

Central Commissioned Training Programme for Clinical Psychologists 2025/26

Emotion Focused Therapy for Trauma

Organized by Institute of Advanced Allied Health Studies / COC-Grade (CP)

| | |
|--------------------------|---|
| Date: | 4, 5, 6 December 2025 |
| Time: | 09:15 – 17:45 |
| Mode of Delivery: | Face-to-face |
| Venues: | Auditorium, 1/F, Tower A, Hong Kong Children's Hospital, 1 Shing Cheong Road, Kowloon Bay, Kowloon |

Aim: To develop the understanding and competence of clinical psychologists in using Emotion Focused Therapy for Trauma (EFTT) approach in clinical practice.

Objective/ Intended Learning Outcome:

- To equip clinical psychologists with the skills to assess, formulate, and conceptualize complex cases under the Emotion Focused Therapy for Trauma (EFTT) approach to meet clients' treatment needs.
- To learn and apply specific skills under the EFTT framework to enhance treatment efficacy and effectiveness in complex and difficult cases.
- To identify research outcomes and relevant outcome measures to monitor treatment outcome under the modality.

Program Design: Lecture and workshop

Target Participant: HA Clinical Psychologists of all ranks

Class Capacity: 140

Language Medium: English

CPD Points: Pending

Award: Certificate of Attendance

Program Requirement: Participants should complete at least 80% attendance of overall program

Central Commissioned Training Programme 25/26

Emotion Focused Therapy for Trauma

Organized by Institute of Advanced Allied Health Studies / COC-Grade (CP)

Speaker(s):

- Dr. Antonio PASCUAL-LEONE (Professor in Psychology at University of Windsor, Canada)

Moderator:

- Dr. Michelle MOK, CP, HOQ&S CP (CCPS)

Program Rundown

Day 1: 4 December 2025 (Thu)

| <u>Time</u> | <u>Topic</u> | <u>Speaker / Facilitator</u> |
|---------------|--|------------------------------|
| 09:15 – 09:30 | Orientation and General Approach | Dr. A. PASCUAL-LEONE |
| 09:30 – 10:00 | Introduction to Emotion Focused Therapy | |
| 10:00 – 10:30 | Trauma Theory: Introduction | |
| 10:30 – 11:15 | Complex Relational Trauma and Attachment Injuries; Markers, Symptoms | |
| 11:15 – 11:30 | Break | |
| 11:30 – 12:30 | Principles of Emotion Change | Dr. A. PASCUAL-LEONE |
| 12:30 – 13:15 | Implications for Treatment | |
| 13:15 – 14:15 | Lunch | |
| 14:15 – 14:45 | Welcome back, Q&A | Dr. A. PASCUAL-LEONE |
| 14:45 – 15:30 | Emotion Focused Therapy Treatment Model | |
| 15:30 – 16:15 | Step-by-step Process for Resolving Attachment Injuries | |
| 16:15 – 16:30 | Phase 1: The Therapeutic Relationship and Deepening Experiencing | |
| 16:30 – 16:45 | Alliance-Markers of Vulnerability; Promoting Experiencing-using Narratives; Focusing, and the Leading Edge | |
| 16:45 – 17:00 | Break | |
| 17:00 – 17:30 | Situ Practice: Markers & Group Exercise | Dr. A. PASCUAL-LEONE |
| 17:30 – 17:45 | Q&A and Closing | |

Day 2: 5 December 2025 (Fri)

| <u>Time</u> | <u>Topic</u> | <u>Speaker / Facilitator</u> |
|---------------|---|------------------------------|
| 09:15 – 09:45 | Enactments and Chairwork: Research Evidence | Dr. A. PASCUAL-LEONE |
| 09:45 – 10:30 | Introduction to Imaginal Confrontation | |
| 10:30 – 11:15 | Video Demonstration | |
| 11:15 – 11:30 | Break | |
| 11:30 – 12:30 | Practice: Imaginal Confrontation – Initial Reaction Imagining Other (x2) | Dr. A. PASCUAL-LEONE |
| 12:30 – 13:15 | Live Demonstration & Discussion | |
| 13:15 – 14:15 | Lunch | |
| 14:15 – 14:45 | Welcome back, Q&A | Dr. A. PASCUAL-LEONE |
| 14:45 – 16:15 | Phase 2: Self-Related Difficulties | |
| 16:15 – 16:30 | Self-Criticism: Focusing on Emotional Impact | |
| 16:30 – 16:45 | Video Demonstration | |
| 16:45 – 17:00 | Break | |
| 17:00 – 17:30 | Practice: Self-Criticism | Dr. A. PASCUAL-LEONE |
| 17:30 – 17:45 | Q&A and Closing | |

Day 3: 6 December 2025 (Sat)

| <u>Time</u> | <u>Topic</u> | <u>Speaker / Facilitator</u> |
|---------------|--|------------------------------|
| 09:15 – 09:30 | Phase 3: Working Through Other-related Difficulties | Dr. A. PASCUAL-LEONE |
| 09:30 – 10:00 | Meaning Making; Levels of Construal | |
| 10:00 – 10:45 | Self-Interruption – Markers of Interruption and Working Through | |
| 10:45 – 11:15 | When Anger is Forbidden: Video Example | |
| 11:15 – 11:30 | Break | |
| 11:30 – 12:00 | Resolution Through Anger & Grief: Enact Other or Not? Expressing Vulnerability to Other or Therapist? | Dr. A. PASCUAL-LEONE |
| 12:00 – 12:30 | Self-Compassion; Brief Video Example | |
| 12:30 – 13:15 | Practice: Imaginal Confrontation Through to Resolving | |

| | | |
|---------------|---|----------------------|
| | Unfinished Business (x2) | |
| 13:15 – 14:15 | Lunch | |
| 14:15 – 14:45 | Welcome back, Q&A | |
| 14:45 – 15:30 | Case Formulation | |
| 15:30 – 16:15 | Live Demonstration (Pending Volunteer) | Dr. A. PASCUAL-LEONE |
| 16:15 – 16:30 | Phase 4: Termination; Ending work; Change in View of Other and Letting Go | |
| 16:30 – 16:45 | Ending the Relationship | |
| 16:45 – 17:00 | Break | |
| 17:00 – 17:30 | Integrating EFTT into your Practice: Discussion, Reflections, Getting Supervision | Dr. A. PASCUAL-LEONE |
| 17:30 – 17:45 | Q&A and Closing | |

Enrolment:

- Please send the nomination form via Department Manager or Department. i/c to IAAHS by email (iaahs@ha.org.hk), quoting *“Program Announcement – Central Commissioned Training Programme for Clinical Psychologists 2025/26: Emotion Focused Therapy for Trauma (Ref 044, 039)” on or before 6 November 2025 (Thu).*
- Enrollment result would **NOT** be notified individually. It should be checked before program commencement via HA IAAHS intranet https://hateams.home/knowledge/group/IAAHS/Program_AH/ or through e-Learning Centre http://elc.home/myelc/login_pop.aspx on or after 20 November 2025 (Thu).

Important Notes:

- Participants are required to **strictly adhere** to **CICO’s guideline on Infection Control Precautions for Training Activities** (see [link](#)) when attending the program.
- The training includes small-group discussions and role-play activities, with opportunities for participants to volunteer and engage actively. While participation is voluntary, these activities are encouraged to enhance learning.

For enquiry, please contact Mr. Dennis MO, TO (AH) at 2300 8454 (program) or Ms. Ella YEUNG at 2300 7714 (registration).