

ORGANIZER:

Three-Half-Day Virtual Workshop on Emotion Focused Theory into Practice



Dr. Joanne Dolhanty, PhD, C. Psych

Dr. Joanne Dolhanty, PhD, C. Psych, is a supervising and consulting clinical psychologist and trainer for mental health organizations across Canada and internationally. For the past 30 years she has worked developing treatment and providing training to clinicians of all disciplines.

With Dr. Leslie Greenberg she developed the application of Emotion Focused Therapy to Eating Disorders (EFT-ED), and she is the developer of Emotion Focused Skills Training for Parents & Families. Her focus is on building capacity and expertise in communities of clinicians. Dr.

Dolhanty is known for her lively, warm, and engaging teaching style; for making complex concepts accessible to learning; and for delivering training that facilitates both practice change and personal growth.

Early Bird Deadline : 30 April 2021

Date :	29 May & 5,12 June 2021 (Saturdays)
Time:	9:00am – 1:00pm (registration starts at 8:30am)
Format:	Three-Half-Day Virtual Workshop (Zoom)
Fee:	HKD \$2,400 HKD \$2,160 (Early Bird)

Enquiry: 2349-3212

Email: info.ucep@ucn.org.hk

Website: www.ucep.org.hk



Workshop : Emotion Focused Theory into Practice

This course will provide training and guided practice to begin to develop competence in utilizing the experiential skills of the Emotion Focused approach to therapy, with emphasis on how to work with Unfinished Business.

The course will provide an overview of the basic principles and techniques of Emotion Focused Therapy, including empathic attunement, therapeutic alliance, assessment of emotion, elements of emotion processing, productive emotion processing, principles of change, mechanism of change, and markers and tasks within which the therapist works to facilitate transformation in painful emotions.

Participants will:

1. Begin to develop skills and techniques to build self-efficacy with recognizing, exploring, and utilizing emotion, emotion markers, and emotion processes.
2. Begin to develop emotion focused chair skills, to enhance motivation-to-change and facilitate transformation.

Skills will be broken down into micro-skills and steps, to create possibilities for practice following this brief training. As the training will occur online, participants may expect to engage in limited experiential practice of the tasks and techniques in a format conducive to online learning. Videotapes of EFT will provide illustrations of the approach as time allows.

Emotion Focused Therapy

Emotion-Focused Therapy (EFT) promotes and supports the development of emotion self-efficacy, or mastery, in living productively with the array of human emotional experience. It places great emphasis on the quality of the therapeutic alliance, therapist empathic attunement, and deepening of the client's experiencing of their painful emotions.

EFT outlines a clearly articulated guidance system for therapists to support clients in approaching their most painful emotional experience, follow them to that experience, and guide them in how to transform even stale and stuck painful emotions from the past. Therapists help clients move from a fear and avoidance of painful emotion to a competence in utilizing their emotional experience as a guidance system

Who Can Attend?

Mental Health Professionals, Case Workers, Dietitians and Senior Students. This includes Psychology, Medicine, Psychiatry, Social Work, Counselling, etc.

Level of Experience Required

Suitable for practitioners new to Emotion Focused Therapy, as well as for those with prior experience in the emotion focused approach. The foundation and basics will be covered, while those with previous experience will have the opportunity to expand their understanding and acquire tools for further practice.

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REGISTRATION

Please return the completed form with a cheque made payable to

United Christian Nethersole Community Health Service and mail to

Emotional Health & Counselling Centre, 5/F, Block J, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon, Hong Kong

Enquiry: 2349-3212

Email: info.ucep@ucn.org.hk

Website: www.ucep.org.hk

Title: Prof. Dr. Mr. Ms. Miss Other (pls specify) _____

Name: _____
(Last name) (Given Name)

Please give your name you wish to be printed on the "Attendance Certificate"

Occupation: Psychologist Social Worker Counselor Doctor
 Nurse Teacher Researcher Dietitian
 Occupational Therapist Physiotherapist
 Others (please specify): _____
 Full-time Student Part-time Student

For student, which program are you studying? _____

Job Title: _____

Organization: _____

Address: _____

Phone: _____ **Email :** _____

Fees:
Early Bird Registration (Deadline 30 April 2021) HK\$2,160
Standard Registration (Deadline 21 May 2021) HK\$2,400

****Participants who are successfully enrolled this workshop will receive confirmation e-mail in the week of 7 May, 2021**

I know this program from: via UCEP promotion (email/ website/ Facebook/ other*)
 via HA promotion (email/ other*)
 via Accreditation Body _____
 from a friend
 Other _____

I do/ **do not*** wish to be contacted by UCEP through email / direct mail / phone calls* for any direct marketing purposes of events and professional trainings in the future. UCEP shall not so use your personal data without your consent.

(*please delete as inappropriate)

Signature: _____ **Date:** _____