Emotion Focused Skills Training (EFST) for Clinicians
“Theory into Practice”

Dates: October 16 – 19, 2018

Trainer: Dr. Joanne Dolhanty

This four-day training will provide training and guided practice to develop and enhance participants’ mastery in utilizing the experiential skills of the Emotion Focused approach to therapy. It is an emotion-processing, skills-based approach built around the concept of an Emotion Focused Skill NET to structure the teaching and learning of emotion focused skills.

**The Emotion Focused Skill NET**

*Navigate Emotions – Enhance Motivation – Transform Relationships*

1. Navigate the world of emotions and develop self-efficacy in working with emotion
2. Enhance motivation-to-change with emotion focused techniques
3. Transform relationships with emotion focused tasks

**Brief Overview of the Components of the Training**

**Navigate Emotions**
Develop core and advanced skills and techniques to build self-efficacy with recognizing, exploring and utilizing emotion, emotion markers, and emotion processes.

**Enhance Motivation**
Understand motivation in terms of emotion schemes. Develop and expand emotion focused chair skills to explore current motivation and enhance motivation-to-change.

**Transform Relationships**
Further identify and explore challenges to motivation-to-change in old patterns of relating. Further develop and elaborate emotion focused chair task skills with exercises to facilitate transformation.

Skills in each component will be broken down to micro-skills to facilitate learning and mastery. It places strong emphasis on experiential learning and will be highly focused on practice change at all levels of experience. It is therefore suitable for those with previous emotion focused training and experience (advanced or basic), as well as for those new to the Emotion Focused approach.

Note that EFST has applications to a variety of settings and populations including individual and group therapy; supporting and training parents and caregivers; enhancing personal growth; teaching emotion focused skills in schools; as well as training supervisors and trainers.
About the Trainer:

Dr. Joanne Dolhanty, PhD, C.Psych, is a supervising and consulting clinical psychologist. She provides Emotion Focused trainings to individuals, parents, professionals and organizations in countries around the globe. With Dr. Leslie Greenberg she developed the application of Emotion Focused Therapy to Eating Disorders. She is the developer of Emotion Focused Skills Training (EFST). Dr. Dolhanty is known for her lively, warm, and engaging teaching style; for making complex concepts accessible to learning; and for facilitating practice change as well as personal growth in workshop participants.

Fees: Registration is limited to 30 registrants
$1295.00 for 4 day Institute
Download registration form - http://www.yorku.ca/yupc/continuing_ed.htm

Location: Rm 164, Behavioral Science Building
4700 Keele Street
Toronto, ON M3J 1P3

For out of town registrants – please email yupc@yorku.ca for nearby accommodation information