



EMOTION-FOCUSED THERAPY FOR COMPLEX TRAUMA - EFTT

Two Day Workshop

presented by

Antonio Pascual-Leone, Ph.D (Canada)

& co-authored the book with Sandra Paivio, PhD

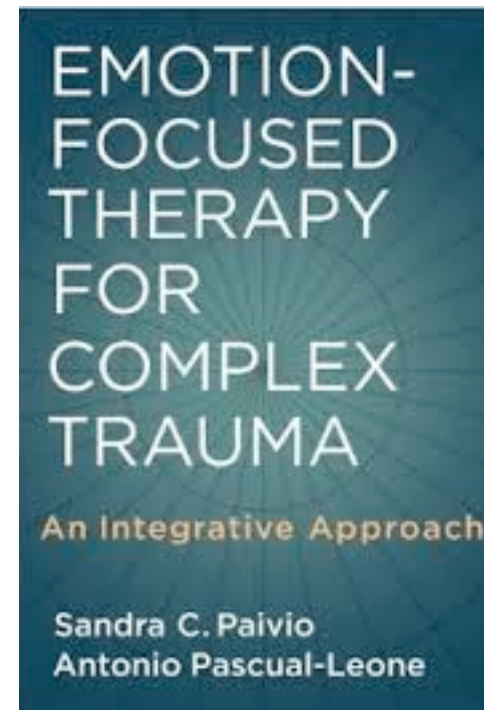
June, 7 & 8 - 2016 in Paris

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 1

Trauma Theory

- Introductions
- Complex relational trauma and the nature of attachment injuries

Emotion Theory

- Emotion Theory: Distinguishing between productive and unproductive emotions
- Principals of emotion change

EFTT Treatment Model

- Step-by-step process for resolving attachment injuries

Phase 1: The Therapeutic Relationship and Deepening Experiencing

- Alliance – Markers of vulnerability
 - Promoting Experiencing – using narratives, focusing, and the leading edge
in Situ: markers & Group questions and discussion
- Video demonstration

Introduction to Imaginal Confrontation

Video demonstration

Practice & Supervision: Imaginal Confrontation

DAY 2

Questions from previous session's practice & lecture work

Phase 2: Self-Related Difficulties

- **Self-Criticism**

Phase 3: Working through Other-related Difficulties

- **Making meaning** - Video demonstration
- When Anger is forbidden
- **Self-Interruption** -- Markers of interruption and working with - Video demonstration
- **Resolution through Grief & Sadness**
 - Enact other or not?
 - Practice & Supervision (time allowing)
- Questions from previous session's practice & lecture work
 - Practice: Initial reaction and imagining other
 - Expressing vulnerability to other or therapist?

Phase 4: Termination

- **Self-Soothing**
 - Video demonstration
- Ending Work, change in view of other, and Letting go
- Ending the relationship
- **Integrating EFTT into you practice: Discussion and Reflections**
 - Practice & Supervision

About the presenter

Antonio Pascual-Leone, PhD, is a psychologist and a clinical associate professor at the University of Windsor (Canada), where he is director of the *Psychological Services and Research Center*. He completed his Masters at Université de Toulouse (France; 1998), and a Ph.D. with Dr. Les Greenberg at York University (Canada; 2005). He leads a research group at the *Emotion Change Lab* (<http://www1.uwindsor.ca/people/apl/>) and is most known for his publications on emotional processes and the outcome of psychotherapy. His secondary research focus has been on training psychotherapists. In collaboration with Dr. Paivio, he co-authored *Emotion Focused Therapy for Complex Trauma*, (2010, APA books), which has sold over 1800 copies to date. In 2009 he received the *New Researcher Award* from the international *Society for the Exploration of Psychotherapy Integration*. In 2010, the *American Psychological Association* (Division 29) also honored him with a *Distinguished Publication Award* for: “Best empirical research article of the year.” Then, in 2014, the international *Society for Psychotherapy Research* also recognized him with their *Outstanding Early Career Award*. Dr. Pascual-Leone has given or co-facilitated over 20 invited workshops in Canada, Switzerland, Scotland, Portugal, Spain, Belgium, and the Netherlands; invited by organizations such as the European Association of Behavioral and Cognitive Therapy, the Canadian Psychological Association, as well as a number of prominent psychotherapy training clinics across Europe. He is also a returning faculty member at the *Emotion Focused Therapy Clinic* affiliated with York University (Canada; 2004-2014). He has held a visiting professorship at University of British Columbia, Department of Psychiatry (Canada; 2011-2012), and was invited as a Visiting Lecturer to the doctoral program at University of Zurich, Department of Psychology (Switzerland; 2012). He has been involved as a therapist in several of the published clinical trials of EFT for both individuals and couples, and has received training in DBT and CBT treatments. He keeps a private practice in Windsor, working with adults and couples.

About Sandra Paivio

Sandra Paivio received her PhD in psychology from York University in 1993 where she studied with Les Greenberg. She is one of the developers of emotion-focused therapy particularly applied to complex relational trauma (EFTT). Dr. Paivio currently is a practicing clinical psychologist, and Director of the Psychotherapy Research Centre at the University of Windsor. She is an internationally recognized scholar and therapist with more than 20 years of experience. Dr. Paivio is an invited member of the American Psychological Association (APA, Division 56) committee to develop treatment/best practice guidelines for complex trauma. In 2014 she was recognized by the Canadian Psychological Association's lifetime achievement award.

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**