

York University Psychology Clinic

Emotion Focused Therapy for Complex Trauma (EFTT)

Trainer: Dr. Sandra Paivio

Date: May 3 & 4, 2012

Time: 9:00 to 4:30

Location: Rm W132, Seymour Schulich Building
York University, Keele Campus

Emotion focused therapy for Trauma (EFTT) is an integrative model that extends and tailors the general theory of emotion focused therapy (EFT) to the area of interpersonal trauma. The treatment model is broadly applicable to complex interpersonal trauma, including recent application with immigrant and refugee victims of torture.

This two day experiential workshop is designed to help you:

- Understand central roles of attachment relationships and emotion in development of disturbance from complex trauma
- Understand distinguishing features and advantages of the EFTT treatment model
- Learn how to assess and respond to core emotions and emotional processes typically observed in trauma therapy
- Understand processes essential for developing safe and empathic therapeutic relationships
- Understand how to help clients confront trauma feelings and memories
- Learn strategies for promoting client self-development\learn a step-by-step process for helping clients resolve interpersonal trauma
- Integrate EFTT principles and strategies into your current professional practice.

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Trainer: Dr. Sandra Paivio

Sandra Paivio received her PHD in clinical psychology from York University in 1993 where she studied with Dr. Les Greenberg. She is one of the developers of emotion-focused therapy particularly applied to complex relational trauma (EFTT). Dr. Paivio currently is a practicing clinical psychologist, head of the Psychology Department and Director of the Psychotherapy Research Centre at the University of Windsor. She is an internationally recognized scholar and therapist with more than 20 years experience. Dr. Paivio is an invited member of the American Psychological Association (APA, Division 56) committee to develop treatment/best practice guidelines for complex trauma

Registration Information

Early Registration Fee one month prior to the workshop \$300.00 (lunch on your own); \$350.00 regular registration rate; Limited number of student registrations available for \$180.00 with valid identification

The registration form can be accessed from either: the York University Psychology Clinic's website http://www.yorku.ca/yupc/continuing_ed.htm or the Emotion-focused Therapy Clinic's website <http://www.emotionfocusedclinic.org/training.htm>

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