



Fredag d. 29. oktober 2010

På Scandic Copenhagen

*DPSPs Internationale Heldagsseminar med:*

# *Leslie Greenberg*

## **The Transforming Power of Affect: Emotion-Focused Psychotherapy – EFT**

### **1. Emotion and its role in psychotherapy**

Emotion: Theory and Research: • Adaptive function of emotion • Emotion schemes and sources of emotion.

Emotion Assessment: • Assessment for differential intervention • Primary adaptive emotion • Primary maladaptive emotion • Secondary reactive emotion • Instrumental emotionality.

### **2. Framework for Intervention**

Major Emotional Change Processes: • Awareness • Expression • Regulation • Reflection • Transformation • Corrective experience.

### **3. Specific Method**

Working with Emotion in Resolving Self Criticism: • Video Tape Demonstrations and discussion of Self-criticism and the emotion change process Dialoguing with the self.

### **4. Specific Method**

Discussion and Video Tape Demonstrations of: • Working with Unresolved Emotion in Unfinished business\_ • Forgiveness and letting go

### **5. Discussion**

Indications and Counter Indications for Emotion Focused Work:

- Overcontrolled and underregulated emotion

- ❖ Learn to identify different types of emotional expression.
- ❖ Learn when to regulate and when to access emotion.
- ❖ Learn how to intervene differentially with emotion.
- ❖ Learn how to access adaptive emotions to produce change.
- ❖ Learn to identify phases in emotional processing to resolve self-critical splits.
- ❖ Learn to identify phases in emotional processing to resolve unfinished business.

**CONTENT OF THE SEMINAR:** The role of emotion and emotional awareness in function and dysfunction and the importance of working with amygdala based emotion • The use of process diagnosis in an emotion-focused approach to identify both adaptive and maladaptive emotions and primary and secondary emotions will be discussed • Differential intervention based on process diagnosis will be demonstrated • Six major principles of emotional change in psychotherapy Emotion, Awareness, Expression, Regulation, Reflection, Transformation and Corrective Experience • Videotaped examples of evidence based, methods for evoking and dealing with emotions in self-criticism and in emotional injuries from the past with significant others will be presented and discussed • Participants will be introduced to the skills of moment by moment attunement to affect, and the use of gestalt methods of dialoguing with parts of self and imagined significant others in an empty chair.

*Leslie Greenberg, Ph.D. is Professor of Psychology at York University in Toronto, Ontario. He is the Director of the York University Psychotherapy Research Clinic. He is the developer of an Emotion-focused approach to therapy. He has co-authored the major texts on emotion focused approaches to treatment. These include Emotion in Psychotherapy(1986), Emotionally Focused Therapy for Couples (1988) Facilitating Emotional Change (1993) ,Working with Emotions in Psychotherapy(1997) Emotion-focused therapy: Coaching clients to work through emotions(2002) and most recently Emotion-focused therapy of depression (2005). Dr. Greenberg is a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the International Society for Psychotherapy Research (SPR) from which he received a Distinguished Research Career award in 2004. He was awarded the Canadian Psychological Association Professional Award for Distinguished Contributions to Psychology as a Profession and the Canadian Psychological Association Award for Excellence in Professional Training and most recently the Carl Rogers Award of the American Psychological Association Society for Humanistic Psychology. 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 has been on the editorial board of many psychotherapy journals, including currently the Person-Centered & Experiential Therapies, Journal of Psychotherapy Integration, Journal of Constructivist Psychology, Journal of Marital and Family Therapy, Gestalt Review, Journal of Clinical Psychology.*

**Tid og sted:** Fredag d. 29. oktober 2010, kl. 8:50-16:30 (Morgenkaffe og registrering kl. 7:30)  
Scandic Copenhagen, Vester Søgade 6, 1601 København V.

**Deltagerpris:**

- 1090 kr. inkl. moms for medlemmer af Dansk Psykoterapeutisk Selskab for Psykologer
- 890 kr. inkl. moms for studerende, som er medlemmer af Dansk Psykolog Forening
- 1690 kr. inkl. moms for andre akademikere
- Prisen inkluderer frokost, morgen og eftermiddagskaffe. EAN fakturering er ikke muligt.
- Kandidatmedlemmer af Dansk Psykolog Forening, som ønsker at indmelde sig i DPSP, kan for 150 kr. i årskontingent melde sig ind via [www.dpsp.dk](http://www.dpsp.dk)

**Tilmelding:** Tilmelding foretages via [www.dpsp.dk](http://www.dpsp.dk). Tilmeldingen er bindende. Sidste frist for tilmelding er 24. september, 2010. Regler for tilmelding og afmelding ses på hjemmesiden.

**Meritering:** Forventes godkendt med 6 timer i relevante specialistuddannelser.

*Arrangører: DPSP v. Krista M. Nielsen Straarup & Klaus Pedersen*