

Co-Organizers:



Department of  
**Psychology** HKU  
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Clinical Psychology Service  
Kowloon East Cluster  
Hospital Authority

## **Two-day Workshop on Emotion Regulation Therapy A new integrative approach for treating emotional disorders**

### Trainers

**Prof. Douglas S. Mennin**

*Hunter College, City University of New York*

**Prof. David M. Fresco**

*Kent State University*

**19 & 20 Dec 2014 (Friday & Saturday)**

**at The University of Hong Kong**

Despite the success of cognitive behavioral therapies (CBT) for emotional disorders, a sizable subgroup of patients with complex clinical presentations fails to evidence adequate treatment response. To address these challenges, contemporary CBTs, focusing on metacognition, mindfulness, and acceptance (e.g., MBCT, ACT, DBT, ABBT, MCT, CFT) have been developed and have begun to show efficacy for complex conditions such as chronic generalized anxiety and major depression.

Generalized anxiety and major depressive disorders (often termed “distress disorders”) are commonly comorbid and appear to be characterized by temperamental features that reflect heightened sensitivity to underlying motivational systems related to threat/safety and reward/loss. Further, individuals with these disorders tend to perseverate (i.e., worry, ruminate) as a way to manage this motivationally relevant distress and often utilize these self-conscious processes to the detriment of engaging new contextual learning.

Emotion Regulation Therapy (ERT) is a theoretically-derived, evidence based, treatment that integrates principles from traditional and contemporary cognitive behavioural treatments with findings from affect science to offer a blueprint for improving intervention by focusing on the motivational responses and corresponding regulatory characteristics of individuals with distress disorders. Open and randomized controlled psychotherapy trials have demonstrated the utility of this approach as well as for the underlying proposed mechanisms.

### **Key learning objectives:**

In this workshop, attendees will learn to help clients to

- 1) expand their understanding of anxiety and depression using a motivational and emotion regulation perspective;
- 2) cultivate mindful awareness and acceptance of sensations, bodily responses, and conflicting emotions;
- 3) develop emotion regulation skills that promote a distanced and reframed meta-cognitive perspective;
- 4) apply these skills during emotion-based exposure to meaningful behavioural actions and associated internal conflicts to taking these actions; and
- 5) build a plan to maintain gains and take bolder action despite the ending of the therapeutic relationship.

## **Key References:**

- 1) Fresco, D. M., Mennin, D. S., Heimberg, R. G., & Ritter, M. R. (2013). Emotion Regulation Therapy for Generalized Anxiety Disorder. *Cognitive and Behavioral Practice, 20*, 282-300. doi:10.1016/j.cbpra.2013.02.00
- 2) Mennin, D. S., & Fresco, D. M. (2013). What, me worry and ruminate about DSM-5 and RDoC?: The importance of targeting negative self-referential processing. *Clinical Psychology: Science and Practice, 20*, 259-268.
- 3) Mennin, D. S. & Fresco, D. M. (2014). Emotion Regulation Therapy (pp. 469-490). In J. J. Gross (Ed.) *Handbook of Emotion Regulation, 2<sup>nd</sup> Ed.* New York: Guilford Press.

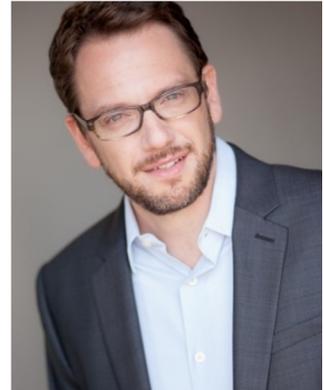
## **About the Trainers:**

### **Douglas S. Mennin**

*Professor*

*Hunter College, City University of New York, Department of Psychology  
New York, NY, USA*

Douglas Mennin is Professor of Psychology and Co-Director of the Health Psychology and Clinical Science Ph.D. training program at CUNY Hunter College. He received his Ph.D. from Temple University in 2001. Over the past fifteen years, he has developed an active program of research in clinical trials and basic research into the nature of mood and anxiety disorders. He was former Director of the Yale Anxiety and Mood Services (YAMS) at Yale University.



Prof. Mennin has conducted number of studies of the basic physiological mechanisms of generalized anxiety and major depression. He has also developed and evaluated an emotion regulation-based intervention for generalized anxiety and depression. To date, in addition to the publications listed above, a new book, co-authored with Prof. Fresco, is to be published, i.e. one of the inaugural "spotlight presentations" at the annual meeting of the Association for Behavioral and Cognitive Therapies, and numerous invited addresses. He currently serves on the editorial board of six journals and on the executive boards of the APA Division of Clinical Psychology and the Society for a Science of Clinical Psychology, and is a member of the Scientific Council of the Anxiety and Depression Association of America (ADAA).

### **David M. Fresco**

*Professor*

*Kent State University, Department of Psychology, Kent, OH, USA*

David Fresco is Professor of psychological sciences at Kent State University and Adjunct Associate Professor of psychiatry at Case Western Reserve University School of Medicine. He directs the Psychopathology and Emotion Regulation Laboratory (PERL) and is a Co-Director of the Kent Electrical Neuroimaging Laboratory (KENL). He received his PhD from the University of North Carolina at Chapel Hill and completed a postdoctoral fellowship at Temple University. His program of research adopts an affective science perspective to the study of anxiety and mood disorders. Much of Prof. Fresco's NIH-funded treatment research has focused on the infusion of mindfulness into Western psychosocial treatments.



He is presently Associate Editor for two journals, the Journal of Consulting and Clinical Psychology and Cognitive Therapy and Research. He is also a frequent reviewer for the Interventions Committee of Adult Disorders (ITVA) of the National Institute of Mental Health, the National Center for Complementary and Alternative Medicine, and the Merit Review Panel for Clinical Trials (CLNA) of the Veterans Administration.

**Details of the 2-day Workshop (Emotion Regulation Therapy):**

Date: 19 & 20 Dec 2014 (Friday & Saturday)  
Time: 9:30am – 5:30pm (registration starts at 9:10am)  
Venue: The University of Hong Kong  
(Function Room, 11/F, The Jockey Club Tower, Centennial Campus)  
Fee: ● Standard Fee - HK\$2,200  
● Full-time Student - HK\$1,100  
(full-time student – student who is studying undergraduate or post-graduate program at the university in a full time mode)

*Registration Deadline: 13 Dec 2014*

*Accreditation from Professional Bodies (In progress)*

**Registration: (Emotion Regulation Therapy)**

Please return the completed form with a cheque made payable to United Christian Nethersole Community Health Service and mail to United Centre of Emotional Health and Positive Living (Kowloon Bay), 2/F, Block A, Lee Kee Building, 55 Ngau Tau Kok Road, Kowloon, Hong Kong

Enquiry: 2349-3212	Email: info@ucep.org.hk	Website: www.ucep.org.hk
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**Title:** Prof. Dr. Mr. Ms. Miss Other (pls specify) \_\_\_\_\_

**^Name:** \_\_\_\_\_  
(Last name) (Given Name)

*^Please give your name you wish to be printed on the "Attendance Certificate"*

**Occupation:** Psychologist Social Worker Counselor Doctor  
Nurse Teacher Researcher  
Full-time Student Others: (pls specify): \_\_\_\_\_

**Job Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ Email : \_\_\_\_\_

**Fees:**  HK\$2,200 (Standard Fee)  HK\$1,100 (Full-time Student)

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