

Emotion Focused Therapy: A treatment approach for individuals with mental health and substance use concerns

Presenters: Alberta Pos, PhD, C.Psych.
& Serine Warwar, PhD, C.Psych.

DATE: November 5, 2010

TIME: Registration 8:30am; Workshop: 9:00am to 4:00pm

LOCATION: Tosca Banquet Hall

800 Champlain Ave. Oshawa, ON

Phone: 905-404-9400

Registration Fee: \$165.00 (includes continental breakfast, lunch and refreshments)

CACCF Core CEU Credit Hours: 5.5

INTENDED AUDIENCE: This workshop will be of interest to Mental Health and Addictions Counsellors, Social Workers, Nurses, Community Health Professionals, Educators, Psychologists, Psychiatrists, and Physicians.

PRESENTERS:

Dr. Alberta Pos is presently on the Clinical Psychology Faculty, Adult Clinical stream, in the Department of Psychology at York University in Toronto where she has been training and supervising doctoral students in Emotion Focused Therapy (EFT) for several years. She has been involved in training EFT therapists with Dr. Les Greenberg for over a decade, is a recognized supervisor for training EFT therapists internationally and has independently run multi-day international trainings in China. Dr. Pos participated as a therapist in several research trials on EFT, including EFT Randomized Controlled Trial's for depression, and emotional injury for individuals and couples. She continues to be involved in process research on EFT for the purpose of processes of change, specifically on the alliance and emotional processing; and has published several papers on EFT and emotional processing. Having been trained in Cognitive Behavioural Therapy and Dialectical Behaviour Therapy she is interested in applying and adapting EFT for more complex populations such as personality disorders, particularly avoidant, borderline and narcissistic personality disorders.

Dr. Serine Warwar is a faculty member of the Emotion Focused Therapy Institute affiliated with the York Psychology Clinic at York University and is presently in full-time private practice in Toronto, seeing individuals and couples for Emotion Focused Therapy. She has been an EFT trainer for over 15 years and provides EFT supervision and training to professionals and students. She has participated in international trainings and workshops in China and Ireland and has been the skills facilitator for the EFT level 2 training in Toronto for the past several years. Dr. Warwar participated as a therapist for several EFT randomized control trials, for the treatment of depression and emotional injury in individuals and couples. Over the years Dr. Warwar has used EFT to treat different clinical populations including: incarcerated domestically violent men at the Ontario Correctional Institute; individuals who have suffered psychological and physical trauma at St. John's Rehab Hospital; and suicidal individuals with borderline personality disorder at the Suicide Unit at St. Michael's Hospital. Her primary research and clinical interests have been on emotional processing, emotion regulation, and resolving emotional injuries in individuals and couples.

PURPOSE:

This workshop will increase clinicians' comfort in working with emotion as well as clinicians' competence in helping clients with emotional processing difficulties and/or emotional pain. Participants will be introduced to a number of Emotion Focused Therapy (EFT) principles, process assessment and intervention strategies. In particular the workshop will present EFT models for working with individuals based on the use of two-chair work for reducing clients' self-judgment and self-interruption/anxious avoidance, as well as for promoting self-soothing. Attention to emotional avoidance and regulation issues of the substance using client and clients with other concurrent disorders will be a focus.

AGENDA:

- Introduction to Emotion Focused Therapy and marker-guided intervention.
- Emotion Basics: Orientation to self-organization, emotion schemes and emotion typology.
- Process assessment of clients' emotional processing style.
- Emotion regulation and evocation- the right balance.
- The therapy relationship: a core emotion regulation strategy.
- Splits models for resolving self-judgment, avoidance, and for promoting self soothing.

PRIOR TO REGISTRATION AND SENDING PAYMENT PLEASE CONTACT NICOLE TRACY 905-683-5950 ext 226

Cancellations: Please note for a full refund, cancellations must be received 2 weeks prior to the workshop date

Registration Form: Please complete this form and return it with your cheque for \$165.00 payable to Pinewood Centre. Attention: NICOLE TRACY, Pinewood Centre, 95 Bayly St. W., Suite 406, Ajax, ON, L1S 7K8
Register by: **October 22, 2010**

Name: (PLEASE PRINT) _____

Agency/Organization: _____

Phone: _____ Fax: _____ Email: _____

Lakeridge Health Staff Functional Centre #: _____