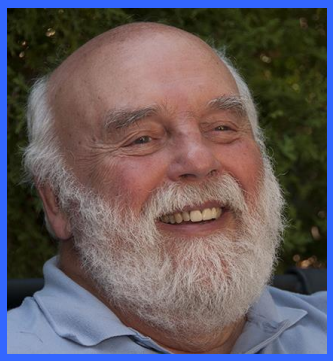
SALOMONS INSTITUTE FOR APPLIED PSYCHOLOGY HOSTS

Emotion-Focused Therapy

WITH Les Greenberg

2-5 September 2019

in Tunbridge Wells



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 31May)	£ 750

Held at: Salomons Institute for Applied Psychology
1 Meadow Road, Royal Tunbridge Wells
Kent TN1 2YG

canterbury.ac.uk/salomons-institute

Les Greenberg will be returning to Salomons once again in September 2019 to deliver Level 1 Emotion-Focused Therapy (EFT) training offering delegates an exciting opportunity to learn directly from one of the primary originators and 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.

A substantial body of research outlining the effectiveness of EFT now exists in both individual and couples forms of therapy in a number of randomized clinical trials for difficulties including depression, anxiety, trauma and relationship distress.

LEVEL 1 PROGRAMME

Level 1 provides teaching in the theory underpinning EFT and a training for practice, with focus on working with individuals.

This intensive four-day training provides therapists with the skills they need to work more directly with emotions in psychotherapy. It covers major principles of emotional change in psychotherapy: awareness, expression, regulation, reflection, transformation, and corrective emotional experience. The training is experiential working on personal material, including brief lectures, video demonstrations, live modelling, case discussions and extensive supervised practice using your own experiences.

INTERNATIONAL SOCIETY for EMOTION FOCUSED THERAPY

Canterbury Christ Church University

Emotion-Focused Therapy Institute at
Salomons Institute for Applied Psychology