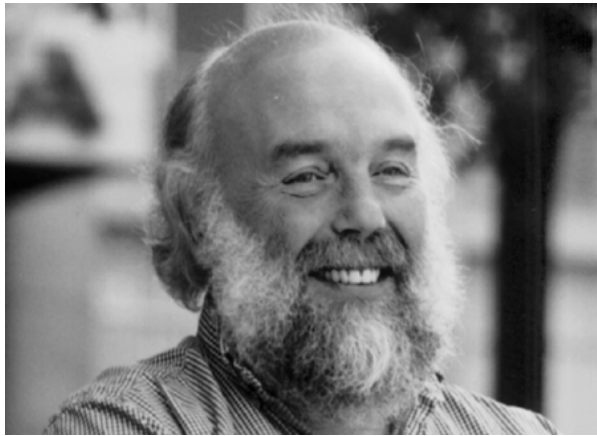


Emotion Focused Therapy

2007 Training Institutes



Level One

Palm Desert, California

February 19-22, 2007 (24 CEUs)

Toronto, Ontario

July 31-Aug 3, 2007 (24 CEUs)

Level Two

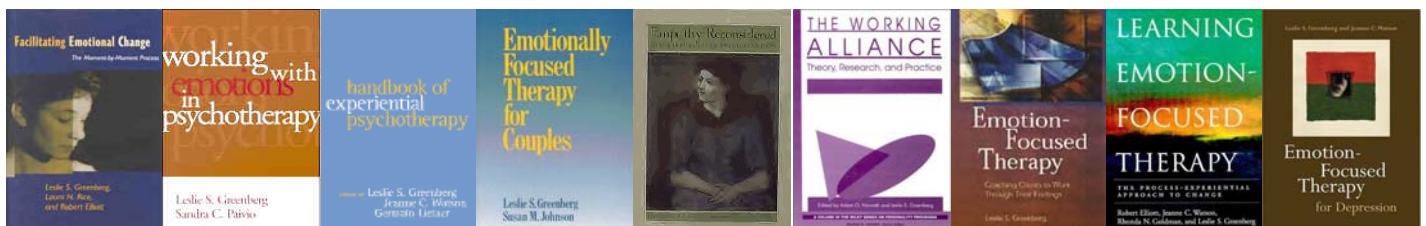
Toronto, Ontario

August 7-10, 2007 (24 CEUs)

Level Three

Toronto, Ontario

October 19-21, 2007 (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, 64 book chapters, and 16 books. Among his most influential writings are *Emotion Focused Therapy: Teaching Clients to Work Through Their Feelings* (American Psychological

Association, 2002), *Empathy Reconsidered: New Directions* (American Psychological Association, 1997), *Working with Emotion in Psychotherapy* (Guilford, 1997), and *Emotionally Focused Therapy for Couples* (Guilford, 1988).

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 the United Kingdom, France, Belgium, The Netherlands, Germany, Austria, Italy, Spain, Portugal, Finland, Norway, Sweden, Argentina, Brazil, Chile, Australia, New Zealand and South Africa.

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



This year we are pleased to offer two location options for the Level One Institute:

1. February 19-22, 2007 at Shadow Mountain Resort in **Palm Desert**, California (**new!**)
2. July 31-Aug 3, 2007 at Number One York Quay in **Toronto**, Canada (**10th annual**)

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*

Level Two Institute



The 2007 **Level Two Institute** with Les Greenberg, Ph.D. will be held from August 7-10 in Toronto's beautiful Harbourfront area.

The program provides participants **advanced 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. Advance registration is required.

Pre-requisite: Level One (or equivalent). Enrollment is strictly limited to 16. 24 CEUs.

Tuesday, August 7, 2007 – 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*

Wednesday, August 8, 2007 – 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*

Thursday, August 9, 2007 – 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*

Friday, August 10, 2007 – ADVANCED PRACTICE & SUPERVISION

9:00AM – 12:00PM

Difficult clients and processes

1:00PM – 4:30PM

Applications to specific populations and types of problems

See www.emotionfocusedtherapy.org for details of the October 19-21, 2007 Level THREE.

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.”

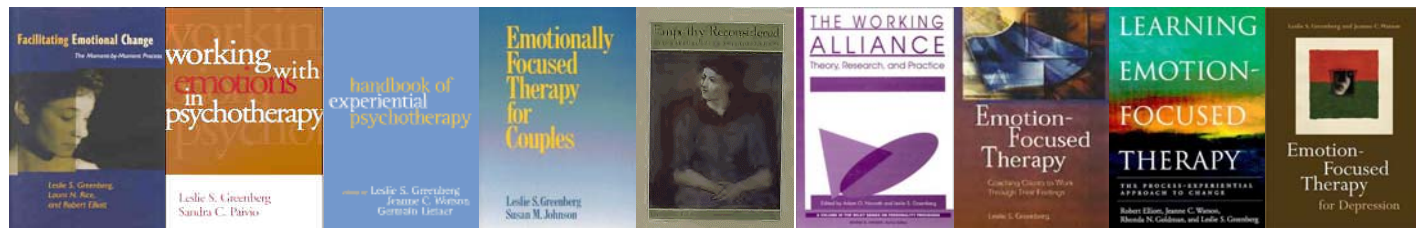
—*Marvin R. Goldfried, Ph.D.*

“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!

1) Registrant(s)

Name		
Address		
City	Prov	Postal code
TEL	email	

2) Registration *Prices listed are Canadian dollars. \$1.00 US = ~ \$1.15 Canadian.*

<input type="radio"/>	Level One (option 1) <i>Palm Desert, California February 19-22, 2007</i>	<input type="radio"/> Deposit	\$250.00
		<input type="radio"/> Total	\$1,195.00
<input type="radio"/>	Level One (option 2) <i>Toronto, Ontario July 31-August 3, 2007</i>	<input type="radio"/> Deposit	\$250.00 + GST (= \$265.00)
		<input type="radio"/> Total	\$995.00 + GST (= \$1,054.70)
<input type="radio"/>	Level Two <i>Toronto, Ontario August 7-10, 2007</i>	<input type="radio"/> Deposit	\$250.00 + GST (= \$265.00)
		<input type="radio"/> Total	\$1,650.00 + GST (= \$1,749.00)
<input type="radio"/>	Level Three <i>Toronto, Ontario October 19-21, 2007</i>	<input type="radio"/> Deposit	\$250.00 + GST (= \$265.00)
		<input type="radio"/> Total	\$1,650.00 + GST (= \$1,749.00)
<input type="radio"/>	<i>I'm unable to make this year's institutes. Please put my name on your mailing list (include email address).</i>		

3) Payment method

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

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

2007 EFT Institutes

Level One	Palm Desert, USA	Feb 19-22
Level One	Toronto, CANADA	July 31-Aug 3
Level Two	Toronto, CANADA	Aug 7-10
Level Three	Toronto, CANADA	October 19-21

