



The Hong Kong Catholic Marriage Advisory Council

# Qualifying Program for Certified Emotion-Focused Therapy (EFT) Practitioners (Couple Therapy) 2008-2009

Emotion-Focused Couple Therapy (EFCT) focuses on helping couples to process their emotional experience so that they are able to access alternative, more adaptive emotional responses to help combat maladaptive emotional experience. Work with couples integrates emotion work with working with interaction to process injuries and changing negative cycles involved in precipitating and maintaining marital distress. Research studies have supported the importance of emotion-focused work and suggest that EFT can move clients from distress to recovery in 10-12 sessions. Emotion-Focused Couples Therapy (EFCT) is an evidence based approach to couples distress and has proven useful in treating couples where one partner has suffered trauma.

The focus of the program will be on a process-experiential and emotion-focused therapy to produce change in core emotional structures and in intimate relationships. The approach is integrative, synthesizing elements of Person-Centered, Gestalt, systems, cognitive-behavioral and dynamic practices within an emotion theory framework.

This is the first certified skill training program in EFT to be run in Hong Kong. The program provides trainees with a solid grounding in the **skills** required to work more directly with emotion in psychotherapy with couples. Trainees will receive in-depth skills training through a combination of brief lectures, video demonstrations, live modeling, case discussions, and extensive supervised practicum training.

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## Training Components

### 2008/2009

- ◆ One 2-day workshop on theoretical introduction
- ◆ Two 3-day workshops on couple therapy
- ◆ practicum training (12 three-hour practicum training sessions and 6 three-hour peer supervision group)
- ◆ 8-12 hours of clinical practice
- ◆ One written assignment
- ◆ One half-day workshop on consolidation
- ◆ One qualification interview

## Pre-requisites for Application

- ◆ A recognized degree in social work, psychology, counselling or other related disciplines
- ◆ At least three years of clinical experience working with adult individuals and/or couples

## Credits

Trainees who have attended no less than 80% of the workshops and practicum training, completed the required assignments and passed the qualification interview will be qualified as **Certified EFT Practitioner (Couple Therapy)** by the EFT Training Organization.

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## Organizer

The Hong Kong Catholic Marriage Advisory Council

### In Co-operation

EFT Training Organisation, Toronto, Canada

### Principal Trainer

Professor Leslie Greenberg

### Trainers

Dr. Wanda Malcolm

Dr. Serine Warwar

Mrs. Maria Kong

### Facilitators

Mrs. Catherine Poon

Mr. Jay Tse

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## Course Fees

**Early Bird** (on or before 15 February, 2008):

HK\$20,500

**Regular** (after 15 February, 2008):

HK\$23,500

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## Application Deadline

15 March, 2008

**No. of Trainees:** 30 (maximum; registration on a first-come-first-served basis)

## Enquiry

For information on the course curriculum and other details, please visit the website at <http://eft.cmac.org.hk> or contact Miss Lam or Miss Mak at 28101104 or through e-mail at [os@cmac.org.hk](mailto:os@cmac.org.hk)

## Application

Application can be faxed to (2526-3376) or mailed to The Hong Kong Catholic Marriage Advisory Council, Rm. 101, Low Block, Grand Millennium Plaza, 181 Queen's Road Central, Hong Kong.

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## Venues

For Workshops:

Parish Hall, Rosary Church  
125 Chatham Road South  
Tsim Sha Tsui, Kowloon

For Peer Supervision Groups:

Rm. 101, Low Block, Grand Millennium Plaza  
181 Queen's Road Central, HK.

For Practicum Training and Clinical Practice:

As arranged by trainees

**Enquiry Hotline:  
28101104**

## Application Form

**Application:**

For application, please send the form to **The Hong Kong Catholic Marriage Advisory Council, Room 101, 1/F., Low Block, Grand Millennium Plaza, 181 Queen's Road Central, Hong Kong.**

**(Re.: Qualifying Program for Certified Emotion-Focused Couple Therapy (EFCT) Practitioners 2008-2009)**

**Enquiry:**

Ms. Lam/ Ms. Mak

(Tel.: 2810-1104; Fax: 2526-3376)

Full Name

(English) \_\_\_\_\_ (Chinese) \_\_\_\_\_

Correspondence Address:

\_\_\_\_\_  
\_\_\_\_\_

Tel. No.: (Day) \_\_\_\_\_ (Mobile) \_\_\_\_\_

Fax No.: \_\_\_\_\_ E-mail: \_\_\_\_\_

Occupation: \_\_\_\_\_ Organization: \_\_\_\_\_

Academic Degree(s): \_\_\_\_\_ Year of Clinical Experience: \_\_\_\_\_

**Remarks:**

- Applications will be accepted on a first-come-first-served basis until quota is full, and in that case applicants will be informed. A screening interview will be arranged with each applicant before admission to the program.
- If black rainstorm warning signal or typhoon signal no. 8 is hoisted at or after 6:15a.m., any training activity will be cancelled. Details of postponement or other arrangements will be announced afterwards.