



Masterclass Emotion-Focused Therapy For Complex Trauma

March 15 – 16 2019

Prof .Dr. Antonio Pascual Leon, University of Windsor (Canada)
March 15 – 16 , 2019

Location: Apanta-Academy –Prof. Dr. Dorgelolaan 40 te Eindhoven

www.apanta-academy.nl



Welcome!

Welcome to the Masterclass Emotion-Focused Therapy for Complex Trauma.

EFT is a unique empirically-based approach, based on methods designed to help people accept, express, regulate, make sense of and transform emotion. Recent years have seen a growth of EFT in both individual and couples therapy, both because of its status as an evidence-based treatment, and also because the EFT approach focuses on the development of emotional intelligence and on the importance of secure relationships.

Course Content

Psychotherapy clients with histories of childhood abuse and complex relational trauma are ubiquitous, and have notoriously high drop-out rates. These clients have been unable to heal past emotional injuries and often have difficulty handling exposure-based therapies, which usually are not designed for attachment related problems. Successful therapy requires helping clients access and explore painful feelings in order to modify maladaptive emotions. Emotion-Focused Therapy for Trauma (EFTT) is the only empirically-verified treatment for both men and women suffering from complex trauma, and the only research-based treatment for trauma outside of CBT.

This 2-day workshop will:

- Present theory on treating complex trauma, PTSD, and survivors of child abuse.
- Identify steps in the process of resolving past relational issues, as well as key ideas about case formulation, and emotion focused theory for understanding trauma.
- Discuss selected research, particularly as related to the change process and implications for practice.
- Give video examples of expert therapists, and case vignettes, related to the treatment of complex trauma. Specifically these will demonstrate the use of methods inspired by gestalt for dialoguing with imagined significant others in an empty chair.
- Provide hands-on practice in small groups and personalized supervision in the use of these emotion focused interventions.



Program

Day 1: 15th March

09:30 – 09.45.	Welcome and introductions
09:45 – 11.00	Trauma Theory: <ul style="list-style-type: none">• Introductions• Complex relational trauma and the nature of attachment injuries Emotion theory <ul style="list-style-type: none">• Distinguishing between productive and unproductive Emotions
11:00 – 11.15	Break
11:15 - 12.30	Principals of emotion change
12:30 - 13.30	Lunch
13:30 - 15.00	EFTT Treatment Model <ul style="list-style-type: none">• Step-by-step process for resolving attachment injuries Phase 1: The Therapeutic Relationship and Deepening Experiencing <ul style="list-style-type: none">• Alliance- Markers of vulnerability• Promoting Experiencing- using narratives, focusing, and the leading edge• Exercise markers & group questions and discussion
15.00 - 15.15	Break
15:15 - 17.30	Introduction to Imaginal Confrontation <ul style="list-style-type: none">• Video demonstration• Practice: Imaginal Confrontation



Day 2: 16th March

- 09:30 – 09.45. Questions from previous session's practice & lecture work
- 09:45 – 11.00 **Phase 2:**
- Self-Related Difficulties
 - Self Criticism (only)
- Phase 3**
- Working through Other-related Difficulties
 - Making meaning
- 11:00 – 11.15 Break
- 11:15 - 12.30
- When anger is forbidden
 - Self-Interruption – Markers of interruption and working with
 - Resolution through Grief & Sadness
 - Enact other or not?
- 12:30 - 13.30 Lunch
- 13:30 - 15.00
- Questions from previous session's practice & lecture work
 - Practice: Initial reaction and imagining other
 - Expressing vulnerability to other or therapist?
- 15.00 – 15.15 Break
- 15.15 – 17.30 **Phase 4: Termination**
- **Self-Soothing**
 - Video
 - Ending work, change in view of other and Letting go
 - Ending the relationship
 - **Integrating EFTT into your practice: Discussion and Reflections**
 - Supervision



Literature

- Emotion Focused Therapy for Complex Trauma, Sandra C. Pavio, Antonio Pascual Leone. ISBN 978-1-4338-0725-1. Jan 2010. (available at www.bol.com)

This literature will be provided by Apanta-academy:

- Paivio, S. & Kunzle (2007). Emotion Focused Therapy for Interpersonal Trauma: European Psychotherapy, 7 (1), pp. 77-93
- Pascual-Leone, A. & Kramer, U. (2019). How Clients “Change Emotion with Emotion”: Sequences in Emotional Processing and their Clinical Implications. In *Handbook of Emotion Focused Therapy*, L. S. Greenberg & R. N. Goldman (Eds.) (pp. 147-170). America Psychological Association Books.
- Pascual-Leone, A. & Paivio, S. C. (2013). Emotion-focused therapy for anger in complex trauma. In E. Fernandez (Ed.), *Treatments For Anger in Specific Populations: Theory, Application, and Outcome*. New York: Oxford University Press (pp. 1-35).
- R.L. Harris/M.J. Westwood (2009): Preventing vicarious traumatization of mental Health Therapists : Identifying Protective Practices APA Psychology Research (pp 203 – 210)

General Information

- Tutor: Antonio Pascual Leone, co-tutor: Juliette Becking
- Data: 15-16 March 2016, 9.30 - 17.30u
- Price: € 545 including coffee, tea, water and lunch
- Location: Apanta-Academy, Prof. Dr. Dorgelolaan 40, Eindhoven, The Netherlands
- Accreditation will be requested at: FGzPt, NIP, VPEP, NVP and on request of a psychiatrist at NVvP
- Information: www.apanta-academy.nl or e-mail: info@apanta-academy.nl