

## Outline of Emotion-Focused Therapy for Eating Disorders Workshop

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York University Psychology Clinic  
March 26<sup>th</sup> and 27<sup>th</sup>, 2010

Friday, March 26<sup>th</sup>

Morning Part I  
9:00-11:30  
Dr. Greenberg

Introduction to Emotions  
Core concepts of emotion-focused therapy  
Therapeutic relationship  
Processing emotions  
Assessing qualities of emotions  
Tasks and markers: Chair work  
Self-critical dialogue  
Self-interruption

Morning Part II  
11:30-12:30  
Dr. Dolhanty

Emotion-focused therapy for eating disorders  
Integrating emotion-focused therapy and motivational enhancement therapy in the treatment of eating disorders

Afternoon

Skill development

Transforming emotion with emotion

Saturday, March 27<sup>th</sup>

Morning

Review core concepts  
Unfinished business  
Unfinished business with eating disorders  
Attachment and Identity

Skill development

Working with body image distress

Afternoon

Skill development

More on assessing qualities of emotion processing  
Integrating emotion work into eating disorder treatment programs  
Various topics: young people, trauma, self-soothing  
Deepening emotional processing

Video illustrations throughout  
Questions and discussion throughout

