



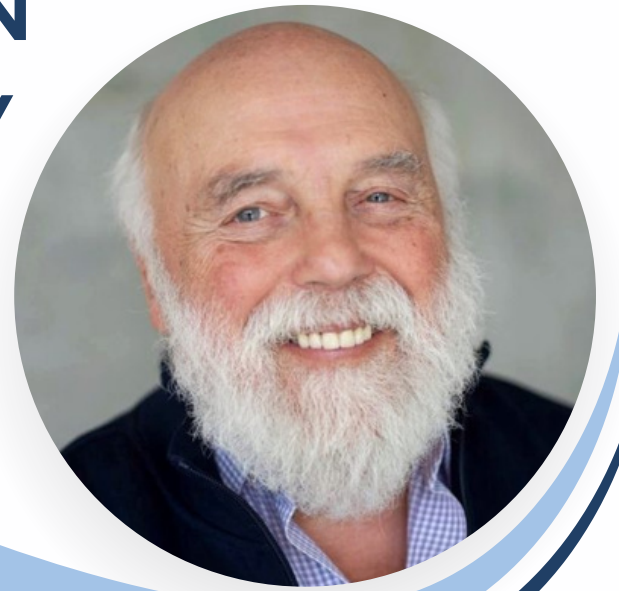
CENTRE FOR PSYCHOLOGY
AND EMOTIONAL HEALTH



GREENBERG
INSTITUTE of
EMOTION
FOCUSED
THERAPY

20 SKILLS TO WORK WITH EMOTION IN PSYCHOTHERAPY

WITH DR. LESLIE GREENBERG



July 11 & 12, 2024



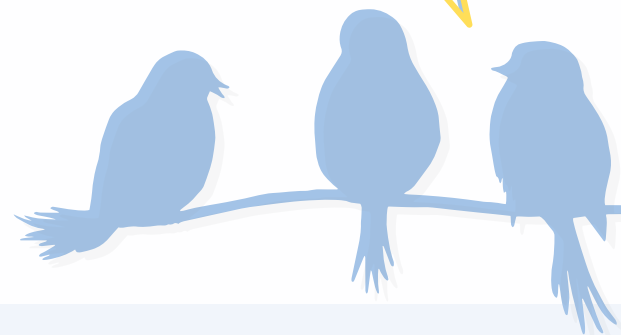
11:00am–3:00pm
Eastern Daylight Time



Live via Zoom

10% for MPS Members
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OVERVIEW

Do you ever feel unsure about how to effectively work with emotions in your therapy sessions? Do you struggle to access, regulate, or deepen your clients' emotional experience? Do you have trouble helping your clients process emotions productively?

Working with emotion is an essential component of psychotherapy, and therapists can encounter challenging emotional processes during treatment. For example, clients often present with secondary symptoms which are frequently mistaken for the main problem. These secondary symptoms obscure the deeper emotional issues that require focused attention and intervention. To address these and other emotional issues in psychotherapy, therapists require training to learn specific skills and techniques.

In this workshop, you will learn 20 evidence-based skills to help you assess specific emotional issues and apply targeted interventions to address them. These skills draw on decades of research on emotions from multiple perspectives, including evolutionary biology and neuroscience, and can be integrated into any psychotherapeutic approaches and used with any client population. Video recordings of real therapy sessions will be used to illustrate client processes and interventions.

OBJECTIVES



In this workshop you will learn how to:

- Recognize and assess productive and unproductive emotion states and different emotion types (adaptive/maladaptive, secondary/protective, instrumental) and learn how to work with them differentially
- Apply techniques to track and explore emotional processes in session
- Use collaborative case formulation to identify clients' core emotional issues
- Work with clients who are overwhelmed by their emotions by using deliberate and automatic emotion regulation techniques
- Access, activate, and deepen emotions with clients who have trouble accessing and expressing their feelings
- Process emotions productively
- Change maladaptive emotions with adaptive emotions

This workshop is designed by Dr. Leslie Greenberg, an international leader in the field of psychotherapy and emotion, and it is tailored for licensed mental health professionals and graduate students from various training backgrounds who have training in psychotherapy.



RATES

Early Registration Rate - \$215 CAD (+ taxes)

(Early Registration ends 11:59pm June 13, 2024)

Regular Admission - \$250 CAD (+ taxes)

Student Rate - \$150 CAD (+ taxes)

Please email training@cpeh.ca for the Student Promo Code

If you are not available to attend the live workshop, a recording will be available for a period of time.



CE CREDITS

Ontario Psychological Association (OPA) - 7 hours (pending approval)

Medical Psychotherapy Association of Canada (MDPAC) - 7 hours (pending approval)

Ontario Association of Mental Health Practitioners (OAMHP) - 7 hours (pending approval)

ABOUT THE PRESENTER

Dr. Leslie Greenberg (Ph.D., C.Psych.) is a Distinguished Research Professor Emeritus of Psychology at York University in Toronto, Ontario. He created and co-developed Emotion-Focused Therapy for individual and couples. He received the American Psychological Association Award for Distinguished Professional Contribution to Applied Research, the SPR Distinguished Research Career award, the Carl Rogers award of the APA Society for Humanistic Psychology, 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.



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