

**The Institute of Emotion-Focused Therapy Ireland**  
*presents*  
**Clinician training in**  
**“Emotion Focused Skills Training (EFST) for Parents”**  
A two-day workshop

**Presented by Dr. Joanne Dolhanty**

Marino Institute of Education, Marino, Dublin  
Tuesday 10th and Wednesday 11th April 2018; 10am-5pm  
€425 (€350 early bird bookings before 16/02/2018)

*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).  
Note that a background in working with families or children is not required.*

**Emotion Focused Skills Training (EFST) for Parents** 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** 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 therefore suitable for practitioners new to emotion focused training as well as for those with basic or more advanced levels of training and experience in EFT.*

**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.  
Early bird rate applies when full fee is paid before 16/02/2018. No refund will be given without one week's notice.**

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

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