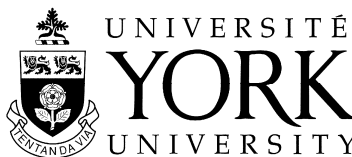
Dr. Greenberg is a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the Society for Psychotherapy Research (SPR). He is on the editorial board of many psychotherapy journals, including the *Journal of Psychotherapy Integration* and the *Journal 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.



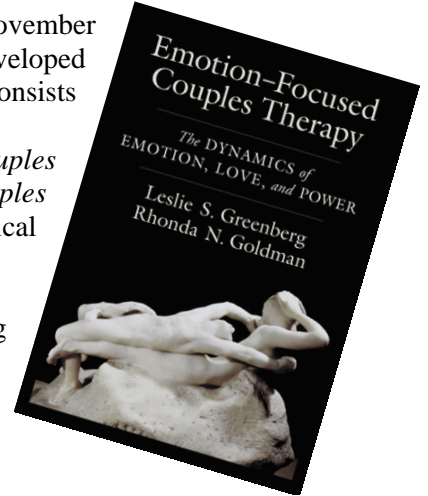


Couples EFT

Les Greenberg will be leading a **Couples EFT Institute, Level ONE** from November 9-12, 2008 in Toronto's beautiful Harbourfront district. EFT for couples was developed by Dr. Greenberg and Sue Johnson in the 1980's. The evidence-based modality consists of widely-acclaimed techniques for enhancing emotional bonds between partners.

Les is co-author (with Sue Johnson) of *Emotionally Focused Therapy for Couples* (Guilford, 1988) and co-author (with Rhonda Goldman) of *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love and Power* (American Psychological Association Press, 2008).

The **Couples EFT Institute, Level ONE** focuses on in-depth skills training through lecturettes, video demos, modeling, and role-playing practice. Enrollment is strictly limited to 27 participants. **24 CEUs.**



Day One – Sunday, November 9, 2008

- Module 1* The rationale for focusing on emotions in couples therapy
- Module 2* First sessions (forming an alliance and identifying core issues)
- Module 3* Identifying maladaptive cycles (guided videotape demonstration)

Day Two – Monday, November 10, 2008

- Module 4* Identifying maladaptive cycles (skills training)
- Module 5* Accessing emotion (guided videotape demonstration)
- Module 6* Accessing emotion (skills training)

Day Three – Tuesday, November 11, 2008

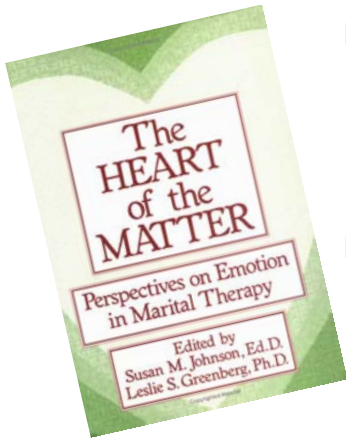
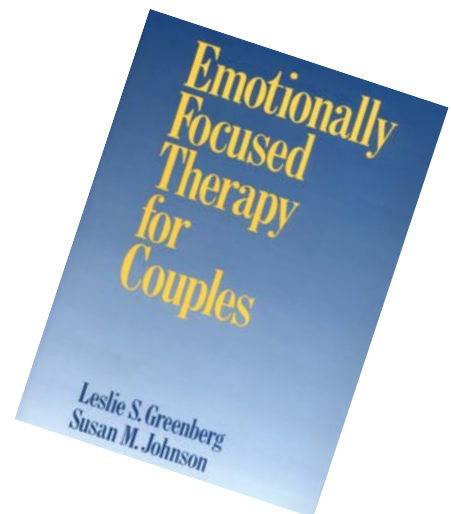
- Module 7* Re-owning disavowed experience (video & skills training)
- Module 8* Accessing and acceptance (videotape & skills training)
- Module 9* Tailoring interventions to varying problems

Day Four – Wednesday, November 12, 2008

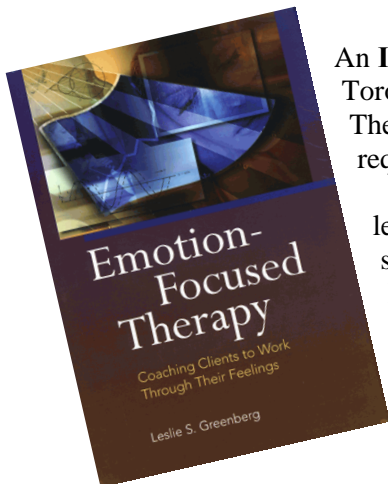
- Module 10* Consolidating change, anticipating relapses & boosters
- Module 11* Dealing with self issues
- Module 12* Indications and contraindications

ALUMNI ENDORSEMENTS

- "An incredible depth of knowledge"*
- "Contagious enthusiasm"*
- "Exceeded my expectations"*
- "I will definitely recommend this program to my colleagues"*



Individual EFT



An **Individual EFT Institute, Level ONE** will be held at Number One York Quay in Toronto, Ontario from August 10-13, 2009 (sorry, August 2008 is completely filled). 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. Enrollment at each **Level One** is strictly limited to 32 participants. **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

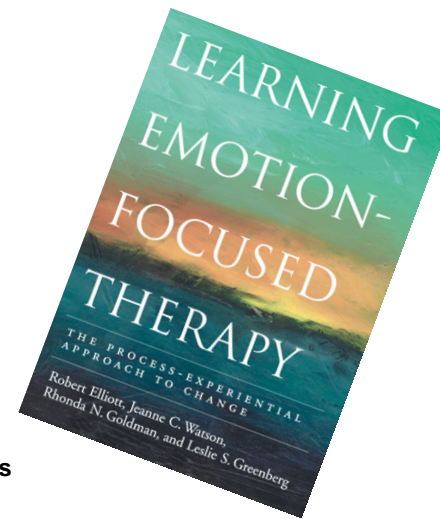
Self-Soothing and Meaning Creation

- *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*



Critical Acclaim

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

—*Hans H. Strupp, 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.*

“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.*

“Sophisticated, systematic, empirically-supported and teachable.”

—*Jeremy D. Safran, Ph.D.*

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

—*David H. Barlow, Ph.D.*

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

—*Michael J. Mahoney, 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.*

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

—*Arthur Bohart, 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.*



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"/>	COUPLES Level ONE <i>November 9-12, 2008 (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 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>February 23-26, 2009 (Palm Desert, CA)</i>	<input type="radio"/>	Deposit	\$250.00 + GST (= \$262.50)
		<input type="radio"/>	Full	\$1,849.00 + GST (= \$1,941.45)

3) Payment method

<input type="radio"/>	Cheque #	(made payable to API) is enclosed
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<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.



We see that intellect alone is not sufficient to make happy human beings... The power of reason is not enough. We have to grasp our problems with our hearts.

Shirin Ebadi (2003 Nobel Peace Prize laureate)

Les Greenberg, PhD
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Toronto, ON M5J 2H2

Upcoming EFT Institutes

Couples Level One	Toronto, ON	November 9-12, 2008
Individual Level One	Toronto, ON	August 5-8, 2008
Individual Level Two	Palm Desert, CA	February 23-26, 2009

