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Clinical and Neuropsychological Processes of Profound Change in Coherence Therapy (Workshop Code: #155)

Sunday, August 9, 2009

Workshop Description
The psychotherapeutic goal of profound change of a person’s emotional conditioning is widely assumed to require long-term work. In thisIntroductory workshop, participants will practice a clinical methodology—coherence therapy—that follows the brain’s recently discovered rules for swiftly unwiring ingrained emotional responses. Videos and a live session will illustrate an experiential, empathic process that can make cessation of symptoms last. A brief account of the new neurobiology of implicit memory erasure is included.

This workshop is designed to help you:
1. Differentiate between coherence therapy and standard counteractive approaches to psychotherapy,
2. Identify experiential techniques for discovery of the unconscious emotional schemas driving chronic symptomology,
3. Describe the essential steps of transformational experiences that dissolve emotional schemas and associated symptomology, and
4. Define and clinically apply the neurological process that can “unwire” longstanding emotional learning and conditioned responses.

Leaders: Bruce Ecker, MA, Independent Practice, Oakland, CA
Sara K. Bridges, PhD, The University of Memphis, Memphis, TN

CE Credits: 4
Enrollment Limit: 50
Time: 8:00-11:50 am
Location: Westin Harbour Castle, Toronto
(1 Harbour Square)

Fee Advance Regular
Member $120 $140
Nonmember $140 $180

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