

Masterclass - Assessing and deepening client's experiencing in order to reach
and transform maladaptive shame and fear.

Jan Reidar Stiegler



Abstract:

Psychopathology can be understood as unhealthy attempts to avoid one's inner painful experiences (Hayes et al., 1996). Reversely, clients' ability to be contactfully aware with their inner experience has been suggested as a key ingredient for change across therapeutic approaches (Pascual-Leone & Yeryomenko, 2017). Maladaptive emotions, such as shame and fear, are highly aversive. Throughout their development people have learned and automatized strategies to avoid such painful states, thus making it a therapeutic challenge to help clients reach, process and change maladaptive emotions. In this work shop attendees will learn tools that can aid in assessing and deepening clients' level of experiencing. There will be a particular focus on approaching previously avoided emotions of shame and fear.

Ort: Lindwurmstraße 117, 80337 München

Kosten: ca. 480 Euro

Datum: 29./30. September 2020 von 9 bis 17 Uhr.

Jan Reidar Stiegler, PhD, Gründer und Leiter des Norwegischen Institut für Emotionsfokussierte Therapie (NIEFT); hat ein Einführungsbuch zur Emotionsfokussierten Therapie auf Norwegisch veröffentlicht, das in mehrere Sprachen übersetzt wurde sowie ein Buch zum Umgang mit Emotionen für die breitere Öffentlichkeit.