

Emotion Focused Family Therapy (EFFT) Training

The essence of EFFT is to afford caregivers a role in supporting their loved one's well-being, treatment and/or recovery, regardless of their age, level of motivation or involvement in formal treatment themselves. The clinician's role is to support parents and caregivers to increase their involvement in three domains including: 1. behavior coaching, 2. emotion coaching and in the use of 3. therapeutic apologies, if relevant. A fourth module involves supporting caregivers to identify, understand, and transform "emotion blocks" that can lead to therapy-interfering attitudes or behaviors in caregivers. A similar module will be introduced to identify and transform clinician blocks.

Dr. Stillar will introduce EFFT theory and skills, engaging participants using didactic and experiential learning, including skills and techniques that can be integrated into existing treatment models for those clients & families who do not respond to standard care. Videos will also be shared for demonstration purposes.

*The difference between a 2-day and 3-day EFFT Core Clinician Training is the amount of time spent deepening the skills of caregiver block chair-work, clinician block chair-work and therapeutic apologies. The extra day allows for in-depth script review, extra video demonstrations and the option for more experiential practice.

No prior training required. Background/experience in family therapy is not necessary. Participants with various training backgrounds are welcome. This training meets criteria towards certification through the International Institute for EFFT.

Dr. Amanda Stillar, is a Registered Psychologist who specializes in Emotion-focused Therapy for individuals, couples, and families. Dr. Stillar has been working with EFT in these various contexts for the past 11 years. She is a Certified Supervisor and Trainer in Emotion-focused Family Therapy and Emotion-focused Skills Training, with over 200 hours of formal EFFT/EFST training. She has assisted Dr. Joanne Dolhanty with EFST trainings for the past 10 years. She has led numerous clinician trainings for both EFFT and EFST over the past five years. Dr. Stillar has contributed to the evidence-base for EFFT and EFST by co-authoring 10 publications to date. Additionally, Dr. Stillar has over 300 hours of formal EFT training. In addition to this, she has received direct supervision from Dr. Leslie Greenberg to become an EFT supervisor and trainer, for the past 10 years. She has assisted in Dr. Greenberg and Dr. Serine Warwar's EFT Level 1 and Level 2 trainings as a facilitator for the past four years.

Fee: \$900 CDN

Videoconference Format