Baruch Ivcher School of Psychology at IDC Herzliya and The Israeli Institute for Emotion-Focused Therapy Cordially Invite you to a Two-Day Training Workshop:

Forgiveness and Letting Go of Anger and Hurt: An Emotion-Focused Approach to Helping Individuals and Couples Resolve Emotional Injuries

Sunday-Monday, June 26-27 2016, at 8:30am

Ivcher Auditorium
IDC Campus, Kanfei Nesharim St., Herzliya

This workshop will present an emotion-focused approach to resolving emotional injuries. Different types of emotional injuries and primary therapeutic interventions will be presented. Three major processes of resolution will also be discussed. Holding the other accountable, letting go, and forgiving. The importance of accessing and working through emotions related to the injury will be emphasized. Principles of working with emotion will be discussed and demonstrated using video-tapes. The therapeutic tasks of exploring the impact of the injury, processing the pain, changing representations of self and other in adaptive ways, and of accessing compassion and empathy for self and injurer will be explored. Steps of an empirically-supported set of interventions for facilitating the process of resolution in both individual and couple therapy will be discussed and demonstrated. The differences in the process of resolving injuries in individual and couples therapy will also be explored.

The workshop will be conducted in English

Registration Fee:$150

Space is limited. Please make sure to register in advance

Advance Payment of Workshop registration fee will be available until Monday, June 20th 2016

Click here to register
Leslie Greenberg, Ph.D. is Professor of Psychology at York University in Toronto, Ontario. He is the major developer of Emotion-Focused Therapy (EFT) and has co-authored the major texts on EFT. These include Emotion in Psychotherapy (1986), Facilitating Emotional Change (1993), Emotion-focused therapy: Coaching clients to work through emotions (2002), Working with Emotions in Psychotherapy (2003), Emotion-focused therapy of Depression (2005) and many others. He also developed EFT for couples together with Susan Johnson. Greenberg co-founded the Society of the Exploration of Psychotherapy Integration (SEPI) and is a former President of the Society for Psychotherapy Research (SPR) from which he received a Distinguished Research Career award in 2004. He has been on the editorial board of many psychotherapy journals.