

YORK UNIVERSITY PSYCHOLOGY CLINIC



Emotion-Focused Family Therapy Institute: Working with Mental Health Issues Across the Lifespan

Dates: April 25 – April 28, 2016

Trainers: Drs. Joanne Dolhanty and Adele Lafrance Robinson

The Emotion-focused Therapy Clinic at York University is pleased to announce a 4-day intensive training Institute in Emotion-Focused Family Therapy for mental health issues across the lifespan. Part of the Emotion-Focused Therapy "family" and rooted in a deep and unwavering belief in the healing power of families, the essence of EFFT is to afford caregivers a significant role in their loved one's mental health and well-being.

This training is suited for newcomers to EFFT as well as those with prior training and experience. The foundation and basics will be covered. The training model is then designed to introduce beginners to the approach and give them a working experiential knowledge of the model. And for those with previous experience, they will have the opportunity to grow their expertise, increase and deepen their experiential practice, and further expand their skills set. The training will thus be highly focused on practice change at various levels of experience and will include new as well as expanded and deepened experiential exercises. Enrollment will be limited to 30 registrants.

Over the 4 days of the training Institute, the following modules will be presented:

Foundation of EFFT : This module will introduce the core beliefs and theoretical underpinnings of the EFFT model with a focus on *parental fears*, *self-blame* and *self-efficacy*. This module will also introduce the specific application of EFFT to clinical work with various mental health issues across the lifespan.

Recovery Coaching – This module will review the concept of recovery coaching in the behavioural treatment of mental health symptoms. This domain will be examined with the newly acquired skills of EFFT from the domains of emotion coaching, parent blocks and clinician blocks.

Emotion Coaching : This module will introduce the basics of emotion as well as the steps of emotion coaching. This module involves experiential practice of these skills, including a demonstration.

Relationship Repair: This module introduces the theory and skill of parent-child relationship repair across the lifespan. This module involves experiential practice of these skills.

Parent Blocks - This module will introduce the concept of parent blocks as a means of attending to and processing therapy interfering behaviors in the parent or family system. Several techniques and tools will be shared in order to incorporate the processing of blocks in any practice. This module also involves experiential practice of these skills.

Clinician Blocks – This module will introduce the concept of clinician blocks in order to increase awareness of clinician and team dynamics that may inadvertently interrupt treatment progress. Published research on the topic will be presented. This module also involves experiential practice of these skills.

This 4-day training is an excellent professional development opportunity for health and allied health professionals, including physicians, psychiatrists, psychologists, social workers, counselors, social service workers, nurses, educators, students, etc. and others who work to meet the mental health needs of individuals and families in our community.

For the past 10 years, Drs. Joanne Dolhanty and Adele Lafrance Robinson have been providing intensive and applied trainings to mental health professional and treatment teams across Canada and abroad.

Feedback from past participants: *“I've attended three trainings offered by Adele and Joanne and each time I have learned new skills and experienced a deepening in my understanding of the principles and techniques of EFFT. I have grown more confident in my ability to translate this learning into practice and have observed significant gains in clients with whom I have applied these techniques. Thank you Adele and Joanne!”*

The EFFT training brings together several underlying psychological theoretical approaches in a manner that provides a process for empowering clinicians to empower parents, as healers in their children's lives. After 20 years in practice it has given me an approach that radically alters my practice. After one day of training I had the skills to facilitate EFFT with a couple whose child refused counselling services. That one session changed me and the parents. They better understood the pain and needs of their child and it offered them the courage to approach the problematic behaviours in a way that allowed him to begin to make better choices (he never attended the counselling session). When I shared the concept of EFFT with parents, for clinicians to coach and empower the parents to coach their child, they all had the same response, “this makes sense”.

FEE: \$1295.00

To download the registration form go to <http://www.emotionfocusedclinic.org/training.htm>

Register by Mail, Fax or Phone

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