

2012 Counseling Workshop

Thursday, March 8, 2012

8:00	Registration
8:30 – 10:00	Emotion and Its Role in Therapy <i>Emotion: Theory and Research</i> <i>Emotion Assessment</i>
10:00 – 10:20	Break
10:20 – 12:00	Framework for Intervention <i>Major Emotional Change Processes</i>
Noon – 1:30	Lunch
1:30 – 3:00	Framework for Intervention <i>Framework of Emotion-focused Intervention</i> <i>Video Demonstration</i>
3:00 – 3:20	Break
3:20 – 5:00	Specific Method <i>Videotape demonstrations and discussion of</i> <ul style="list-style-type: none"> • Self-criticism and the emotion change process • Dialoguing with the self

Friday, March 9, 2012

8:00	Registration
8:30 – 10:00	Specific Method <i>Discussion and videotape demonstrations of</i> <ul style="list-style-type: none"> • Working with unresolved emotion in unfinished business • Forgiveness and letting go
10:00 – 10:20	Break
10:20 – noon	Other Methods and Discussion <i>Discussion and videotape demonstrations of other methods</i> <i>Discussion</i> <ul style="list-style-type: none"> • Application to different populations • Indications and contraindications for emotion-focused work