



CENTRE FOR PSYCHOLOGY
AND EMOTIONAL HEALTH

Free Event

3 Essential Skills to Work with Emotion in Psychotherapy

Leslie Greenberg, Ph.D., Psychologist



October 9, 2025



11:30AM – 1:00PM (Eastern Daylight Time)



Live Online Workshop

REGISTER



OVERVIEW

Working with emotion is both a core task of psychotherapy and one of its greatest challenges.

In your sessions, you may wonder how best to help clients access their emotions, stay with them long enough to deepen the experience, and begin to work them through. Even with years of experience, these moments can be difficult to navigate.



In this 90-minute free event, Dr. Leslie Greenberg will teach three foundational skills to help you work more effectively with emotion. These practical, science-based skills are designed to be immediately integrated into your practice.

The training will combine didactic teaching and video illustrations from real therapy sessions.

A recording of the workshop will not be available to registrants.

OBJECTIVES



In this workshop, you will learn how to:

- Track clients' internal experience moment by moment
- Use empathic guesses and conjectures to help clients find words for their emotional experience
- Help clients activate previously unexpressed emotions through deliberate awareness and expression

This event is open to therapists of all backgrounds and levels of experience. Whether you're just beginning to explore working with emotion or looking to refresh your skills, you will leave with concrete tools you can integrate into your practice right away.

ABOUT THE PRESENTER

Dr. Leslie Greenberg is the principal developer of Emotion Focused Therapy and is widely recognized for his distinguished professional contributions to applied research. He has devoted his career to research that specifies how working with emotion is at the heart of psychological change.

Among his many accomplishments Dr. Greenberg received the American Psychological Association (APA) Award for distinguished Research Career, 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 Growth Award for Distinguished Contributions to Psychology as a Profession. He was also awarded the APA Award for Professional Contributions to Applied Research.