

*Jockey Club "Let Go and Let's Go"*  
*Support Project for Divorce and Blended Families*

# JOURNEY TO WHOLENESS: EXPERIENCING EFIT THROUGH A TRAUMA CASE

整全之旅：通過創傷案例體驗情緒取向個人治療

Childhood trauma, relationship breakdowns, and life events can cause emotional dysregulation and disconnection, leading to negative self-perception and experiences of rejection and abandonment. Emotionally Focused Individual Therapy (EFIT), an attachment focused, systemic and experiential therapy model, directly targets underlying emotional processes resulting from trauma, using dyadic co-regulation and powerful corrective emotional experiences to reshape a confident and competent sense of self.

**Date: October 26, November 2, 9 and 16 2023 (THURSDAY)**

**Time: 9:15 - 11:15 a.m.**

Platform: Online

Quota: Limited quota (first come first served)

Target Participants: Helping Professions such as social workers and counsellors

Language: Cantonese (With supplement in English)

Fee: \$400 (Full course)

**Application deadline: 15 October 2023 (Sun)**



Apply now at our  
e-learning platform  
[letgo-letsgo.org.hk](http://letgo-letsgo.org.hk)



Trainer: Dr. Tat-Ying Wong  
ICEEFT Certified EFT Therapist,  
Supervisor and International Trainer

Dr. Tat-Ying Wong is a physician and an International Center for Excellence in Emotionally Focused Therapy Certified Therapist, Supervisor and International Trainer. He has trained thousands of Chinese professional helpers in EFT, produced hundreds of training videos. He is also a Lecturer in the Counselling and Psychotherapy in Family Medicine Program at the University of Toronto. He has trained over 200 therapists and physicians, including most of the Chinese MFTs in Toronto.

## LEARNING OBJECTIVES

1. How to target interactional and emotional processes that create and maintain symptoms and disconnection resulting from trauma
2. How to transform alien, frightening, unacceptable emotional experiences in trauma into normal, human, acceptable, manageable experiences
3. How to create powerful corrective emotional experiences that overcome blocks to healing and mobilize attachment resources in trauma recovery
4. How to reshape a confident and competent sense of self that has been devastated by trauma

## FORMAT OF EACH 2 HOUR MODULE

1. Highlights of how EFIT is applied to trauma therapy
2. Case study video: observations and explanation
3. Summary of key learning points
4. Sharing of learner experience
5. Questions answered