

WORKING WITH EMOTIONS IN ASIA: CLIENTS' PERSPECTIVE AND THERAPISTS' PROCESSES

In this webinar, Shigeru Iwakabe will explore how Japan's cultural context - characterized by hierarchical relationships, formality, and a shame-prone culture - affects emotional exploration in psychotherapy. Drawing on client interviews, he will highlight the challenges clients face in expressing and experiencing emotions. Following this, Simran Chatha will present the use of empathic conjectures to deepen clients' emotional experiences during therapy sessions and discuss how therapists' empathy blocks can influence the therapeutic process. The presentations will conclude with an interactive dialogue inviting the audience to share questions, observations, and insights about working with clients' emotions in the Asian context. Join us for a stimulating and thought-provoking discussion!



Shigeru Iwakabe

Speaker
EFT/AEDP



Simran Chatha

Speaker
EFT



Harold Chui
Moderator
Psychodynamic/
Integrative

DATE:
NOVEMBER 15, 2025 (SAT)

TIME:
9:30 - 11 AM IST /
12 - 1:30 PM HKT /
1 - 2:30 PM JST

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