Introduction

Emotion-Focused Therapy (EFT) is a form of process-experiential psychotherapy integrating person-centered therapy, Gestalt therapy, experiential therapy, existential therapy with contemporary emotion theory. It is an empirically supported therapy based on over 30 years of clinical research on the process of change. The change process is facilitated through enhancing emotion awareness, emotion expression, emotion regulation, reflection on emotional experience and emotion transformation. This therapy proposes that the best way to achieve enduring changes in cognition, behavior and interaction with others is through changing emotion with emotion.

This training aims at laying a solid foundation to build on different therapeutic tasks in emotion-focused therapy. This is an intensive practice-oriented and experience-based workshop. Participants will have regular hands on practice on both perceptual and procedural skills in working with emotions based on a comprehensive and in-depth understanding of emotions.

Course Objectives

- Equipping a preliminary grounding of the development and fundamentals of emotion-focused therapy
- Enhancing the ability to cultivate effective therapeutic relationship and developing therapeutic working alliance
- Providing an understanding of different emotions arising in individual therapy setting
- Enhancing the interest, confidence and skills in working with emotions
- Developing the self-reflective ability in doing therapy

Course Content

Individual Therapy <2 days>

Day 1:
- Understanding emotions: anger, sadness, fear, shame and positive emotions
- Contemporary emotion theory
- Development and fundamentals of EFT

Day 2:
- Cultivating therapeutic presence
- Empathic attunement
- Differentiated interventions of empathic responses
- Developing therapeutic alliance

Feedback from trainees

Catherine is very observant and details. Her advice is practical and her questions are stimulating for self-reflection.

Catherine is very helpful and knowledgeable in EFT application. The discussion is very fruitful and useful.

Catherine is sharp to identify our problems and able to suggest ways to improve skills clearly.

She is very much able to demonstrate her skills in EFT which is very significant to my learning.

Catherine could give specific/concrete and useful feedback on EFT skills. The detailed observation and feedback on our video practice was very useful, which really impacted my own sensitivity towards clients.

Trainer

Mrs. Catherine Poon
(B.A., M.S.W., M.BuddhStud., & R.S.W.)
- Personal and Marriage Counselor
- Associate Fellow of the Hong Kong Professional Counseling Association
- Approved Supervisor of the Hong Kong Professional Counseling Association
- Certified EFT Trainer (Individual Therapy) recognized by the International Society for Emotion Focused Therapy (isEFT)
**Course Details**

**Date & Time:** 18/2 & 25/2/2019 (Mon.) 9:30am – 5:30pm (total 14 hours)

**Venue:** HKSPT Conference Room, 202-204A, Two Harbourfront, Hung Hom, KLN, HK

**Course Fee:** Please refer to the table as below

**Language:** Cantonese supplemented with English (Teaching materials are mainly in English)

**Course Mode:** Lecture, group discussion, role play & case sharing

**Target:** Social workers, counselors, psychologists, health-care professionals, teachers, police officers and judicial personnel, as well as allied professionals

**Certificate:** “Certificate in EFT (Individual) – Understanding Emotions and Empathic Attunement” issued by HKSTP

**Accreditation:** Nurse (CNE): 1 CNE/ hour, Social Worker: 1 CPD/ hour, OT (CPD): To be confirmed

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**Registration Form**

**Course:** Training in Emotion-Focused Therapy (Individual) – Understanding Emotions and Empathic Attunement

**Date & Time:** 18/2 & 25/2/2019 (Mon.) 9:30am – 5:30pm (total 14 hours)

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<tr>
<th>Full Course</th>
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* For group discount registration, please submit your forms together.

**Name (English):** ____________________________ (Mr / Ms) **Name (中文):** ____________________________

(Printed name in your certificate, please write in block letter, thank you.)

**Education Level:** □ Primary □ Secondary □ Tertiary or above

**Working Organization:** ____________________________ **Position:** ____________________________

**#Email:** ____________________________ **Tel:** ____________________________ **Mobile:** ____________________________

□ I agree □ I disagree to receive regular HKSTP’S course information by email.

□ My email is already in your list and I have been regularly receiving HKSTP’S course information.

**Address:** _________________________________________________________________________________

□ Payment by Cheque:

Please made crossed cheque payable to “Hong Kong Society of Professional Training”

Cheque No: ____________________________ **Name of Bank:** ____________________________

Please send completed registration form and cheque to: Hong Kong Society of Professional Training, Rm. 202-204A, Two Harbourfront, Tak Fung St., Hung Hom, Kowloon, Hong Kong.

□ Payment by Bank-in:

Please bank in the course fee to our bank account with “Bank of China (HK) Ltd” 中銀香港

A/C No: 012-890-1-038-682-9. Please send the completed registration form and bank in slip to Hong Kong Society of Professional Training either by email (PDF) to ask@hkspt.org or by fax: 852-2125 7900. Confirmation email will be sent within 1 week from the day of registration made, please contact us if no further information received.

**Receipt Heading:** ____________________________________________ (please write in block letter)

**Signed by Applicant:** ____________________________ **Date:** ____________________________

**Important Notes:**

#1. Confirmation email will be sent within 1 week from the day of registration made, please contact us if no further information received. 2. Once a registration is submitted, it will be processed and non-refundable for any reasons. All request on registration amendment must be given in written form. Administration fee of HK$200- will be charged for any processing request. 3. Official receipt will be issued on the first day of training. Administration fee of HK$50- will be charged for re-issue of official receipt 4. The personal data provided on this form will only for registration use.