

The Institute of Emotion-Focused Therapy Ireland
presents

Emotion Focused Therapy for Eating Disorders

A two-day masterclass

Thursday 4th and Friday 5th April 2019

Presented by Dr. Joanne Dolhanty

Psychological Society of Ireland, Grantham St, Dublin

Fee: €425 (€350 early bird bookings made 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, nursing and medicine). Practitioners new to Emotion Focused Therapy (EFT) as well as those with prior training and experience are welcome. The foundation and basics will be covered, while those with previous experience will have opportunity to grow their expertise, increase and deepen their experiential practice & further expand their skill set. This training is highly focused on practice change at all levels of experience, and places strong emphasis on experiential learning.

Emotion and its avoidance are central factors contributing to the development and maintenance of eating disorders. Individuals with eating disorders and body image disturbance report difficulty in dealing with painful, negative emotions. Body image disturbance and eating disorder symptoms displace those negative emotions onto the body, suspending the individual in a vicious cycle where, for example, pursuit of thinness can be seen as the only means of feeling better. How to soften the harsh internal critical voice of these individuals, alter the internal dialogue of body self-loathing, and interrupt the vicious cycle of symptoms and their impact, have presented a major challenge to clinicians working in this area. Emotion-Focused Therapy provides specific techniques for breaking into this closed cycle as well as for enhancing intrinsic motivation for change. This workshop will offer:

- Introduction to Emotion Focused Therapy
- Rationale for using EFT in treating Eating Disorders
- Instruction in Emotion Focused Therapy techniques
- Application of emotion focused techniques to enhancing motivation for recovery
- Clinical vignettes illustrated with video examples of EFT for Eating Disorders
- Experiential practice

Facilitator: Dr. Joanne Dolhanty, PhD, C. Psych, is a supervising and consulting clinical psychologist and trainer for mental health organizations 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

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) 27th - 30th June 2019 (€800 / €725 early bird)

Emotion-Focused Skills Training for Parents and Families (clinician workshop) 2nd & 3rd April (€400 / €350)

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

