

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

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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	Dr. A. PASCUAL-LEONE
14:45 – 15:30	Case Formulation	
15:30 – 16:15	Live Demonstration (Pending Volunteer)	
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).