This 2-days training is simultaneously translated into French by trained EFT psychologists.

Who can attend: all mental health professionals

Objectives:

1. Understand the nature of complex child abuse trauma, and the centrality of disrupted affective processes in the long-term effects
2. Understand the distinctive features of EFTT and how it addresses the constellation of emotional processing difficulties associated with complex trauma
3. Learn key interventions used to help clients confront trauma material, reduce fear, avoidance, and shame, and express anger at violation and grieve losses
4. Integrate aspects of EFTT into current clinical practice
Day One (AM)

The morning session will focus on the nature of complex trauma, the fundamentals of EFTT theory and research, and the structure of therapy. The following topics will be presented:

- The nature of complex trauma including definition, prevalence, sources of disturbance, long-term effects, and the centrality of disrupted affective processes in disturbance
- Distinctive features of EFTT compared to other treatments for complex trauma and compared to the general model of EFT
- Emotion theory, including fundamental assumptions about the centrality of emotion in human functioning, in general, and trauma, in particular
- Modifications to the general model of EFT specifically for trauma, including conceptualizing the Gestalt-derived empty-chair procedure in terms of “imaginal confrontation” of perpetrators that involves both interpersonal and exposure processes, and a greater focus on reducing fear, avoidance, and shame
- Research on EFTT, including efficacy, change processes, and development of an alternative less stressful procedure (“empathic exploration”) which is identical to imaginal confrontation except that trauma feelings and memories are explored exclusively in interaction with the therapist
- Assessment of types of emotions, emotional processing difficulties, and intervention principles most relevant to EFT for complex trauma
- Introduction to the construct of client “experiencing” (exploration of feelings and meanings) as a common change factor across therapeutic approaches and the fundamental change process and source of new information in EFTT, including definition, role, assessment, research findings
- Structure of EFTT, including the model of resolution which identifies steps in the process of resolving attachment injuries and is the basis for treatment, four phases of therapy and corresponding therapeutic tasks, and basic intervention principles

A video clip of a client dealing with the suicide of her mother will illustrate steps in the process of resolving complex interpersonal trauma, including memory evocation, the shift from anger, to grief, to forgiveness.

Day One (PM)

The afternoon session will focus on the fundamental therapeutic tasks in EFTT. These include the following:

- Cultivating the alliance, including definition and components of the working alliance, goals of alliance formation during the critical first phase of therapy, guidelines for establishing a secure attachment bond which is especially important in trauma work
- Promoting client experiencing (exploration of feelings and meanings), including developing an environment conducive to experiencing, guidelines for deepening experiencing step-by-step, and components of an emotion episode or scheme as aspects of experience that can be explored
- Attention to emotion regulation including dysregulation and avoidance/over-control, and the role of empathy in promoting emotion regulation capacities

A video clip of therapy with a client disclosing sexual abuse by a priest will illustrate key aspects of alliance development during session one

The process of resolving child abuse trauma using the “imaginal confrontation” procedure, including unique features related to work with this client group

Tools for assessing the client’s level of engagement in the IC procedure and stage in the resolution process to help guide the intervention process

Guidelines for introducing IC for the first time which include attention to emotion regulation and strategies for reducing client avoidance and fear
A video clip of introducing IC during session three will illustrate helping the client we viewed in the morning session to confront memories of her mother’s suicide in therapy for the first time.

The nature of adaptive anger and sadness, criteria for healthy expression of these emotions, and guidelines for promoting their experience and expression in therapy.

A video clip of therapy with a client dealing with sexual abuse by her grandfather will illustrate principles of intervention including memory evocation, attention to emotion regulation, differentiating anger and sadness, accessing shame and self-soothing.

**DAY TWO (AM)**

The second morning will first focus on the “empathic exploration” (EE) procedure which was developed as a less stressful alternative for the significant minority of clients who are unwilling or unable to engage in IC. This will be followed by a focus on strategies for reducing fear, avoidance, and shame during the second phase of therapy. The following topics will be covered:

- Description of the EE procedure, including intervention principles, steps in the process, indicators for implementing EE as opposed to IC, and guidelines for conducting the procedure.

Two video clips will illustrate (1) switching from IC to EE with a highly distressed client recalling the severe physical abuse of her brother, and (2) the introduction of EE during session four with a client who had been sexually abused by a priest, including memory evocation, emotion regulation and intensification, meaning exploration, and identifying markers of self-blame for subsequent therapeutic work.

- The nature of fear and shame as functionally equivalent emotions, intervention principles common to these emotions.
- Varieties of shame experience and interventions specifically for reducing shame, including affirmation of vulnerability, two-chair dialogue, and memory work.
- Strategies for accessing self-soothing.
- Varieties of intra-psychic conflicts observed in therapy for complex trauma, including self-criticism, catastrophic expectations, self-interruption.
- Steps in the process of resolving self-criticism and self-blame using a two-chair procedure.
- Special considerations in working with personality disorders and severe affect dysregulation.

A video clip of therapy with a client who had been sexually abused by her father will illustrate steps in the process of reducing self-blame for not having protected siblings from abuse using the two-chair procedure.

**DAY TWO (PM)**

The afternoon of the second day will focus on reducing experiential avoidance and accessing self-soothing. Then a case illustrating EFTT with a particularly challenging client will be presented, followed by a brief discussion of therapy termination. The following topics will be covered:

- Review core therapeutic tasks highlighting the importance of promoting client experiencing and self-development, including the capacity for self-soothing.
- Review the construct of experiencing highlighting the difference between client experiencing skills deficits and experiential avoidance as distinct processing difficulties that require different intervention strategies.
- Steps in the process of experiential “focusing” to address client experiencing skills deficits.
- Distinguish between two types of experiential avoidance involving different processing difficulties (difficulties allowing
Two video clips will illustrate (1) helping one client to allow painful feelings and memories of childhood exposure to extreme family violence and (2) helping another client with a history of multiple types of abuse and perpetrators to shift from an external to a more personal and affectively-based narrative. Both clips will illustrate the process of accessing client self-soothing.

Presentation of a case of EFTT with a client who had been severely physically abused by his father, had problems with maladaptive anger and aggression, and difficulties with interpersonal trust and allowing vulnerable experience; case formulation and implications for therapy.

Several video clips will illustrate key processes over the course of therapy with this client, including alliance rupture and repair, collaboration on by-passing anger and focusing on more vulnerable experience; the shift from approaching, to avoiding emotional pain, to allowing sadness.

Issues related to therapy termination.

About the presenter
Sandra Paivio is Professor in the Psychology Department, Director of the Psychotherapy Research Centre at the University of Windsor, and has 20+ years of clinical experience. She is one of the developers of emotion-focused therapy, particularly applied to complex trauma (EFTT), and has conducted clinical trials evaluating the efficacy and processes of change in EFTT. She is author of numerous publications on trauma and psychotherapy, including co-author (with Les Greenberg) of Working with Emotions in Psychotherapy, author (with Antonio Pascual-Leone) of Emotion-focused Therapy for Complex Trauma, and author (with Lynne Angus) of a forthcoming book on Narrative Processes in Emotion-focused Therapy for Trauma. Dr. Paivio has presented numerous workshops nationally and internationally and provided intensive graduate student and professional training in EFT and EFT specifically for trauma. She also is an invited member of the American Psychological Association (Division 56) working group developing best practice guidelines for complex trauma and received a Lifetime Achievement Award from the Trauma Section of the Canadian Psychological Association (2014).

About Leslie Greenberg, PhD
Leslie Greenberg, Ph.D. is Distinguished Research Professor of Professor of Psychology at York University in Toronto, Ontario. He is the Director of the York University Psychotherapy Research Clinic. He is the developer of an Emotion-focused approach to therapy. He has co-authored the major texts on emotion focused approaches to treatment. These include Emotion in Psychotherapy(1986), Emotionally Focused Therapy for Couples (1988) Facilitating Emotional Change (1993), Working with Emotions in Psychotherapy (1997) Emotion-focused therapy: Coaching clients to work through emotions (2002) and Emotion-focused therapy of Depression (2006). More recently he has published Emotion-focused couples therapy: The dynamics of emotion, love and power (2008), Emotion-focused therapy: Theory and practice 2010), Working with Narrative in Emotion-focused Therapy: Changing Stories, Healing Lives. (2011), and Therapeutic Presence. (2011). Dr. Greenberg is a founding member of the Society of the Exploration of Psychotherapy Integration (SEPI) and a past President of the Society for Psychotherapy Research (SPR) from which he received a Distinguished Research Career award in 2004 as well as the Carl Rogers award of the American Psychology Association. He also has received 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. He has been on the editorial board of many psychotherapy journals, including currently the Journal of Consulting and Clinical Psychology, Journal of Psychotherapy Integration, Journal of Clinical Psychology, Journal of Constructivist Psychology, Gestalt Review and the Journal of Marital and Family Therapy.
Comments on Greenberg's work

« There is no doubt that Greenberg is both a pioneer and the field’s premier investigator in the important work of applying the basic research on emotions to the process of psychotherapy... a fabulous compendium of strategies for working with emotions.»

Marsha M. Linehan, Ph.D.

"Immensely valuable [for] psychotherapists of all persuasions... theoretically innovative and clinically practical."

Michael J. Mahoney, Ph.D.

"Most psychotherapists and theories of psychotherapy recognize, in one way or another, the centrality of emotion in both psychopathology and therapeutic change. [Dr. Greenberg’s] ‘emotionally focused’ therapeutic approach [is one] that virtually all therapists will find useful."

Morris Eagle, Ph.D.

"Although emotion has long been recognized as playing a significant role in the development, maintenance and change of most clinical problems, the guidelines for working with emotions therapeutically have always left something to be desired. Not so with [those of] Greenberg... [his are] lucid, jargon-free... a landmark contribution."

Marvin R. Goldfried, Ph.D.

"Truly outstanding work [for] every researcher and practitioner involved with psychotherapy."

David H. Barlow, Ph.D.

Comments on book: Emotion-focused therapy: Coaching clients to work through their feelings.

“This book is a must for psychotherapists of all theoretical orientations” Louis Castonguay, Associate Professor, Pennsylvania State University, President of North American Society of Psychotherapy Research

“An excellent complement to the traditional work of cognitive-behavior therapists” Arthur Bohart, Professor of Psychology, California State University