



Masterclass Emotion-Focused

Working with Shame & Forgiveness

August 23 -24, 2019

Presented by Prof. Dr. Leslie S. Greenberg

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

www.apanta-academy.nl



Course Content

This class will present an emotion-focused approach to resolving two different types of emotional problems often encountered in therapy- intra-psychic shame and interpersonal emotional injuries.

Shame is one of the most painful and debilitating human emotions while emotional injuries are burdens we can carry with us for many years. It is remarkable how many of us struggle with carrying the burden of unresolved bad feelings, either feeling bad about ourselves or towards others.

In relation to the self, people feel the shame of being not good enough, feel flawed or worthless from abuse, or from the internalization of experiences of criticism and humiliation. Towards other's, often towards people in close relationships like parents, siblings, ex-spouses or even current partners people carry corrosive unresolved anger and the sadness of abandonment or neglect. Both of these types of emotional wounds block people from engaging fully in life and often are at the root of much emotional pain and psychological dysfunction.

In this workshop we will look at how to work with different types of shame and injuries. We will look at the difference between shame and guilt and between healthy and unhealthy anger and sadness. We also will distinguish different processes of resolution of the underlying core painful feelings by, acceptance, forgiveness or letting go. Finally we will give clinicians practical and specific interventions to help clients deal with feelings of shame and to help them resolve their anger and hurt from interpersonal emotional injuries.

Educational Objectives:

Participant will:

- Gain a differentiated understanding of different shame processes.
- Learn when to regulate and when to access emotion.
- Identify how to intervene differentially with emotion
- Learn how to access adaptive emotions to produce change.
- Identify emotional processing phases in resolving emotional injuries



Program

Day 1, August 23rd

09:30 – 11:00	Welcome and introduction <ul style="list-style-type: none">- Shame its nature and functions- Shame vs Guilt- Working with Shame
11:00 – 11:15	<i>Break</i>
11:15 – 12:30	Treatment Steps
12:30 – 13:30	<i>Lunch</i>
13:30 – 15:00	Markers and Tasks Two Chair Dialogue for Self Critical work
15:00 - 15:30	<i>Break</i>
15:30 – 17:00	Video demonstrations Discussion

Day 2, August 24th

09:30 – 11:00	Emotional injuries What is forgiveness? Forgiveness vs letting go Components of forgiveness
11:00 – 11:15	<i>Break</i>
11:15 – 12:30	Research on Emotion Focused therapy of emotional injuries Resolving unfinished business
12:30 – 13:30	<i>Lunch</i>
13:45 – 15:00	Emotional process in forgiveness Forgiveness in individual and couples therapy
15:00 – 15:30	
15:30 – 17:00	Video demonstration Discussion

Literature

- Prof. Dr. Leslie S. Greenberg and Rhonda N. Goldman. October 2018. **Clinical Handbook of Emotion-Focused Therapy**. APA. ISBN: 978-1-4338-2977-2

Recommended:

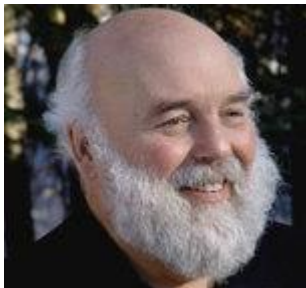
Elliott R., Watson J.C., Goldman R.N. & Greenberg L.(2003). **Learning emotion-focused therapy**. The process-experiential approach to change. APA. ISBN 1-59147-080-3

Practical

- Admission requirements: EFT Level 1
- Tutor: Prof. Dr. Leslie S. Greenberg, co-tutor: Juliette Becking
- Data: 23-24 August, 9.30 - 17.00u
- 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

Tutor

Les Greenberg, Ph.D.



Dr. Greenberg is one of the originators and primary developers of Emotion-Focused Therapy for individuals and couples. He is a Distinguished Research Professor of Psychology at York University in Toronto, Ontario. Dr. Greenberg is actively involved in the training, research, and development of Emotion-Focused Therapy at the Emotion-Focused Therapy Clinic, and he travels throughout North America and internationally doing presentations and workshops in Emotion-Focused Therapy. He has co-authored a number of major texts on emotion-focused approaches to treatment, including *Emotion in Psychotherapy* (1986), *Emotionally Focused Therapy for Couples* (1988), *Facilitating Emotional Change* (1993), *Emotion-Focused Therapy: Coaching Clients to Work Through*



Emotions (2002). His more recent works include Emotion-Focused Therapy of Depression (2006), Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love and Power (2008), and Emotion-Focused Therapy: Theory and Practice (2010). Goldman, R.N. & Greenberg, L.S. , Case Formulation in Emotion-Focused Therapy: Co-creating Clinical Maps for Change (2014).