

Centre for Psychology and Emotional Health

Three-Part Workshop Series: Working with Emotions in Psychotherapy

with Dr. Leslie Greenberg, Ph.D., C.Psych. and Dr. Serine Warwar, Ph.D., C.Psych.

WORKSHOP 1: Working with Emotions in
Depression and Anxiety

DATE: June 25 and 26, 2021, 11AM-2:15PM (EST)

WORKSHOP 2: Assess, Regulate, Activate, and
Transform Emotions

DATE: July 9 and 10, 2021, 11AM-2:15PM (EST)

WORKSHOP 3: Working with Self-Interruptive
Processes, Emotional Blocks, and Avoidance of
Emotions in Psychotherapy

DATE: July 23 and 24, 2021, 11AM-2:15PM (EST)

FORMAT: Live Broadcast via Zoom

Overview

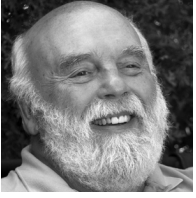
This three-part series is designed by Dr. Leslie Greenberg and Dr. Serine Warwar, leaders in the field of psychology, and aimed at mental health professionals from various training backgrounds who wish to acquire specialized skills in working with emotions in psychotherapy. The workshops will teach specific skills in working with emotional processes in clients struggling with various mental health issues. Video-recordings of real therapy sessions will be used to illustrate client processes and interventions.

Each workshop stands alone and registration in all workshops is not required. Please note, a discount is offered to participants who register for more than one workshop. For those who are not able to attend the broadcast, recordings of the workshops will be available for a period of time.

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The **Centre for Psychology and Emotional Health** has been providing the highest standard of evidence-based individual, couple and family therapy since 2003. We are a team of registered psychologists, psychological associates, social workers, and psychotherapists who are committed to ongoing education and training in emotional and psychological health to facilitate exceptional client care and promote best clinical practices. We are also a satellite training centre for the Emotion-Focused Therapy Clinic at York University.

About the Therapists



Dr. Leslie Greenberg (Ph.D., C.Psych.) is a Distinguished Research Professor Emeritus of Psychology at York University in Toronto, Ontario. He created and co-developed Emotion-Focused Therapy for individual and couples. He received the American Psychological Association Award for Distinguished Professional Contribution to Applied Research. He has received the SPR Distinguished Research Career award, the Carl Rogers award of the APA Society for Humanistic Psychology, the Canadian Council of Professional Psychology Program Award for Excellence in Professional Training, and the Canadian Psychological Association Professional Award for distinguished contributions to Psychology as a profession. He conducts a private practice for individuals and couples and offers training in emotion-focused approaches in Toronto and internationally.



Dr. Serine Warwar (Ph.D., C. Psych) is the Director of the York University Emotion-Focused Therapy Clinic in Toronto, Ontario. She is also the Founder and Director of the [Centre for Psychology and Emotional Health](#), a centre for: individual, couple, family and group therapy; professional trainings; and a satellite training site for the Emotion-Focused Therapy (EFT) Clinic at York University. She co-developed an empirically validated EFT and research program to help couples and individuals resolve emotional injuries. In addition, her research has improved our understanding of emotional processing in therapy. She also provides supervision, training, and consultation to graduate students and therapists, and conducts international trainings and workshops on emotion for individuals and couples.

Workshop 1: Working with Emotions in Depression and Anxiety with Dr. Leslie Greenberg

DATE: June 25 and June 26, 2021

TIME: 11AM-2:15PM (EST)

Depression and anxiety are two of the most common mental health conditions affecting individuals worldwide. Participants will learn how to conceptualize and work with the emotional processes involved in the development and maintenance of specific types of depression and anxiety.

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LEARNING OBJECTIVES

Through this workshop, participants will:

- Gain an understanding of the emotional processes involved in the development and maintenance of:
 - self-critical/shame-based depression and loneliness/abandonment-based depression
 - social anxiety, generalized anxiety disorder, and secondary symptomatic anxiety (e.g. health anxiety)
- Learn to recognize, assess, and work with core emotions in depression and anxiety
- Learn to activate maladaptive emotion schemes and transform them into adaptive emotional processes in depression and anxiety

Workshop 2: Assess, Regulate, Activate, and Transform Emotions in Psychotherapy with Dr. Leslie Greenberg & Dr. Serine Warwar

DATE: July 9 and July 10, 2021

TIME: 11AM-2:15PM (EST)

Emotions play a fundamental role in the development and maintenance of mental health issues. This workshop will help participants increase their skills in assessing emotions (primary/secondary, adaptive/maladaptive, productive/unproductive) and learn interventions to regulate, activate, and transform unproductive emotional states.

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LEARNING OBJECTIVES

Through this workshop, participants will:

- Gain a deeper understanding of: primary and secondary emotions; productive and unproductive emotional processes; and principles of emotional change.
- Learn how to recognize and assess primary, secondary, productive, and unproductive emotional states during psychotherapeutic sessions.
- Learn how to transform unproductive emotional states into productive emotional processes.
- Learn types of empathy responses and their appropriate use in psychotherapy.
- Learn emotional regulation interventions (e.g. self-soothing).
- Learn how to access, transform, and re-consolidate emotional memories (e.g. imaginal re-entry).

Workshop 3: Working with Self-Interruptive Processes, Emotional Blocks and Avoidance of Emotions in Psychotherapy with Dr. Leslie Greenberg & Dr. Serine Warwar

DATE: July 23 and July 24, 2021

TIME: 11AM-2:15PM (EST)

Do you have clients who have difficulty allowing, accessing, or expressing emotions? This workshop is designed for therapists who wish to learn specific skills in working with self-interruptive processes, emotional blocks and avoidance of emotions in psychotherapy.

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LEARNING OBJECTIVES

Through this workshop, participants will:

- Gain a comprehensive understanding of the development and maintenance of self-interruptive processes, emotional avoidance, and emotional blocks (e.g. self-protection) and their impact on clients and the therapeutic process.
- Learn how to identify and work with self-interruptive states in-session.
- Learn to resolve self-interruptive processes, emotional avoidance, and emotional blocks, and help clients access and express underlying blocked emotions.

Fees and Registration

The cost of each individual workshop is \$260. An early bird fee of \$230 will be offered to those who register before May 30, 2021. Additional discounts are available for participants who register for multiple workshops:

2 workshops: \$20 off per workshop for a total savings of \$40

3 workshops: \$25 off per workshop for a total savings of \$75

| | EARLY BIRD RATE (Before May 30) | FULL PRICE | |
|-------------|------------------------------------|-------------|------------------------------|
| 1 Workshop | \$230 + HST | \$260 + HST | Register now |
| 2 Workshops | \$420 + HST | \$480 + HST | Register now |
| 3 Workshops | \$615 + HST | \$705 + HST | Register now |

STUDENTS

Students will be offered an additional \$30 off per workshop. To apply for this discount, please email registration@cpeh.ca and provide confirmation of your student status

Continuing Education (CE) Credits

Ontario Psychological Association: 6 hrs per workshop

Medical Psychotherapy Association Canada: Pending

For future training events and workshops sign up with your email.

[SIGN UP](#)

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