

# Emotion–Focused Therapy

WITH **Les Greenberg**

JULY 2018



## ABOUT LES GREENBERG

Leslie Greenberg, PhD, is Distinguished Research Professor Emeritus of Psychology at York University, Toronto and past Director of the Emotion–Focused Therapy Clinic. He has received the American Psychological Association award for Distinguished Professional Contribution to Applied Psychology, the Distinguished Research Career award of the International Society for Psychotherapy Research, the Carl Rogers award of the American Psychology Association, the Canadian Psychological Association award for Distinguished Contributions to Psychology as a Profession and the Canadian Council of Professional Psychology award for Excellence in Professional Training.

To REGISTER and FOR MORE INFO

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Full rate £ 800  
Early Bird (before 28 March) £ 750

Held at: Salomons Centre for Applied Psychology  
1 Meadow Road, Royal Tunbridge Wells  
Kent TN11 2YG



Les Greenberg will be returning to Tunbridge Wells in July 2018 to deliver Level 2 and Couples Emotion–Focused Therapy (EFT) training, offering an exciting opportunity for delegates to learn directly from one of the primary developers of this psychotherapeutic approach.

Emotion–Focused Therapy (EFT) is an empirically supported humanistic treatment that views emotions as centrally important in human functioning and therapeutic change. EFT involves a therapeutic style that combines both following and guiding the client's experiential process, emphasizing both relationship and intervention skills. Using two chair and empty chair approaches it helps support clients to work through 'blocks' and 'unfinished business' supporting the emergence of primary needs and letting go of unmet needs.

## 9–12 July – Emotion–Focused Therapy Level 2

This training provides course attendees with more in–depth skill training beyond the introductory Level 1 and enables discussion of challenges that have emerged in using EFT in each attendee's own clinical practice. The emphasis will be on emotion focused case formulation. Participants receive in depth skill training through a combination of brief lectures, video demonstrations, live modelling, case discussions and extensive supervised practice and personal work.

## 16–19 July – Emotion–Focused Therapy for Couples

Building on latest research conducted by Dr Greenberg and his colleagues, the Emotion Focused Therapy for Couples training provides attendees with in depth skills training through short lectures, video demonstrations, modelling 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.



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