

Two-day Foundational Training of Emotion-Focused (Individuals) Therapy for Professionals (Re-run)



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)

Date and Time:

- 11 & 12 September 2026
(Friday and Saturday)
- 9:30 a.m. - 5:30 p.m.

Course Fee:

- HK\$4,300 per person
- **HK\$3,400** per person for early-bird registration on or before **31 July 2026**

Venue:

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

Application Deadline:

- 21 August 2026

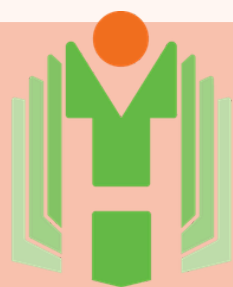
Format:

- 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

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Email: cph_imh@ha.org.hk

Website: www.imh.org.hk



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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

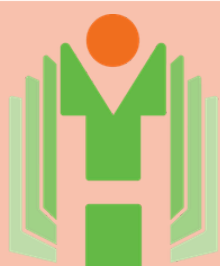
CME/CNE/CPD/CE(HKPS) accreditation in application

Certificate

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



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Requirement of participants

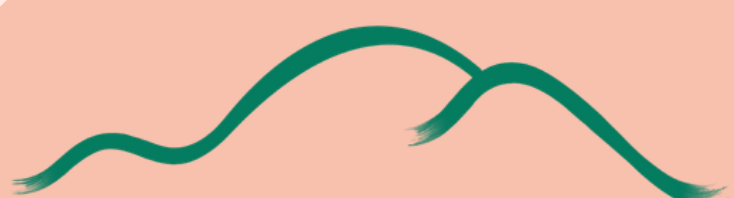
Mental health professionals who are interested in Emotion-Focused (individuals) therapy.

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:

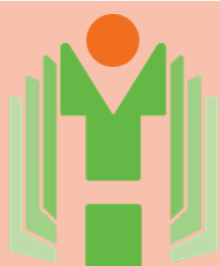
- 梁何昭文 (2022): 擁抱情緒: 從淺析理論到深化實踐
- Elliott, R., Watson, J. C., Goldman, R. N., & Greenberg, L. S. (2003). Learning Emotion-Focused Therapy: The Process-Experiential Approach to Change
- Greenberg, L. S. (2015). Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings

****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.



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Course Content

Day 1 - 11 September 2026 (Friday)

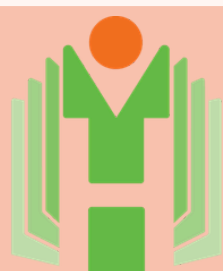
1. EFT Theories
2. Emotion Assessment
3. EFT & Empathy
4. Empathic Responses
5. Q & A

Day 2 - 12 September 2026 (Saturday)

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



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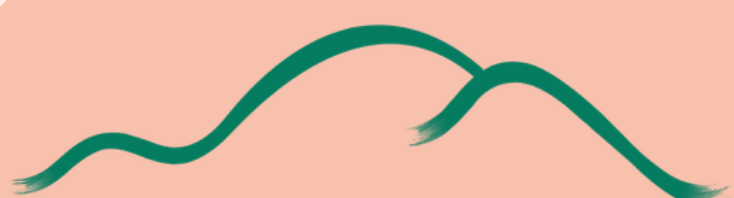
About Mrs. Selina LEUNG

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).

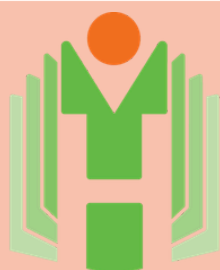


Besides teaching in Hong Kong and China, Mrs. Leung also assists in facilitation for Prof. Leslie Greenberg, Prof. Rhonda Goldman and Prof. Robert Elliott in other Asian countries in past years. She has been trained and supervised under Prof. Greenberg in Hong Kong and Toronto since 2007.

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.



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