



Importance of Emotion in Therapy

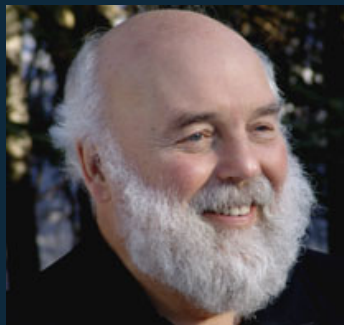
A Conversation with Dr. Leslie Greenberg





THE GLENDON
ASSOCIATION

& PSYCHALIVE



Leslie Greenberg, Ph.D.

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Hosted by:



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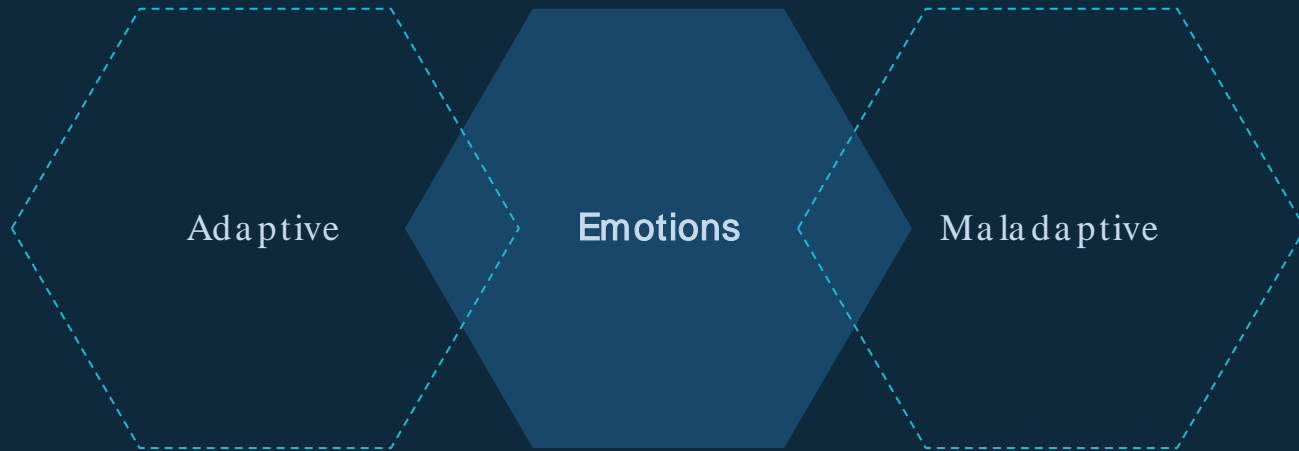


How did you become
interested in the role of
emotion in psychotherapy?





Can you clarify the difference
between adaptive and
maladaptive emotions?






What is the therapy
process like when you do
EFT?



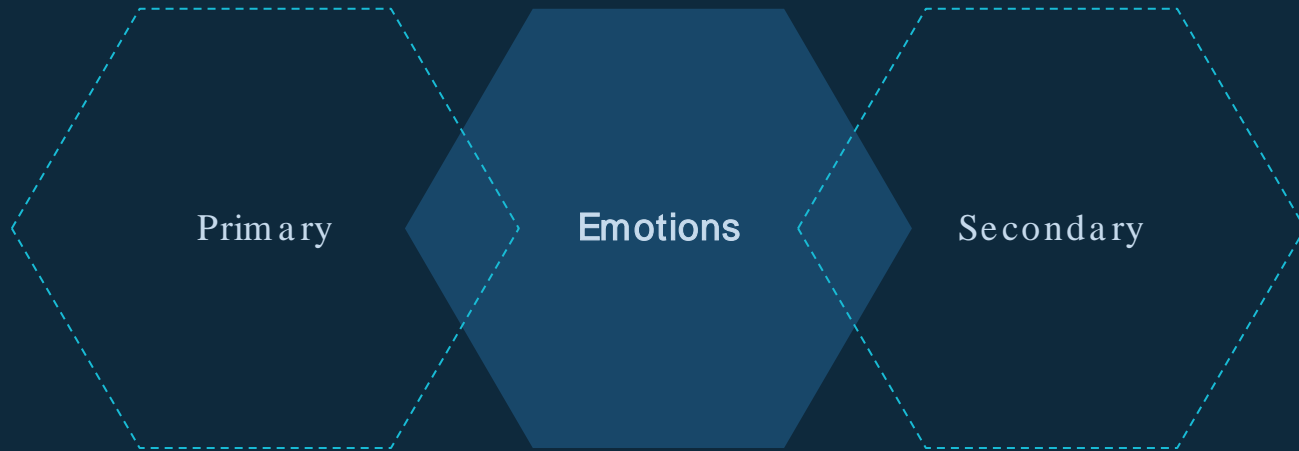


How do you view the
relationship between
emotion and self-critical
thoughts?





How do you define primary and secondary emotions?





What are the methods
you use for helping
people regulate their
emotions?





How do you see that anger
and guilt can be empowering?





When do you think it's important to steer clients toward regulating emotions rather than just expressing them?






How do you go about
accessing emotions in
clients, especially those
who are afraid of feelings?





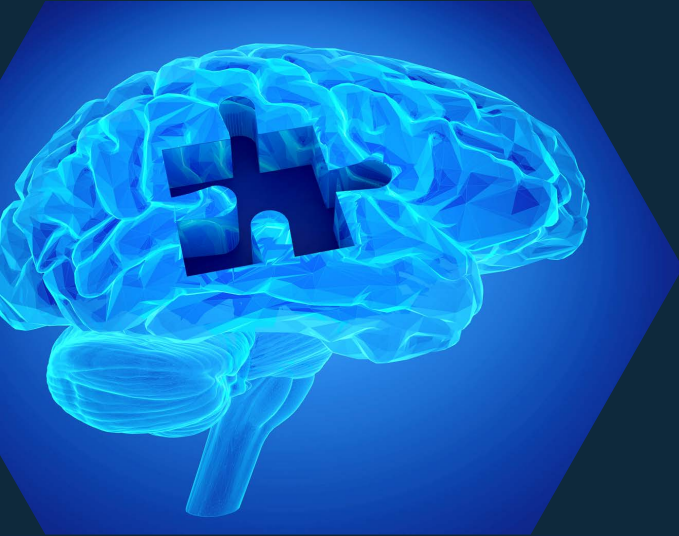
How is your work
different when working
with a couple as opposed
to an individual?





How do you work with a patient
who has extreme anger toward
their partner?





How do you see emotional change occurring?



QUESTIONS

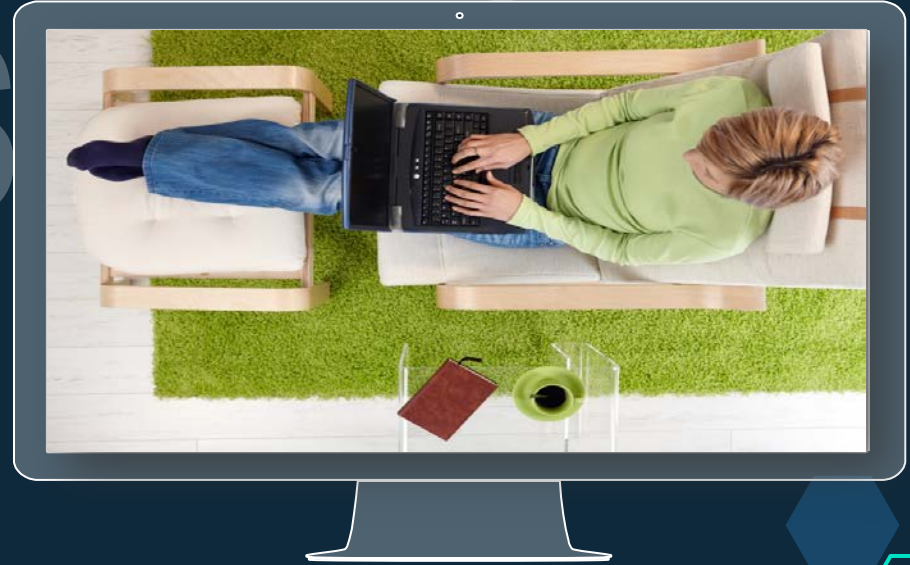


..from the audience



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THANKS

ANY QUESTIONS?

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