

Certified Emotion-Focused (Individual) Therapy Training For Helping Professionals

Emotion-focused Therapy (EFT) is a unique empirically-based approach, based on methods designed to help people accept, express, regulate, make sense of and transform emotions.

Most fundamentally, emotions tell us what is important to us in a situation and thus act as a guide to what we need or want. This, in turn, helps us to figure out what actions are appropriate. Emotions are basically adaptive and they guide attachment as well as the tendency toward growth. EFT focuses on helping people become aware of and express their emotions, learn to tolerate and regulate them, reflect on them to make sense of them and transform them. Emotion-focused therapy systematically but flexibly helps clients to become aware of and make productive use of their emotions.

Recent years have seen a growth of EFT because of its status as an evidence-based treatment, and also because the EFT approach focuses on the development of emotional intelligence and on the importance of secure relationships. Because of these emphases, EFT offers an alternative to more technically-oriented evidence-based treatments.



The focus of this Course will be on a process-experiential and emotionally focused basis to produce change in core emotional structures and in intimate relationships. This Course provides trainees with a solid ground in EFT theories and skills which required to work directly with emotion in psychotherapy with clients. It includes a combination of lectures, video demonstrations, live modeling, case discussions, group supervision sessions and peer-group practices.

Trainer Introduction:

Mrs. Selina LEUNG Ho Siu Man

Mrs. Selina Leung, founder of IEFTA, is a Registered Counselling Psychologist of HKPS, Certified Counsellor and Approved Supervisor of HKPCA, Certified Emotion-Focused Therapist and Approved EFT trainer by the International Society for Emotion Focused Therapy (isEFT). Besides teaching in Hong Kong and China, Mrs. Leung also assisted in facilitation for Prof Leslie Greenberg, Prof Rhonda Goldman and Prof Robert Elliott in other Asian countries in the past few years. She has been trained and supervised under Prof Greenberg in Hong Kong and Toronto since 2007.

Mrs. Leung earned her BSc in psychology at the University of Toronto, Canada and MTS, focused in counselling at Tyndale University College and Seminary (previously known as Ontario Theological Seminary), Ontario, Canada. After graduated, she worked at different social service agencies for seven years in Toronto. Mrs. Leung had worked as a Senior Student Counsellor at the Chinese University of Hong Kong for 21 years up to her retirement in 2013. Currently she is in private practice and established the IEFTA, Institute of Emotion Focused Therapy (Asia) in 2015.

Course Objectives

This course aims to equip clinical practitioners with a solid ground in both EFT theory and skill training in working with individuals. Upon the completion of the Course, trainees are expected to learn the followings:

- To enhance the ability in empathic attunement to client's emotion processing
- To have a good handle of emotion assessment and Therapeutic tasks, such as SEU, focusing, empty-chair and two-chair work
- To be able to facilitate emotion processing, differentiate emotions in order to help clients to transform emotions
- To incorporate EFT in practice

Targeted Participants:

- Counsellors, psychologists and social workers who are practicing counselling and psychotherapy
- Three years clinical experience work with adult preferred

Format:

Course content and structure	Dates and time
(1) Four modules of 2 full-day theory and skill training	Aug 11, 12, 2017 (Fri & Sat) 9:30 am to 5:00 pm Sept 8, 9, 2017 (Fri & Sat) 9:30 am to 5:00 pm Oct 13,14 2017 (Fri & Sat) 9:30 am to 5:00 pm Nov 10, 11, 2017 (Fri & Sat) 9:30 am to 5:00 pm
(2) Eight 3-hour supervision sessions	August 2017 to April 2018 (to be arranged with individual groups after the course commences)
(3) Eight 3-hour peer group practice sessions	August 2017 to April 2018 (to be arranged on the participants' own group)

Teaching language:

Cantonese with English

Fee:

Early Bird (on/before June 10, 2017):

- HKD19,000 (individual early bird registration)
- HKD18,500 (two-person bulk enrolment AND early bird registration)
- HKD18,000 (three-person bulk enrolment AND early bird registration)

After June 10, 2017:

- HKD 20,000 (standard)
- HKD 19,500 (two-person bulk enrolment)
- HKD 19,000 (three-person bulk enrolment)



Venue:

Institute of Emotion Focused Therapy (Asia)
Flat A, 2/F, Lee Wai Building, 654-658 Nathan Road, Kowloon, Hong Kong.

Attendance:

Certificate will be awarded with at least 80% attendance (including practice)

Application Reminders and Procedures:

1. Fill in the enrolment form together with a crossed cheque made payable to “IEFTA”:
Institute of Emotion Focused Therapy (Asia)
Flat A, 2/F, Lee Wai Building,
654-658 Nathan Road,
Kowloon, Hong Kong.
“EFT Training Course Aug 2017”
2. To enjoy the bulk enrolment special offer, please send in enrolment forms and payments together
3. IEFTA will confirm each applicant individually and cheques of unsuccessful applications will be returned.

Enquiry

Tel: (852) 5511 4947

Email: info@iefta.com

Website: www.iefta.com

Facebook: www.facebook.com/ieftasia

Certified Emotion-Focused (Individual) Therapy Training for Helping Professionals Enrolment Form

Name: (English) _____ (Chinese) _____

Occupation: _____ Position: _____

Name of Organization: _____

Year(s) of Clinical Experience: _____ Contact No.: _____

Email Address: _____

Postal address: _____

Expectation of the Course: _____

Type of Enrolment: (please tick the appropriate)

Early Bird (on/before, June 10, 2017):

- HKD 19,000 (individual early bird registration)
- HKD 18,500 (two-person bulk enrolment AND early bird registration)
- HKD 18,000 (three-person bulk enrolment AND early bird registration)

Name of bulk enrolment: _____

Payment after June 10, 2017 :

- HKD 20,000 (standard)
- HKD 19,500 (two-person bulk enrollment)
- HKD 19,000 (three-person bulk enrollment)

Name of bulk enrolment: _____

Name of Bank _____ Cheque No.: _____

Signature of applicant

Date

Application Reminders and Procedures:

1. Each applicant fills in one form.
2. Fill in the enrolment form together with a crossed cheque made payable to “IEFTA”:
3. **Institute of Emotion Focused Therapy (Asia)**
Flat A, 2/F, Lee Wai Building,
654-658 Nathan Road,
Kowloon, Hong Kong.
“EFT Training Course Aug 2017”.
4. To enjoy the bulk enrolment special offer, please send in enrolment forms and payments together
5. IEFTA reserves the rights to change time and venue if necessary.