情緒導向治療學院(亞洲)
Institute of Emotion Focused Therapy (Asia)
IEFTA

INTERNATIONAL SOCIETY for EMOTION FOCUSED THERAPY

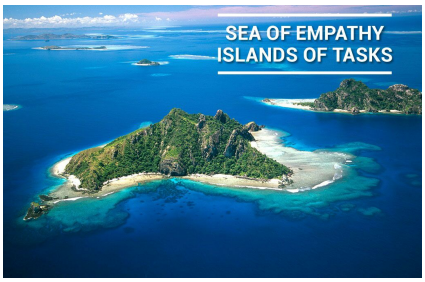
Certified Emotion-Focused (Individuals) Therapy

Level A Training Oct 2026

Emotion-Focused Therapy (EFT) is a unique empirically-based approach, based on methods designed to help people accept, express, regulate, make sense of and transform emotions.

Most fundamentally, emotions tell us what is important to us in a situation and thus act as a guide to what we need or want. This, in turn, helps us to figure out what actions are appropriate. Emotions are basically adaptive and they guide attachment as well as the tendency toward growth. EFT focuses on helping people become aware of and express their emotions, learn to tolerate and regulate them, reflect on them to make sense of them and transform them. Emotion-Focused therapy systematically but flexibly helps clients to become aware of and make productive use of their emotions.

Recent years have seen a growth of EFT because of its status as an evidence-based treatment, and also because the EFT approach focuses on the development of emotional intelligence and on the importance of secure relationships. Because of these emphases, EFT offers an alternative to more technically-oriented evidence-based treatments.



The focus of this Course will be on a process-experiential and emotionally focused basis to produce change in core emotional structures and in intimate relationships. This Course provides trainees with a solid ground in EFT theories and skills which required to work directly with emotion in psychotherapy with clients. It includes a combination of lectures, video demonstrations, live modeling, case discussions, group supervision sessions and peer-group practices.

This Course is recognized by the International Society for Emotion Focused Therapy (isEFT) with Leslie Greenberg, Robert Elliott, Rhonda Goldman and Jeanne Watson as Board Members. For certification standards, please refer to isEFT website:
http://www.iseft.org/Standards

Trainer: **Mrs. Selina LEUNG Ho Siu Man**

Mrs. Selina Leung, founder of IEFTA, is a Registered Counselling Psychologist of HKPS, Certified Counsellor and Approved Supervisor of HKPCA, Certified Emotion-Focused Therapist and Approved EFT trainer by the International Society for Emotion Focused Therapy (isEFT). Besides teaching in Hong Kong and China, Mrs. Leung also assists in facilitation for Prof Leslie Greenberg, Prof Rhonda Goldman and Prof Robert Elliott in other Asian countries in recent years. She has been trained and supervised under Prof Greenberg in Hong Kong and Toronto since 2007.

Mrs. Leung earned her BSc in psychology at the University of Toronto, Canada and MTS, focused in counselling at Tyndale University (previously known as Ontario Theological Seminary), Ontario, Canada. After graduated, she worked at different social service agencies for seven years in Toronto. Mrs. Leung had worked as a Senior Student Counsellor at the Chinese University of Hong Kong for 21 years up to her retirement in 2013. Currently she is in private practice and established the IEFTA, Institute of Emotion Focused Therapy (Asia) in 2015. Since 2016, Mrs. Leung also learnt Emotion-Focused Family Therapy (EFFT) from the two originators, Dr. Joanna Dolhanty and Dr. Adele Lafrance, and conducts workshops for parents / caregivers as well as clinicians. She is also being recognized by the IIEFFT as Advanced EFFT therapist and Certified Facilitator.

Course Objectives

This course aims to equip clinical practitioners with a solid ground in both EFT theory and skill training in working with individuals. Upon the completion of the Course, trainees are expected to learn the followings:

- To enhance the ability in empathic attunement to client's emotion processing
- To understand different emotion theories
- To have a good handle of emotion assessment and therapeutic tasks, such as focusing, empty-chair and two-chair work
- To be able to facilitate emotion processing, differentiate emotions in order to help clients to transform emotions
- To incorporate EFT in practice

Teaching Assistants:

Dr. Constance Ho ,Mr. Kevin Luk , Ms. Daisy To and Ms. Jess Chan Certified EFT Facilitators

Targeted Participants:

- Counsellors, psychologists and social workers who are practicing counselling and psychotherapy
- Three years clinical experience working with adult preferred

Format:

Course content and structure	Dates and time
（1）Four modules of 2 full-day theory and skill training	Module 1: Oct 16 & 17 ,2026 (Fri & Sat) 10am-5pm Module 2: Nov13 & 15 ,2026 (Fri 10am-5pm Sun 2pm-7pm) Module 3: Dec 11 & 13 ,2026 (Fri 10am-5pm， Sun 2pm-7pm) Module 4: Jan 29 & 30 , 2027 (Fri & Sat) 10am-5pm
（2）Eight 3-hour supervision sessions	Oct 2026 to May 2027 Supervision includes practice as well as client videos (to be arranged after the course commences)
（3）Six 3-hour peer group practice sessions	Oct 2026 to May 2027 (to be arranged on the participants' own group)

Fee/person:

Early Bird Offer – Register on or before Sep 12, 2026
HK$21,500 per person
HK$20,500 per person (for groups of two or more)
Regular Price:
HK$23,000 per person
HK$22,500 per person (for groups of two or more)

Teaching language:
Cantonese with English & Chinese Notes



Venue:
Unit 811-813, Trade Square 681, Cheung Sha Wan Road, Kowloon

Attendance:
Certificate of Attendance will be awarded with at least 80% attendance (including practice)

Application Reminders and Procedures:

1. Applicant shall fill in google form from web with payment.
2. Payment shall be made by:
   Bank transfer to Hang Seng Bank Account No. 255-752990-883. Account Name: IEFTA.
   Please send deposit slip with your name to "register@iefta.com" or WhatsApp to 91588212.
3. To enjoy the bulk enrolment special offer, each applicant fills in one form and please send in enrolment forms and payments together.
4. After payment received, email will be sent within 5 days to confirm your application.
5. IEFTA reserves the right to change time and venue if necessary.

Enquiry

Tel: 91588212 （WhatsApp only）
Email: info@iefta.com