

Schweizerische Gesellschaft für
Emotionsfokussierte Therapie
(EFT-CH)

Die Abteilung Klinische Psychologie und Psychotherapie der Universität Bern und die Schweiz. Gesellschaft für Emotionsfokussierte Therapie (EFT-CH) laden zum Vortrag ein:

**Facilitating Narrative and Emotion Integration in Emotion-Focused Therapy:
Implications for Clinical Practice and Research**

Prof. **Lynne Angus**, PhD., C.Psych
York University, Toronto, Canada

Monday, May 15th, 2017, 7pm-8pm gefolgt von Apéro
Bern, Uni-S, Schanzeneckstrasse 1, Raum 022

In therapy as in life, significant emotions are embedded in important stories, and important stories revolve around core emotional themes. Accordingly, helping our clients to disclose their most important stories is an essential starting point for the development of empathic relational bonds, enriched case conceptualizations and enhanced emotional experiencing in EFT therapy sessions. Angus and Greenberg (2011) and Paivio & Angus (2017), have recently identified key narrative-emotion markers, and process-guided treatment strategies, that facilitate client emotional engagement and new story outcomes, on a moment-to-moment basis, in productive EFT therapy sessions. Importantly, the identification of strength-based markers indicating client readiness for change - such as competing plot lines, discovery and unexpected outcome storytelling - have been linked with recovery in EFT treatments for depression and complex relational trauma (Angus, Boritz, Bryntwick, Carpenter & Khattra 2017). This presentation will address the clinical implications of these key research findings for enhanced EFT practice in early, mid/ working and late phase therapy sessions.

Lynne Angus Ph.D., C.Psych. is a Professor of Psychology at York University in Toronto, Ontario, Canada and a clinical supervisor and therapist at the York University Psychology Clinic. Angus practices, supervises and conducts psychotherapy research addressing the contributions of narrative and emotion processes for clinically significant change, particularly in the context of Emotion-focused Therapy. Over the past 25 years, Angus has published over 90 publications addressing the unique contributions of metaphor, narrative, emotion and meaning making processes to productive client change, and has conducted numerous training workshops addressing implications for effective therapy practice. She has co-authored '*Working with Narrative in Emotion-Focused Therapy: Changing stories, healing lives*' (Angus & Greenberg 2011) with Les Greenberg and *Narrative Process in Emotion-focussed Therapy for Trauma* (Paivio & Angus 2017), and APA Therapy video (Angus & Paivio, 2015) with Sandra Paivio. Senior editor of *The Handbook of Narrative and Psychotherapy* (Angus & McLeod, 2004), she was also co-editor of *Bringing Psychotherapy Research to Life: Legacies from the Society for Psychotherapy Research* (Castonguay, Muran, Angus, Hayes, Ladany & Anderson 2007). Finally, Angus is a past president of both the International Society for Psychotherapy Research and North American Chapter, Society for Psychotherapy Research.