



CENTRE FOR PSYCHOLOGY
AND EMOTIONAL HEALTH



GREENBERG
INSTITUTE of
EMOTION
FOCUSED
THERAPY

Foundations of Emotion Focused Therapy: Learn How to Work with Emotion in Psychotherapy

with Dr. Leslie Greenberg, Ph.D.



September 18, 2026



11:00AM – 2:00PM



Live Online



Overview

Many of the challenges clients bring to therapy, including anxiety, depression, trauma, relationship difficulties, and problems with self-worth, are rooted in painful emotions that have never been fully processed. While working with emotion is essential to effective psychotherapy, many therapists receive little formal training in how to work with emotion in ways that lead to lasting change.

Emotion-Focused Therapy (EFT), developed by Dr. Leslie Greenberg, is one of the world's leading evidence-based approaches to working with emotion. Grounded in decades of psychotherapy research, EFT provides therapists with a clear framework for understanding how emotions function, why clients become emotionally stuck, and how to facilitate meaningful emotional transformation.

Join Dr. Leslie Greenberg for this **FREE 3-hour** introductory workshop and discover the foundational principles, interventions, and clinical skills of Emotion-Focused Therapy. Designed for therapists of all experience levels and theoretical orientations, this workshop will teach practical skills that can be integrated to any therapeutic approach.

The workshop will include video recordings and discussion of real therapy sessions, allowing you to observe how expert EFT therapists recognize emotional processes as they unfold and make moment-to-moment clinical decisions that promote lasting therapeutic change.

A recording of the workshop will be available to registrants for 60 days. Please note that it may take 15–20 business days for the recording to be sent.



Learning Objectives

In this workshop, participants will:

- Be introduced to the skills of moment-by-moment attunement to emotion, focusing on bodily felt feelings
- Learn the framework EFT therapists use to identify and assess productive and unproductive emotion states and different emotion types (adaptive/maladaptive, secondary/protective, instrumental), and the ways to work with each.
- Learn how to collaboratively identify clients' core emotional issues.
- Learn about strategies to work with clients who are overwhelmed by their emotions – deliberate and automatic emotion regulation techniques
- Learn techniques to access, activate, and deepen emotions with clients who have trouble accessing and expressing their feelings.
- Learn how to work with core painful emotions using chair dialogue techniques
- Be able to describe the Emotion Principles of Change (Utilize, Regulate, Transform) to help clients process their emotions productively.

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CE Credits

Ontario Psychological Association (OPA)

- 3 Credits

Ontario Association of Mental Health Practitioners (OAMHP)

- 3 Credits
- **Participation in this workshop allows OAMHP members to apply 3 CECs toward their required continuing education hours. OAMHP's review of the general content of this workshop recognizes the learning objectives meet and support the criteria (1) for best known practice in continuing education and (2) for educational requirements for mental health professionals.*

Canadian Counselling and Psychotherapy Association (CCPA)

- 3 Credits



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