



## **Course: emotion-focused therapy: changing emotion with emotion**

**Address:** <https://asadis.net/en/course/emotion-focused-therapy-changing-emotion/>

**Duration:** 4h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$144.00

### **Overview:**

In many ways, emotions guide our lives. As all clinicians know, they therefore play a significant role in any form of therapy. In this new workshop designed for clinicians, Dr. Greenberg will explain the role of primary and secondary emotion, as well as adaptive and maladaptive emotion and productive and unproductive emotional processing. Case formulation and principles of emotional change will be explained and demonstrated with recorded sessions and clinical presentations. The key principles and advanced techniques of changing emotion will also be presented in depth, with other videos of therapy sessions. Dr. Greenberg will also demonstrate the role of memory consolidation in changing emotion with emotion and present strategies of moment-by-moment attunement to affect, and the use of two chair methods of dialoguing with parts of self and imagined significant others in order to access emotions.

### **Learning objectives:**

1. Learn to identify different types of emotional processing.
2. Learn how to intervene differentially with emotion
3. Learn how to change emotion with emotion.
4. Learn how to do an emotion-focused case formulation.
5. Learn to identify phases in emotional processing to resolve self-critical splits.

### **Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes

each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

### **The expert, Prof Leslie Greenberg**

Dr. Leslie Greenberg, Ph.D. is Distinguished Research Professor Emeritus of Psychology at York University in Toronto and the primary developer of Emotion-focused therapy. He has authored the original books on Emotion in Psychotherapy (1986), Emotionally Focused Therapy for Couples (1988). More recent books include Emotion-focused Couples Therapy: The dynamics of emotion, love and power (2008), Therapeutic Presence (2012), Emotion-focused therapy: Theory and practice (2015), Case Formulation in Emotion-Focused Therapy (2015), Emotion -Focused Therapy of Generalized Anxiety (2017), and Emotion-focused Therapy of Forgiveness (2019) and most recently changing Emotion with emotion ( 2021). He has received the Distinguished Research Career award of the International Society for Psychotherapy Research as well as the Carl Rogers and the Distinguished Professional Contribution to Applied Research of the American Psychology Association. He also has received the Canadian Psychological Association Professional Award for distinguished contributions to Psychology as a profession. He is a past President of the Society for Psychotherapy Research. He currently trains people internationally in emotion-focused approaches.

### **Syllabus**

PowerPoint

#### Foundations of Emotion-Focused Therapy

Introduction

Overall approach and theory functioning

Evidence based treatment

Introducing emotions

Emotions schemes

#### Understanding Emotion Processes and Assessment

What is meaning

Emotion generation

The dialectical construction of the self

Emotion assessment

Example of emotion assessment

Emotional dysfunction

Accessing emotion

Assessment of emotional awareness and expression

#### Emotional Transformation in Therapy

Emotional transformation processes

Accessing alternate emotion

Changing emotion with emotion example

Basic change process

Case formulation

Problem markers and tasks

Demonstration video

Conclusion

Bibliography