Working With Emotions in Psychotherapy: A Trans-Theoretical Approach

ABOUT THE COURSE

A key to therapeutic success is working effectively with emotions, given that emotion processing difficulties underlie most mental health problems. Research on emotions, as well as several approaches to psychotherapy, provide insight into promoting healthy functioning.

This two-day workshop offers a hands-on approach to working with emotions with clients. It builds on the foundational principles within Emotion Focused Therapy (EFT), Dialectical Behaviour Therapy (DBT) and Therapeutic Presence (TP).

LEARNING OBJECTIVES

By the end of the course, participants will be able to:

1) Explain the function of emotions and the role of primary and secondary emotions in the therapeutic change process;
2) Monitor clients’ in-session emotional arousal and identify cues that characterize their emotion processing style;
3) Use a range of strategies to increase clients’ emotional awareness;
4) Utilize techniques that facilitate the transformation of problematic emotions;
5) Utilize tools to cultivate presence and effectively express and regulate personal emotions with clients.

Monitoring emotional arousal and identifying cues that mark emotion processing deficits are central to this workshop. Many techniques on how to intervene to enhance emotional awareness, promote emotion regulation and transform maladaptive emotions will be presented. A particular focus will be understanding how a therapist’s emotions can inhibit or promote a helpful therapeutic relationship.

The three presenters will help participants consider how to work differentially and more effectively across a wide range of clients with mild to severe emotion processing difficulties. Attention will be paid to timing interventions that activate emotions and to the techniques designed to promote modulation of emotions.

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WHAT TO EXPECT

Drs. Greenberg, Geller and McMain will focus on three key principles to working skillfully with emotions:

“Recognizing and responding to your clients’ primary emotions to promote positive change;

“Knowing when to regulate and when to activate emotions based on your understanding of your clients’ emotional processing difficulties;

“Understanding how to be present and remain attuned through clients’ in-session emotional challenges.

Extensive use of clinical examples, practice exercises, video clips and discussion will be used to illustrate how to effectively work with emotions in psychotherapy.

PRESENTERS

The workshop presenters have a lengthy association with one another’s practice through their evidence-based research. They are excited to bring together their research, diverse practices and respective clinical experiences.

Leslie Greenberg, Ph.D., C. Psych. (Emotion Focused Therapy) is a Distinguished Professor of Psychology at York University in Toronto, Ontario. He is the Director of the York University Psychotherapy Research Center and is the primary originator and developer of Emotion-Focused Therapy (EFT) for individuals and couples.

Shelley McMain, Ph.D., C.Psych. (Dialectical Behaviour Therapy) is an Associate Professor in the Department of Psychiatry at the University of Toronto. She is a Clinician Scientist and the Head of the Borderline Personality Disorder Clinic at the Centre for Addiction and Mental Health. She is a Certified DBT Therapist and also has extensive training in CBT and EFT.

Shari Geller, Ph.D., C.Psych. (Therapeutic Presence) is the co-author of Therapeutic Presence: A Mindful Approach to Effective Therapy. Shari serves on the teaching faculty in Health Psychology at York University. She teaches in the Applied Mindfulness Meditation program and is adjunct professor in the Faculty of Music at University of Toronto. Shari created the Therapeutic Rhythm and Mindfulness Program (TRM™).

WHO CAN REGISTER

This workshop is designed for all health professionals seeking to develop a more nuanced and effective way of working with emotions in psychotherapy.

Note: Continuing Medical Education Credits are pending.

CONTACT INFORMATION

CENTRE FOR MINDBODY HEALTH
250 Eglinton Ave. West, Unit 200, Toronto, Ontario, M4R 1A7
TEL: 416.855.CMBH (2624)
FAX: 647.729.5551
WEB: www.cmbh.space
INQUIRIES: info@cmbh.space

WORKSHOP DATES/TIMES/LOCATION
Thursday, Nov. 26th & Friday, Nov. 27th
Time: 9am–4.30pm
Location: Hart House
University of Toronto
Working With Emotions in Psychotherapy: Registration Form

COURSE FEE

Early Bird Special: $495 plus HST (valid until October 30, 2015)
Regular Fee: $550 plus HST
Catered lunch is included.
Please network over lunch!
Your registration will not be processed without payment. You will receive an email confirmation of your registration once your payment is processed.

CANCELLATION POLICY

CMBH will provide refunds up to 14 days prior to this course upon receipt of email cancellation to info@cmbh.space. Refunds will not be provided after Wednesday, November 11, 2015.
All refunds are subject to a $100 administrative fee.

HOW TO REGISTER

Mail completed registration form and cheques payable to:
The Centre for MindBody Health
250 Eglinton Avenue W. Ste. 200
Toronto ON M4R 1A7
-OR-
Email completed form and e-transfer to centreformindbodyhealth@gmail.com

PERSONAL INFORMATION

NAME: ________________________________

ADDRESS: ________________________________

CITY: ____________________ PROV.: __________ COUNTRY: __________ POSTAL CODE: __________

PHONE: ___________________________ EMAIL: __________________________

SIGNATURE: ____________________________ DATE: ____________________________

Working with Emotions in Psychotherapy takes place at:
Hart House, 7 Hart House Circle
University of Toronto
Toronto, ON M5S 3H3