

# Mastering Emotion Change: An integrative Approach

With Prof. Antonio Pascual- Leone



We are pleased to welcome Prof. Antonio Pascual-Leone from Canada for an intensive three-day workshop in Munich. In this workshop, Pascual-Leone will present principles of changing emotions from an integrative perspective.

The workshop is designed for EFT therapists who are looking for nuance, clarity and precision in their emotional work.

## Register Now!

[www.ieft.de/anmeldung](http://www.ieft.de/anmeldung)

**When?** 28.-30. 01.26  
**Where?** Munich  
Mathildenstr. 4  
**Time?** 9 AM – 5 PM  
**Costs?** 795,- €  
**Language?** Englisch



## About Antonio Pascual-Leone



Prof. Antonio Pascual-Leone is a professor at the University of Windsor, Canada, and honorary professor at the University of Lausanne, Switzerland. He has published seminal contributions to theory and research of emotion focused therapy and is regarded as a world expert in emotional processing. He co-authored *Emotion Focused Therapy for Complex Trauma* 2<sup>nd</sup> edition (APA, 2023).

He has sole-authored a trans-theoretical book on *Principles of Emotion Change* (APA; in press/2025). His work is recognized by career awards from international societies and distinguished publication awards.

A certified trainer in Emotion-focused Therapy, he has given workshops in a dozen countries, and received awards recognizing his innovation in teaching psychotherapy skills. His TEDx talk on resolving relational trauma has been viewed over 6 million times. He runs a private practice seeing individuals and couples.

## What will I learn in the seminar?

- Identify marker for when to do what
- Increase emotional engagement and awareness
- Facilitate emotion expression
- Regulate emotional arousal (down-regulation and up-regulation)
- Transformation maladaptive emotion stemming from past trauma
- Facilitate the integration of new narratives into clients' lives

### **Workshop Format (in person):**

- Lecture on theory and research
- Video examples of real therapy sessions
- Mini-experiential exercises

- Live demonstration

By attending this workshop, you'll enhance your ability to work with emotion effectively, supporting integration with your existing models and techniques.

## Literature (für interested parties)

**Pascuale-Leone, A. (2025).** Principles of Emotion Change What Works and When in Psychotherapy and Everyday Life. ISBN: 978-1-4338-3660-2

**Pascuale-Leone, A. & Paivio, S. (2023).** Emotion-Focused Therapy for Complex Trauma: An Integrative Approach

**Pascuale-Leone, A., & Greenberg, L. (2020).** Emotion-Focused Therapy.