




Productive Emotional Processing in Psychotherapy: Targeted Interventions to Facilitate Emotional Change with Dr. Leslie Greenberg and Dr. Antonio Pascual-Leone



DATE: May 27th and May 28th, 2022, 11AM-2:15PM (EST)

FORMAT: Live Broadcast via Zoom (workshop will be recorded)

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Presented by the Centre for Psychology and Emotional Health
in collaboration with the Emotion-Focused Therapy Clinic at YORK 

OVERVIEW

This 2-day workshop is designed by Dr. Leslie Greenberg and Dr. Antonio Pascual-Leone, leaders in the field of psychology. It is aimed at mental health professionals from various training backgrounds who wish to acquire specialized skills in processing emotions productively in psychotherapy. Video-recordings of therapy sessions will be used to illustrate client processes and interventions. The workshop will be recorded and available for a period of time.

OBJECTIVES

This workshop will teach fundamental principles and practical skills on how to assess, process and transform emotions productively and how to transform unhelpful emotional schemes that underlie many mental health conditions. Through didactic and experiential learning, participants will learn how to:

- Assess a client's unique emotional processing style and emotional processing difficulties
- Facilitate emotional awareness, symbolize emotions, and deepen emotional experience using different interventions such as focusing, enactments and evocation
- Work with obstacles to productive emotional processing
- Guide a step-by-step emotion sequence to transform unproductive emotional states into productive emotional processes
- Promote memory reconsolidation and emotional change by meaning-making, narrative elaboration, and co-creating new narratives to foster meaningful changes

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The Centre for Psychology and Emotional Health is an established training centre and clinic, providing the highest standard of evidence-based individual, couple, family, and group therapy since 2003. We are a team of highly trained clinicians, researchers, scholars. The Centre is also a satellite training centre for the Emotion-Focused Therapy Clinic at York University.

[Please contact us if you would like to join our team](#)

About the Presenters

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, 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.

Dr. Antonio Pascual-Leone (Ph.D., C.Psych.) is the director of the University of Windsor's Psychological Services and Research Center and a returning faculty member at York University's EFT institute. His research group, the Emotion Change Lab, has greatly contributed to the literature on psychotherapy process and outcomes, with a focus on emotional processing. He has received several career awards (2009, 2014) from international societies, APA's distinguished publication award (2010), and Germany's Hamburger Prize in Personality Disorders Research (2016). He has given over 35 clinical workshops around the world and received an award (2016) for innovation in teaching psychotherapy skills

Fees and Registration

	EARLY BIRD RATE (Before April 30)	FULL RATE	
Professional	\$230 + HST	\$260 + HST	Register now
Student	\$180 + HST	\$210 + HST	Register now

For students, please email cpeh@cpeh.ca for the student promo code.

Continuing Education (CE) Credits:

Ontario Psychological Association: 6 hours
Medical Psychotherapy Association of Canada: 6 hours



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