



*International
Society
for*
**EMOTION
FOCUSED
THERAPY**

2nd International Emotion-Focused Symposium: Transforming Emotion

June 19 & 20, 2017 - Program Outline

Day One: June 19, 2017

- 9:00 – 9:15 Introduction by ISEFT Board
Rhonda Goldman, Les Greenberg, Robert Elliott, Jeanne Watson,
- 9:15 – 11:15 Relational processes in EFT: What do we do when we're not engaging in tasks?
Plenary panel with Les Greenberg, Robert Elliott, Jeanne Watson, Rhonda Goldman,
Serine Warwar, Imke Herrmann and Lars Auszra
- 11:15 – 11:30 Morning Break – refreshments provided
- 11:30 – 13:00 Parallel workshops
1. Another Look at Systematic Evocative Unfolding (Robert Elliott)
 2. Transforming Chronic Painful Emotions in the Course of EFT (Ladislav Timulak)
 3. Forgiveness and resolving emotional injuries emotion Focused Couple therapy.
(Serine Warwar)
 4. Emotion-Focused Therapy for Children (Mirisse Foroughe)
 5. What can stand in the way of building a good alliance in early sessions of EFT
(Alberta Pos)
- 13:00 – 14:00 Lunch provided
- 14:00 – 15:30 Parallel workshops
1. Empathic Attunement: The foundational process (Jeanne Watson)
 2. Working with narrative in Emotion-focused Therapy: Implications for practice (Lynne
Angus)
 3. Processing painful/traumatic experiences using the extended task of Focusing in
Emotion-Focused Therapy (Melissa Harte)
 4. Therapist Blocks and therapist processes in EFT (Joanne Dolhanty and Jan Reidar
Stiegler)
 5. Working with shame in Emotion-Focused Therapy for depression (Sarah Miller and
Leslie Greenberg)
- 15:30 – 15:45 Afternoon Break – refreshments provided
- 15:45 – 17:15 Reducing Experiential Avoidance In EFT for Complex Trauma (EFTT), Sandra Paivio
- 17:15 – 18:15 Poster session

**Emotion-Focused Therapy Clinic
York University**

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Day 2: June 20, 2017

- 9:00 – 10:30 Anxiety
Plenary panel with Ladislav Timulak. Jeanne Watson and Robert Elliott
- 10:30 – 11:00 Morning Break – refreshments provided
- 11:00 – 12:30 Recent update on clinical research
Plenary panel with João Salgado, Ueli Kramer, Jason Sharbanee, Jan Stiegler and Rafael Jódar Anchía
- 12:30 – 13:30 Lunch provided
- 13:30 -15:00 Parallel workshops
1. Group EFT for Young Adults: Braving a Communal Journey from Self-Criticism to Compassion (Sarah Thompson and Laura Girz)
 2. Strengthening your EFT Practice: Cultivating Therapeutic Presence with Music and Mindfulness (Shari Geller)
 3. Emotion-Focused Family Therapy (Joanne Dolhanty and Mirisse Foroughe)
 4. Case formulation (Rhonda Goldman)
 5. Emotional Signatures in EFT: What, When, Where and How (Michelle Webster)
- 15:00 – 15:15 Afternoon Break – refreshments provided
- 1515 - 1615 Six brief presentations on new applications of EFT
Panel led by Robert Elliott
- 16:15 – 17:00 Is emotional processing a causal mechanism of change? How clients “change emotion with emotion”.
Antonio Pascual-Leone
Discussant Leslie Greenberg
- 17:00 – 17:15 Concluding Remarks by ISEFT Board Members
- 17:15 – 18:15 ISEFT Business meeting

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