Four-Day Advanced Training in Emotion-Focused Therapy for Complex Relational Trauma

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.
Description
Psychotherapy clients with histories of childhood abuse and neglect (complex relational trauma) are ubiquitous across diagnostic groups. Disrupted emotion and narrative processes are at the core of the constellation of disturbances associated with these childhood experience. Successful therapy requires helping clients to access and explore painful feelings and memories in order to modify maladaptive emotions and construct more adaptive self-narratives and meaning. Emotion-focused therapy for trauma (EFTT) is an effective treatment based on an empirically-verified model that identifies steps in the process of resolving past emotional injuries and is supported by more than 20 years of process and outcome research.

This four-day Training is geared toward practicing professionals with a basic knowledge of emotion-focused therapy (e.g., EFT Level A) who wish more in-depth training in the EFT approach specifically tailored to issues of complex relational trauma. Each morning and afternoon will include didactic material on therapy principles and processes, videotaped examples illustrating key therapy processes, and supervised peer-skills practice. Practice will focus on interventions used over the Early, Middle, and Late Phases of therapy. Emphasis will be placed on assessment of emotional processing difficulties, case conceptualization, and procedures for re-experiencing trauma, reducing experiential avoidance, accessing self-soothing capacities, and healing attachment injuries.

Day One will present the nature of complex trauma, introduce the EFTT treatment model, and focus on Early Phase therapy processes. Participants will practice empathic responding to help clients disclose trauma narratives, collaborative case conceptualization, and helping clients establish realistic treatment goals.

Day Two will present guidelines for introducing the Imaginal Confrontation (IC) procedure (empty-chair dialogue with perpetrators of abuse and neglect) in therapy for the first time. Day two also will introduce Empathic Exploration (EE) as a less stressful alternative to IC and present guidelines for promoting productive trauma narratives. Participants will practice introducing both the IC and EE interventions, and procedures for evoking and deepening emotional processing during trauma narratives.

Day Three will focus on Middle Phase processes that interfere with emotional processing and resolution of trauma, and present strategies for reducing these blocks. Participants will practice experiential focusing to help clients access internal experience, two-chair dialogues to resolve intra-personal conflicts such as guilt, self-interruption, and self-doubt about emotional experience, and memory evocation and processing interventions to transform shame.
**Day Four** will cover both Middle and Late Phase processes. The morning will focus on helping clients to reduce avoidance and over-control of emotional experience, allow emotional pain, and access self-soothing capacities. Participants will practice interventions to promote these processes. The afternoon will focus on Late Phase processes which include finally resolving issues with perpetrators, healing attachment injuries, and termination. Participants will practice a final IC/EE procedure and other strategies to help clients process and consolidate therapeutic change.

**Learning Objectives**

Workshop participants will learn:

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

**Language of Teaching:** English (with some Cantonese translation whereas necessary)

**Number of Participants:** Limited to 18 only due to the advanced, intensive skill training under closed supervision.

**Participants**

- Those who meet the below requirements will be selected on a first-come-first-serve base
- Helping professionals with clinician practice (e.g. social workers, Counsellors, Clinical Psychologists, Educational Psychologists etc.)
- Must completed Level A Training in Emotion Focused Therapy (Individual) certified by an EFT institute under the International Society for Emotion Focused Therapy
Fee
Early Bird Registration (Deadline 23-4-2019)  HK$7,600
Standard Registration (Deadline 7-5-2019)  HK$8,500

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.

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

Four-Day Advanced Training in Emotion Focused Therapy

for Complex Relational Trauma

Name:________________________(English)________________________(Chinese)

Job title: __________________________

Job nature: ________________________

Organization: ______________________

Phone number: _____________________

Email: ____________________________

Name of EFT Training Institute, name of the course and year of completion for Certified EFT (Individual) Level A Training

_____________________________________________________________________

Address: _____________________________________________________________

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

Early Bird Payment (Dead line 23-4-2019)  ☐ HK$7,600
Standard Payment  (Dead line  7-5-2019)  ☐ HK$8,500

Bank: __________________________
Cheque number: ________________

Signature: _____________________  Date _________________