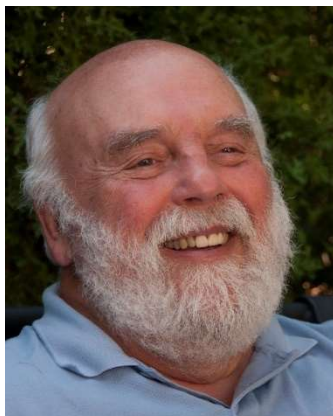


THE TRANSFORMING POWER OF EMOTION: CHANGING EMOTION WITH EMOTION



We are pleased to invite you, in the context of the Swiss National Science Foundation Scientific Workshop «Change in Emotion in Psychotherapy», to the following special event :

Professor Leslie Greenberg, PhD

Leslie Greenberg, Ph.D. is Distinguished Research Professor Emeritus of Psychology at York University in Toronto. He has authored the major texts on Emotion-focused approaches to treatment. His latest books are Changing emotion with emotion: A practitioners guide (2021) and Working with shame and anger (2023). He received the American Psychological Association Award for Distinguished Professional Contribution to Applied Research, the Society for Psychotherapy Research (SPR) Distinguished Research Career award and the Carl Rogers award of the APA Society for Humanistic Psychology.

Exceptional Public Conference

on Sunday, July 6th, 2025 at 6pm CET (1 hour)

Auditoire César-Roux – BH08 – CHUV Bâtiment hospitalier – 1011 Lausanne, Switzerland

The event will be live-streamed (worldwide) and recorded

The webex link is :

<https://chuv.webex.com/chuv-en/j.php?MTID=m0f2d1f3c91277d255687843ec6674a54>

Free entrance, everyone is welcome

Leslie Greenberg will offer a trans-diagnostic, trans-theoretical perspective on working with emotion based on three ideas: Emotion is central in psychological dysfunction; Both acceptance and change of emotions are important in cure of emotional disorder; Work on transforming the underlying emotional cause of psychological disease is important for enduring change and differs from modification of symptoms and provision of coping skills. The speaker will propose changing emotion with emotion as a basic principle of emotional change and that one of the best ways to transform maladaptive amygdala-based fear, sadness and shame is with other adaptive emotions.

*This exceptional public conference is co-organized by the
University Institute of Psychotherapy at the Department of Psychiatry-CHUV,
University of Lausanne, Switzerland
and the Swiss Institute of Emotion-Focused Therapy, Switzerland*