

Emotion-Focused Therapy in Working with Anger, Shame, Fear & Sadness : Training and Consultation

Course Description

Course code: 1920/23

Feelings are intricately connected to our memories, our wounds, our emotional needs, our perceptions towards ourselves and significant others, our actions and the intentions of our actions. Emotion-Focused therapy provides a roadmap and a set of interventions for mental health professionals to work with different types of anger, shame, fear, and sadness. Including concepts from Emotionally Focused Couple therapy (EFCT) and Emotion-Focused Therapy (EFT), this course aims to offer participants an in-depth understanding of four core emotions that are frequently observed in counseling - anger, shame, fear, and sadness. Participants will have repeated hands-on practice on how to work experientially with the feelings of their clients and their own in a therapeutic manner. Participants will also be given opportunities to become aware of their own emotions during service delivery and ways to deal with them in a manner that promotes the well-being of their clients and their own. Module II of the training also provides participants the opportunity to receive individual consultation on their frontline work with their clients using the skills and concepts covered in Module I.

Trainer :

Ms. Natalie Tong, LMFT #40466 (California), Reg. Psychol. (HKPS)

Ms. Natalie Tong is a California Licensed Marriage & Family Therapist and a Registered Psychologist in Hong Kong who has been practicing psychotherapy for over 20 years. She has served as an Honorary Lecturer at the University of Hong Kong for over 12 years. For over 15 years, Natalie has been providing training workshops to frontline social workers and counselors in the area of counseling. She works extensively with clients suffering from depression, complex trauma, anxiety, and couple distress in her private practice. In her couple therapy work, she is an ICEEFT Certified EFT Therapist who has received supervision on Emotionally Focused Couple Therapy (EFCT) from Dr. Ting Liu. In her individual work with clients, she has received supervision in Emotion-Focused Therapy (EFT) from Professor Leslie Greenberg and she held a certification as an EFT Practitioner (Individual therapy) with the EFT Clinic, York University and HKCMAC. She integrated both EFT models together with her training in clinical psychology and applied them in her teaching and her therapy practice.



Course Structure

The EFT Course comprises 2 Modules:

Module 1: EFT for Working with Anger, Shame, Fear, & Sadness

Module 2: Consultation of Real-life Case Scenarios using EFT

Course Objectives

- Enable participants to understand different types of anger, shame, fear, and sadness
- Enable participants to understand the theory of EFT and practice EFT interventions to understand the process of feelings
- Practice EFT on real-life counseling scenarios and receive one-on-one consultation in Module 2
- Provide a platform for participants to understand and be compassionate to their own feelings

Course Outline

- The Wisdom in Feeling
- Therapeutic Presence: A Way of Being to Attune to Feelings
- Understanding Anger
- Understanding Sadness
- Understanding Fear
- Understanding Shame
- The Practice of Empathic Interventions
- Introduction to Chairwork and Emotion Regulation Styles
- Consultation of Real-life Case Scenarios using EFT



Medium of Instruction

Cantonese (Handouts in English)

Training Format

Module 1: Lecture, Video presentations, Class discussion, Supervised Role Play Exercises

Module 2: Participants are encouraged to bring in their video-taped sessions with their counseling clients so they can apply EFT in their practice and receive one-on-one consultation. Participants will obtain written consent from their clients before video-taping their counseling sessions.

Course Information

Date	Module 1: 3, 10, 18, 25 September, 2019 (Tuesdays and Wednesdays) Module 2: 2 & 16 October, 2019 (Wednesdays)
Time	Module 1: 10:00am - 5:30pm (6 hours/ day) Module 2: 2:30pm - 5:30pm (3 hours/day) Total training hours: 30 hours
Venue	Jockey Club New Life Institute of Psychiatric Rehabilitation, 332 Nam Cheong Street, Kowloon, Hong Kong
Fee	HK\$ 8,500
Special Offer	JCNLI PR Member : HK\$ 8,300 Early-bird (Enroll on/before 3 August 2019) : HK\$ 8,300 Group of 2 persons : HK\$7,480 per person
Certificate	"Certificate of Attendance" issued by JCNLI PR
Target participants	Counsellors, psychologists, social workers, teachers, pastors, and other health care professionals
Quota	25
Accreditation	CNE – To be confirmed CPD (Social Worker) - 1 point per hour CPD (CP/OT) – To be confirmed
Enquiry:	Tel: 3552 5290 / 3552 5200 Email: jcnli@nlpra.org.hk Website: http://www.nlpra.org.hk/EN/institute/enrollment