

Two-day Foundation Training of Emotion-Focused (Individual) Therapy for Professionals

Mrs. LEUNG HO, Selina Siu Man

- Registered Counselling Psychologist of the Hong Kong Psychological Society (HKPS)
- Founder of the Institute of Emotion-Focused Therapy (Asia)
- Certified Emotion-Focused Therapist and Approved EFT trainer by the International Society for Emotion Focused Therapy (isEFT)



Course fee

- HK\$4,200 per person
- HK\$3,300 per person for early-bird registration on or before 6 December 2024

Application Deadline

- 27 December 2024
- Based on a first-come, first-served basis

Date & Time

17 & 18 January 2025
(Friday & Saturday),
9:30 am – 5:30 pm

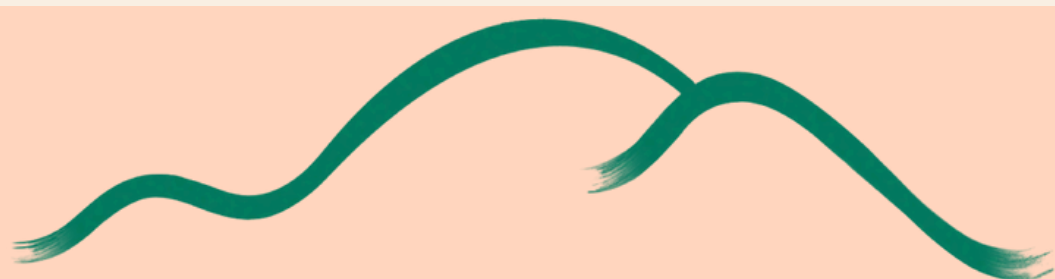
Venue

Lecture Theatre,
2/F, Block S,
Castle Peak Hospital

Platform

Face-to-Face

Please visit IMH website www.imh.org.hk for more details and download the enrolment form



青 · 山 · 醫 · 院

Castle Peak Hospital



青山醫院精神健康學院
Institute of Mental Health
Castle Peak Hospital

Enquiry
Tel: 2456 7773 (Mr. Chau)
Fax: 2455 9330
Email:
cph_imh@ha.org.hk
Website: www.imh.org.hk



Two-day Foundation Training of Emotion-Focused (Individual) Therapy for Professionals

Course Details

Course Objective

To introduce clinical practitioners to the basic knowledge of both Emotion-Focused Therapy theory and intervention tasks in working with individuals, as well as to enhance the ability in empathic attunement to the client's emotional processing.

Medium of Teaching

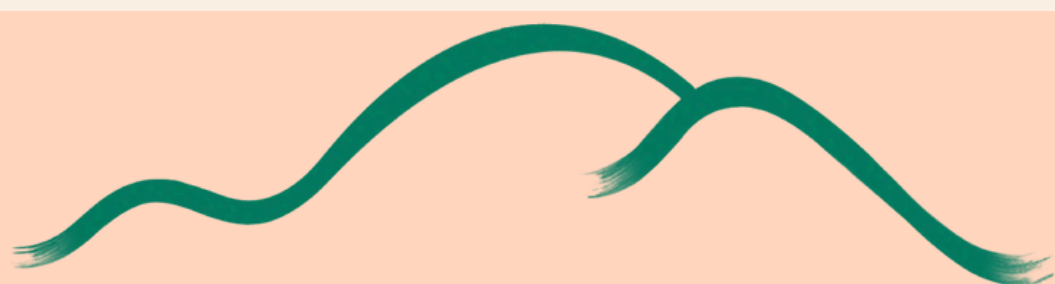
Cantonese supplemented with English (with English handouts)

Accreditation

CME/CNE/CPD/CE(HKPS) accreditation in application

Certificate

A Certificate of Attendance will be issued with 75% or above attendance.



青 · 山 · 醫 · 院

Castle Peak Hospital



青山醫院精神健康學院
Institute of Mental Health
Castle Peak Hospital

Enquiry

Tel: 2456 7773(Mr. Chau)

Fax: 2455 9330

Email:

cph_imh@ha.org.hk

Website: www.imh.org.hk



Two-day Foundation Training of Emotion-Focused (Individual) Therapy for Professionals

Requirement of participants

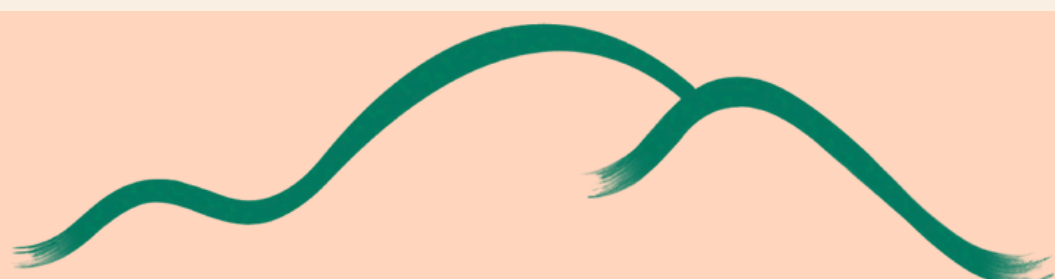
- Mental health professionals who are interested in Emotion-Focused (individual) therapy.

Remark: For those participants who may not fulfill the above requirements, reading one or more of the following books is highly recommended to benefit the most from this course:

- 梁何昭文 (2021): 擁抱情緒：從淺析理論到深化實踐
- Elliott, R., Watson, J. C., Goldman, R. N., & Greenberg, L. S. (2003). Learning Emotion-Focused Therapy: The Process-Experiential Approach to Change
- Greenberg, L. S. (2015). Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings

****Important Notes:**

Please noted that this two-day training workshop provides basic foundational concepts of EFT, which offers a good opportunity for participants to see whether they wish to pursue this therapy further. This workshop does not attribute to the training of Basic Level A Certification of the isEFT.



青 · 山 · 醫 · 院

Castle Peak Hospital



青山醫院精神健康學院
Institute of Mental Health
Castle Peak Hospital

Enquiry
Tel: 2456 7773(Mr. Chau)
Fax: 2455 9330
Email:
cph_imh@ha.org.hk
Website: www.imh.org.hk



Two-day Foundation Training of Emotion-Focused (Individual) Therapy for Professionals

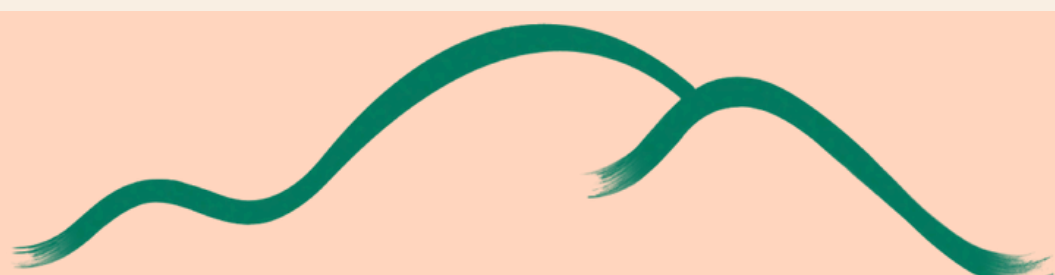
Course Content

Day 1 – 17 January 2025 (Friday)

1. EFT Theories
2. Emotion Assessment
3. EFT & Empathy
4. Empathic Responses
5. Q & A

Day 2 – 18 January 2025 (Saturday)

1. Marker & Therapeutic Tasks Focusing
2. Two Chair Work
3. Empty Chair Work
4. Emotion Regulation
5. Q & A



青 · 山 · 醫 · 院

Castle Peak Hospital



青山醫院精神健康學院
Institute of Mental Health
Castle Peak Hospital

Enquiry
Tel: 2456 7773 (Mr. Chau)
Fax: 2455 9330
Email:
cph_imh@ha.org.hk
Website: www.imh.org.hk



Two-day Foundation Training of Emotion-Focused (Individual) Therapy for Professionals

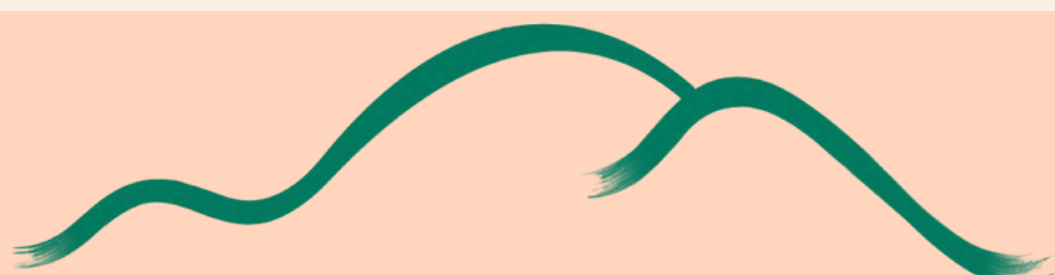
About Mrs. Selina LEUNG

Mrs. Selina Leung, founder of Institute of Emotion-Focused Therapy (Asia) (IEFTA), is a Registered Counselling Psychologist of HKPS, Certified Counsellor and Approved Supervisor of the Hong Kong Professional Counselling Association (HKPCA), Certified Emotion-Focused Therapist and Approved EFT trainer by the isEFT and the affiliated member of the American Psychological Association (APA).



Besides teaching in Hong Kong and China, Mrs. Leung also assists in facilitation for Prof. Leslie Greenberg, Prof. Rhonda Goldman and Prof. Robert Elliott in other Asian countries in past years. She has been trained and supervised under Prof. Greenberg in Hong Kong and Toronto since 2007.

Mrs. Leung earned her Bachelor of Science in psychology at the University of Toronto, Canada and Master of Theological Studies, focused on counseling at Tyndale University (previously known as Ontario Theological Seminary), Ontario, Canada. After graduating, she worked at different social service agencies for seven years in Toronto. Mrs. Leung had worked as a Senior Student Counsellor at the Chinese University of Hong Kong for 21 years up to her retirement in 2013. Currently, she is in private practice and established the IEFTA in 2015. Since 2016, Mrs. Leung also learned Emotion-Focused Family Therapy (EFFT) from the two originators, Dr. Joanna Dolhanty and Dr. Adele Lafrance, and conducts workshops for parents / caregivers and clinicians. She is also being recognized by the International Institute for Emotion-Focused Family Therapy (IIEFFT) as Advanced EFFT therapist and Certified Facilitator. Mrs. Leung had written and published the first Chinese EFT book "Embracing Emotions" in June 2021 forwarded by Prof. Leslie Greenberg.



青 · 山 · 醫 · 院

Castle Peak Hospital



青山醫院精神健康學院

Institute of Mental Health
Castle Peak Hospital

Enquiry

Tel: 2456 7773(Mr. Chau)

Fax: 2455 9330

Email:

cph_imh@ha.org.hk

Website: www.imh.org.hk

