



Process Experiential – An Emotion-Focused Approach to Therapy: Part 1 Course Schedule

Friday December 3, 2010

1:30-2:00pm	Registration
2:00-3:30pm	Emotion Theory
3:30-3:45pm	Afternoon break (refreshments provided)
3:45-5:00pm	Therapeutic Principles
5:00-6:00pm	Dinner break
6:00-7:30pm	Therapeutic Tasks
7:30-7:45pm	Evening break (refreshment provided)
7:45-9:00pm	Case Formulation

Saturday December 4, 2010

10:00-11:30am	Empathic Resonance
11:30-11:45am	Morning break (refreshments provided)
11:45-1:00pm	Empathic Responses / Expression
1:00-2:00pm	Lunch break
2:00-4:00pm	Focusing
4:00-4:15pm	Afternoon break (refreshments provided)
4:15-5:45pm	Integration and Looking Forward
5:45-6:00pm	Wrap-up and course evaluations

About the Instructor:

Jeanne Watson, Ph.D., C. Psych.



An eminent leader in psychotherapy research, Dr. Jeanne Watson divides her time between research, teaching and maintaining a part-time private practice in Toronto. She has given workshops on PE-EFT and empathy training in Europe and the United States.

As Professor in the Department of Adult Education, Community Development and Counselling Psychology, OISE/University of Toronto, Dr. Watson conducts research on empathy, depression and psychotherapy process and outcome in PE-EFT. She also offers workshops in PE-EFT and teaches courses in counselling theory and practice to Masters and Ph.D. students in the postgraduate course in Counselling Psychology at the University of Toronto.

Dr. Watson was the recipient of the Outstanding Early Achievement Award from the Society for Psychotherapy Research in 2001. She has co-authored and edited several books on counselling practice, including *Learning Emotion Focused Therapy* (2004), *Client-Centered and Experiential Psychotherapy in the 21st Century* (2002), *Handbook of Experiential Psychotherapy, Emotion-focused Therapy for Depression* (2005), and, most recently, *Case Studies in Emotion-Focused Therapy for Depression* (2007).

Dr. Watson obtained her PhD from York University in Clinical Psychology. She is a registered psychologist with the College of Psychologists of Ontario.