

## The Institute of Emotion-Focused Therapy Ireland

presents

### “Emotion Focused Skills Training (EFST) for Parents and Families”

A two-day workshop for clinicians

Presented by **Dr. Joanne Dolhanty**

**Psychological Society of Ireland, Grantham St, Dublin**

Tuesday 2nd & Wednesday 3rd April 2019; 10am-5pm

€425 (€350 early bird bookings before 15/02/2019)

*This workshop is aimed primarily at psychologists and psychotherapists/counsellors but is also open to other relevant mental health professionals (e.g., social care, social work, teaching, nursing and medicine).*

**Emotion Focused Skills Training (EFST) for Parents and Families** is an innovative, ultra-simple and quickly effective parent support program. EFST supports parents by empowering them as active, primary agents in guiding loved ones (of any age - child, adolescent or adult) through the behavioural, emotional and relational challenges of everyday living and relating; as well as through the challenges loved ones face when struggling with a mental health or physical health issue. This is an emotion-processing, skills-based approach that gives parents simple, practical tools that they can implement immediately in their family. These skills include how to navigate the confusing world of their child's feelings; how to work with challenges in their child's motivation; and how to restore their ability to set appropriate boundaries; while all the time nurturing positive, productive relationships with their children. Finally although the workshop will focus on the principles and techniques of EFST as it is applied to parents and caregivers, the skills taught also have applications to a variety of settings and populations beyond parents and caregivers, including schools, supervision and training, and personal growth. **EFST for Parents and Families** is thus a training program with:

1. A simple structure for learning and teaching basic emotion and emotion focused skills
2. The possibility for expanding, deepening and mastering emotion focused experiential skills
3. Broad applications - from the non-clinical to the advanced clinician, supervisor and trainer

*This training places strong emphasis on experiential learning and will be highly focused on practice change at all levels of experience. It is suitable for practitioners new to EFT as well as for those with basic or more advanced EFT training.*

**Facilitator:** Dr. Joanne Dolhanty, PhD, C. Psych, is a supervising and consulting clinical psychologist and trainer for mental health organizations both across Canada and internationally. For the past 30 years she has worked in the field of eating disorders, providing training in the treatment of complex cases to clinicians of all disciplines. With Dr. Leslie Greenberg she developed the application of Emotion Focused Therapy to Eating Disorders, and she is the developer of Emotion Focused Skills Training. Her focus is on building capacity and expertise in communities of clinicians. Dr. Dolhanty is known for her lively, warm, and engaging teaching style; for making complex concepts accessible to learning; and for delivering training that facilitates both practice change and personal growth.



*This event is being registered for CPD credits for members of PSI. Places can be reserved by paying a non-refundable deposit of €150. Early bird rate applies when full fee is paid before 15/02/2019. Full refunds will only be given with two week's notice. Thereafter a booking deposit of €150 will be retained unless the place can be filled from waiting list*

For all enquiries and bookings, please contact: [ieftireland@gmail.com](mailto:ieftireland@gmail.com)

#### Other upcoming workshops

**EFT 1** (4 day workshop) 22nd - 25th August 2019 (€800 / €725 early bird)

**EFT 2** (4 day workshop) 5th - 8th December 2019 (€725 / €650 early bird)

**Emotion-Focused Couples Therapy** (4 day training) 27<sup>th</sup> - 30<sup>th</sup> June 2019 (€800 / €725 early bird)

**EFT for Eating Disorders** (2 day masterclass) 4th & 5th April (€400 / €350)

*The Institute of Emotion Focused Therapy, Ireland is an accredited isEFT institute.*