

Principles of Emotion Change: What Works and When in Psychotherapy?

Dr. Antonio Pascual-Leone

Date: October 20, 21, 27, 28, 2025

Time: 9:00AM – 12:30PM (Eastern Daylight Time)

Format: Live On Zoom

Register here – <https://shop.cpeh.ca/product/principles-of-emotion-change-what-works-and-when-in-psychotherapy/?v=5435c69ed3bc>

Overview

This practical and science-informed workshop offers an integrative overview of how to work with client emotions regardless of your therapeutic orientation. While most therapy approaches refer to “emotional processing,” few offer a clear explanation of what that actually means. Drawing on his latest American Psychological Association publication, Dr. Antonio Pascual-Leone presents five distinct processes of emotion change, grounded in research and applicable across clinical modalities.

This skills-based training is designed for therapists who already engage emotions in their practice and want to do so with more nuance, clarity, and precision. You will learn how to distinguish between different types of emotional processing, determine which one is most effective for different client problems, and sharpen your interventions through video examples, demonstrations, and mini experiential exercises.

Whether you are a student, early-career clinician, or experienced psychotherapist, this trans-theoretical training will strengthen how you understand and work with emotion in session while supporting integration with the models and techniques you already use.

Video recordings of real therapy sessions will be used to illustrate client processes and interventions. If you are not available to attend the live workshop, a recording will be available for a period of time.

Objectives

In this workshop, you will learn how to:

- Increase emotional engagement and awareness
- Facilitate emotion expression
- Regulate emotional arousal (down-regulation and up-regulation)
- Transformation of unhelpful emotional processes stemming from past traumatic experiences
- Facilitate the integration of new narratives into clients' lives