

# Emotion Focused Therapy for Couples Institute with Dr. Les Greenberg



Building on latest research conducted by Dr. Greenberg and his colleagues, the Emotion Focused Therapy Clinic at York University Psychology Clinic holds an annual intensive training institute in Couples therapy. This 4 day training Institute provides registrants with in depth skills training through lecturates, video demonstrations, modeling and role-playing practice. The workshop will cover the 5 stage 14 step expanded model of EFT- C focusing on working on attachment and identity needs and self and other soothing. As an emotion-focused therapy we focus on how to work with emotions such as anger, sadness, fear and shame. Participants will be asked to identify key interactional cycles in their own primary relationships and work on undoing these by accessing their own primary underlying emotions in the training. To maximize this form of experiential learning, enrolment is strictly limited to 27 participants.

## Training Agenda

### Day One

- Module 1: The rationale for focusing on emotions in Couples Therapy.
- Module 2: Identity and attachment
- Module 3: First sessions (forming an alliance and identifying core issues)
- Module 4: Identifying affiliation and influence cycles (guided videotape demonstration)

### Day Two

- Module 5: Identifying maladaptive cycles (skills training)
- Module 6: Accessing emotion (guided videotape demonstration)
- Module 7: Accessing emotion (skills training)

### Day Three

- Module 8: Re-owning disowned experience (video & skills training)
- Module 9: Accessing and Acceptance (videotape & skills training)
- Module 10: Self and Other soothing

### Day Four

- Module 11: Consolidating change, anticipating relapses & boosters
- Module 12: Dealing with Self issues
- Module 13: Video tapes and Skill training
- Module 14: Indications and contraindications

## Registration Fee: \$1295.00

Dr. Greenberg's work has received international critical acclaim. Professor of Psychology at York University in Toronto, he is one of the primary developers of emotion focused therapy for individuals and couples. Dr. Greenberg received the 2004 distinguished Research Career Award of the International Society for Psychotherapy Research, of which he was a past President. He recently was awarded the Canadian psychological Association professional Award for distinguished contribution to psychology as a profession. His institutes are highly praised and are renowned for their atmosphere of authenticity and warmth.

To register for this training institute, go to the York University Psychology Clinic website, [www.yupc.org](http://www.yupc.org), and click on the continuing education tab or go to the Emotion-focused clinic website, [www.emotionfocusedclinic.org](http://www.emotionfocusedclinic.org) and click on training tab.

If you have questions about this event or other training opportunities, please call 416-650-8488 or send an e-mail to [yupc@yorku.ca](mailto:yupc@yorku.ca).



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