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 such, they play a significant role in any form of therapy. This workshop, specifically designed for clinicians by Dr. Les Greenberg, one of the primary developers of Emotion-Focused Therapy, will provide you with multiple techniques for identifying dysfunctional emotional patterns, promoting adaptive emotional expression and facilitating emotional regulation in your clients.

He will explain the role of primary and secondary emotion, adaptive and maladaptive emotion as well as productive and unproductive emotional processing. The key principles and advanced methods for changing emotion will be presented in depth, enriched by videos of therapy sessions and clinical presentations.

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.

Additionally, this training will explore:

• The development of emotions schemes
• The interaction between the affective system and meaning construction
• The role of first narratives in coded experience and the storying of affect
• How emotions are generated at different levels and their components
• How to identify the core painful emotion
• The different models of emotional processing

• The 6 major emotional change processes
• Various interventions strategies guided by differential emotion assessment
• How to access alternate emotion
• And much more…

Become an expert at working with emotions!

Learning objectives:

1. Identify and intervene for different types of emotional processing
2. Master how to do an emotion-focused case formulation
3. Identify phases in emotional processing to resolve self-critical splits
4. Change emotion with emotion

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, psychologist, with nearly five decades of experience.

He earned his Ph.D. in psychology from York University in 1975. His first academic position was at the University of British Columbia in counseling psychology. In 1981, he undertook an externship at the Mental Research Institute in California. Initially, he received training in client-centered therapy. Later, he expanded his training to include Gestalt therapy and gained exposure to numerous other approaches over the years, including systemic-interactional, psychodynamic, and cognitive therapy. In 1986, he returned to York University in Toronto as a professor of psychology, and is now Distinguished Research Professor Emeritus of Psychology. Dr. Greenberg is the primary developer of Emotion-Focused Therapy. He has published numerous articles and authored several pioneering books on Emotion-Focused Therapy, addressing topics such as the dynamics of emotion, love and power, therapeutic presence, generalized anxiety, forgiveness, and emotional change.

Dr. Greenberg is a founding member of the Society for the Exploration of Psychotherapy Integration (SEPI) and a past president of the Society for Psychotherapy Research (SPR), where he was honored with the Distinguished Research Career Award in 2004. The Canadian Psychological Association awarded him the Professional Award for Distinguished Contributions to Psychology as a Profession. Furthermore, the American Psychological Association recognized him with both the APA Award for Distinguished Professional Contributions to Applied Research and the Carl Rogers Award. He has also been on the editorial board of many psychotherapy journals. Currently, he trains individuals worldwide 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

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*