Emotion Focused Therapy for Complex Relational Trauma
Two-Day Workshop
Sandra C Paivio, PhD., Certified Psychologist

About the Trainer
Dr Sandra C Paivio is one of the developers of Emotion-Focused Therapy, particularly applied to complex trauma (EFTT). She has conducted clinical trials evaluating the efficacy and processes of change in EFTT.

She is author of numerous publications on trauma and Psychotherapy. These include: Working with Emotion in Psychotherapy (with Les Greenberg), Emotion-Focused Therapy Complex Trauma (with Antonio Pascual-Leone) and Narrative. Processes in Emotion-focused Therapy for Trauma (with Lynne Angus).

Dr Paivio is featured in several DVDs published by the American Psychological Association. She has presented numerous clinical training workshops internationally on EFTT, and received a Lifetime Achievement Award from the Trauma Section of the Canadian Psychological Association (2014) for her contributions to research and training in treatment for complex trauma.

Sandra Paivio maintains a private practice in Toronto, Canada, provides individual psychotherapy and clinical training at the York University Psychology Clinic, and is Professor Emeritus in the Psychology Department at the University of Windsor.

Date : 20 & 21 May 2019 (Monday & Tuesday)
Time : 9:30am to 5:00pm
Venue: Unit A, 8/F, Henan Electric Development Building, 389 King's Road, North Poing, Hong Kong.
Description
Psychotherapy clients with histories of childhood abuse and neglect (complex relational trauma) are ubiquitous across diagnostic groups and often have high drop-out rates. These clients have been unable to heal past emotional injuries and have difficulty handling exposure-based therapies, which usually are not designed for attachment related problems. Nonetheless, successful therapy requires helping clients to access and explore painful feelings and memories in order to modify maladaptive emotions (e.g., fear and shame) and construct more adaptive self-narratives and views of self and others.

This Workshop is designed to introduce participants to the general principles of emotion-focused therapies with a specific focus on how this approach is tailored to the needs of clients dealing with complex trauma. Emotion-Focused Therapy for Trauma (EFTT) is an evidence-based approach with more than twenty years of research demonstrating treatment efficacy and supporting posited in-session processes of change.

Day One: Day 1 of this Workshop will first present the nature of complex trauma and the central roles of attachment relationships and emotional processes in the development of disturbance. The workshop then will present basic principles of emotion-focused therapies, followed by the EFTT treatment model, how EFTT addresses central features of disturbance, and distinctive features and advantages of EFTT compared to other treatment approaches. This will be followed by intervention guidelines and strategies used in the Early Phase of therapy. These include helping clients to disclose painful trauma material in the context of a safe and empathically responsive therapeutic relationship, assessing core emotional processing difficulties, and introducing the primary exposure-based procedure used in therapy - Imaginal Confrontation of perpetrators in an empty-chair.

Day Two: Day 2 will present guidelines and strategies for the Middle and Late Phases of therapy. These include less stressful alternatives to the Imaginal Confrontation procedure, interventions to help deepen emotional processing, reduce fear/avoidance and shame, access self-soothing capacities, and finally resolve issues with perpetrators of abuse and neglect and heal attachment injuries. The Workshop will conclude by presenting a case example of working with maladaptive anger and avoidant attachment followed over the course of therapy. Numerous videotaped examples will be presented throughout the Workshop to illustrate key therapy processes, and discussion of treatment issues will be encouraged.
Learning Objectives
Workshop participants will learn:

1. The nature of complex trauma and the central role of emotion processes in disturbance.

2. The EFTT treatment model and how therapy uniquely addresses central features of disturbance.

3. Interventions for (a) cultivating a safe and empathically responsive therapeutic alliance; (b) reducing fear/avoidance and shame; (c) accessing self-soothing capacities, and (d) deepening emotional processing.

4. Interventions to help clients safely confront imagined perpetrators of abuse and neglect, express previously inhibited feelings (e.g., anger, sadness) and associated needs, and construct more adaptive self-narratives and meaning regarding self, others, and traumatic events

Participants
Open to helping professionals (e.g. Social Workers, Counsellors, Clinical Psychologists, Educational Psychologists etc.) who have or have no previous knowledge in Emotion Focused Therapy.

Language of Teaching: English

Fee
Early Bird Registration  (deadline 23-4-2019)         HK$2,400
Standard Registration  (deadline 7-5-2019)           HK$2,800

Alumni members of Elsie Lam Counseling & EFT Institute will have 10% discount on the fee.

Registration
Please return the completed registration form with a crossed cheque made payable to Elsie Lam Counseling Centre Limited and mail them to Unit A, 8/F, Henan Electric Development Building, 389 King’s Road, North Point, Hong Kong. For Alumni members, please write down the year of graduation of Level A at the back of the cheque.

Applicants will be informed by email if their application is accepted or not before 10-5-2019 and the location of the venue will be informed by then.

Accreditation from Hong Kong Psychological Society:
This is an accredited CE activity of DCP & DEP, number of CEUs will be counted according to the CE guideline of Division.
Registration form

Two-Day Workshop on Emotion Focused Therapy for Complex Relational Trauma

Name: __________________________ (English) __________________________ (Chinese)

Job title: _________________________

Organization: _____________________

Phone number: _____________________

Email: _____________________________

Address: ___________________________________________________________________

Payment: (Please put a ✓ into the appropriated box)

Early Bird Payment  (Dead line 23-4-2019)  ✓ HK$2,400
Standard Payment  (Dead line 7-5-2019)    ✓ HK$2,800

Alumni Payment (Early Bird Payment)  ✓ HK$2,160
(Standard Payment)                    ✓ HK$2,520

Bank: ______________________________

Cheque number: ______________________

Signature: __________________________ Date __________________