

## Departmental Seminar (Via Zoom)

### Overseas Training in Emotionally Focused Therapy

6:30 p.m. – 7:30 p.m. | January 22, 2025 (Wednesday)



#### Ms. Joanna Wing Lam YEUNG

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Department of Psychology  
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#### Abstract

With the generous support of the Thanksgiving Scholarship donated by Dr. S. Y. Tang, Joanna, a graduate of the MSocSc(CP) program, participated in an overseas training in Athens, Greece. She attended the Emotionally Focused Therapy - Level 1 training, led by Professor Robert Elliot, in September 2024. This program provided in-depth skill development through a combination of lectures, video and live demonstrations, case discussions, and supervised practice. Grounded in contemporary emotional and neuroscientific theories, Emotion-Focused Therapy offers a compelling alternative to Cognitive-Behavioral Therapy approaches. Joanna looks forward to sharing the invaluable insights and experiences she gained from this training, particularly on how this transdiagnostic treatment has deepened her understanding towards facilitating clients' emotional processing and constructing meaningful personal narratives for healing and transformation.

#### Zoom Meeting

Meeting ID: 945 9060 4190 | Password: 866370

<https://hku.zoom.us/j/94590604190?pwd=mbC8LH12cVAci52Okh57U39z7hP0GU.1>



~All are Welcome~

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