



Organizer

The Hong Kong Catholic Marriage Advisory Council

**One-Day Workshop
“Emotion-Focused Therapy—
Forgiveness and Letting Go of Anger & Hurt”**

24 April 2015

Presented by
Dr. Leslie S. Greenberg

Introduction

This workshop offers training in how to help facilitate the process of recovering from interpersonal hurtfulness. Rebuilding adaptive self-regard and letting go of the hurt, pain and anger associated with emotional injuries caused by interpersonal hurtfulness is crucial to an injured person’s recovery. Depending on the nature of the relationship, forgiveness and relationship repair may also be key parts of the process.

An emotion-focused approach to therapy with individuals enables therapists to guide clients through the process of recovery. This requires the establishment of a strong working alliance and the ability to help clients access and restructure the emotion-laden memories associated with the hurtful experience. Training in emotion-focused therapy provides therapists with the skills needed to be empathically attuned to clients’ inner emotional experience while simultaneously using directive techniques to coach clients through the process of confronting the imagined other in an enacted dialogue. EFT therapists facilitate their clients’ efforts to let go of the painful emotions associated with the emotional injury and possibly forgive the hurtful other while recognizing that forgiveness does not require them to re-enter relationship if the hurtful other is not prepared to work with them to rebuild trust and safety in that relationship.

This workshop will present an emotion-focused approach to resolving emotional injuries. It will give clinicians practical and specific interventions to help clients deal with feelings of shame and resolve the anger and hurt in their relationships with others. The importance of accessing and working through emotions related to the injury will be emphasized.

The Objectives of the Workshop:

1. Understand the phenomenon of emotional injury and forgiveness
2. Discriminate between forgiveness and letting go
3. Discriminate different emotions
4. Understand different emotional change processes
5. Learn steps to promote forgiveness or letting go

Content

Emotional Injuries

Emotion and self-organization
Emotional Injury
Letting go & Forgiving
When not to Forgive

Morning Break

Emotion-focused Treatment of Emotional Injury

Emotion Assessment

Assessment for differential intervention
Primary adaptive emotion
Primary maladaptive emotion
Secondary reactive emotion
Instrumental emotionality

Video Demonstration

Major Emotional Change Processes

Awareness, Expression, Regulation, Reflection, Transformation, Corrective experience

Video Demonstration

Lunch

The Change Process in Working with Injury in Individuals using Empty Chair Dialogue

Acknowledging the impact of the injury
Working through painful emotions
Letting go of anger and hurt
Accessing and restructuring emotional memories
Imagining the other
Empathy for and from the Other
Change in view of the other
The role of self-affirmation and self-forgiveness

Afternoon Break

Self Interruption and Resolution

Holding the Other accountable vs forgiving the Other
Letting go and forgiveness

Video demonstration

Discussion:

Comparing Individual and Couples Work for Resolving Emotional Injuries

Common elements and differences

Presenter

Dr. Leslie S. Greenberg

Dr. Leslie S. Greenberg is Distinguished Research Professor Emeritus of Psychology at York University in Toronto, Canada. He is the past Director of the York University Psychotherapy Research Clinic, and is the Director of Emotion-Focused Therapy Clinic. He is also a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the Society for Psychotherapy Research (SPR).

Dr. Greenberg is the major developer of an emotion-focused approach to therapy. He has authored and co-authored the major texts on emotion-focused approaches to treatment. These include *Emotion in Psychotherapy* (1986), *Emotionally Focused Therapy for Couples* (1988), *Working with Emotions in Psychotherapy* (1997), *Emotion-Focused Therapy: Coaching Clients to Work through Emotions* (2002), *Emotion-Focused Therapy of Depression* (2005), *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love and Power* (2008), *Emotion-Focused Therapy* (2011), *Working with Narrative in Emotion-Focused Therapy* (2011), *Therapeutic Presence—A Mindful Approach to Effective Therapy* (2012), and *Case Formulation in Emotion-Focused Therapy—Co-Creating Clinical Maps for Change* (2015). He has been on the editorial board of many psychotherapy journals, including *Journal of Consulting and Clinical Psychology*, *Journal of Psychotherapy Integration*, *Journal of Constructivist Psychology*, *Journal of Marital and Family Therapy*, *Gestalt Review*, *Journal of Clinical Psychology*.

Dr. Greenberg was awarded the Distinguished Research Career Award of the Society for Psychotherapy Research, the Canadian Council of Professional Psychology Association Award for Excellence in Professional Training, the Canadian Psychological Association Professional Award for distinguished contributions to Psychology as a profession, the American Psychological Association Distinguished Professional Contribution to Applied Research Award and the Carl Rogers Award of the Society for Humanistic Psychology.

One-Day Workshop

“Emotion-Focused Therapy— Forgiveness and Letting Go of Anger & Hurt”

- Date & Time:** 24 April 2015 Friday
9:15a.m.—5:00p.m.
- Venue:** Auditorium, 1/F., Christian Family Service Centre
3 Tsui Ping Road, Kwun Tong, Kowloon
- Format:** Lectures, case illustrations and video demonstrations
- Language:** English
- Fee:** \$850 Early bird registration on or before 2 April 2015;
\$950 Regular Rate
- Who should attend:** Social workers, psychologists, counsellors, family therapists,
psychiatrists, nurses, doctors, counselling teachers,
mental health workers, academics and other related helping professionals
- Deadline for Application:** 17 April 2015
- Enquiry:** Mr. Arthur Lam
Tel: 2810 1104;
Email: eft@cmac.org.hk

Application Method:

- For application, please send the application form with a crossed cheque made payable to
“**The Hong Kong Catholic Marriage Advisory Council**” to:-
The Hong Kong Catholic Marriage Advisory Council
Room 101, 1/F., Low Block, Grand Millennium Plaza
181 Queen’s Road Central, Hong Kong.
(*Re: EFT workshop 24 April 2015*)

Remarks:

1. Confirmation of application will be issued via e-mail after both the application form and the payment are received.
2. Fee is non-refundable and non-transferrable.
3. Receipt of application fee will be issued on the day of workshop.
4. A Certificate of Attendance will be presented to participants with at least 75% attendance.
5. If typhoon signal no.8 or black rainstorm signal is hoisted at or after 7:00am on the day, the morning session will be cancelled. If typhoon signal no.8 or black rainstorm signal is still hoisted at or after 12:00pm, the afternoon session will also be cancelled.
6. The English name written on the application form will be used for the attendance list and the certificate of attendance.
7. The Hong Kong Catholic Marriage Advisory Council would videotape the Workshop for record keeping, evaluation and training purposes.



One-Day Workshop
“Emotion-Focused Therapy—
Forgiveness and Letting Go of Anger & Hurt”
24 April 2015

Application Form

Full Name

(English) _____ (Chinese) _____

Profession / Title: _____

Organization: _____

Tel. No.: (Day) _____ (Mobile) _____

Fax No.: _____ E-mail: _____

Correspondence Address:

Payment: Cheque No. _____ Bank: _____ Amount: _____

For official use only: Receipt no. _____ Staff: _____ Date: _____

Have you joined any training program(s) organized by HKCMAC? Yes No

Remarks:

The personal data provided on this form are used for registration and administration purposes by The Hong Kong Catholic Marriage Advisory Council (HKCMAC). HKCMAC would notify you of our latest training programs and activities with the use of your personal data if you do not have objection to our agency doing so. If you have objection to our agency sending promotional materials to you, please check the tick box as shown below:

I do not want to receive promotional materials of training programs and activities provided by HKCMAC.