

Emotion Focused Family Therapy Training Institute in Leuven, Belgium: September 2016

Focus on Emotion Training Centre for Experiential, Emotion-Focused and Existential Psychotherapy, Counselling and Coaching 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 clinicians who are 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. Those with previous experience 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.

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, counsellors, social service workers, nurses, educators, students, etc. and others who work to meet the mental health needs of individuals and families in our community.

Enrollment will be limited to 30 registrants.

Trainers: Dr. Shari Mayman, C. Psych and Dr. Katherine Henderson, C. Psych

Dates: September 14 -17 2016, 9:30 - 17:00

Location: Romaanse Poort, Brusselsestraat 63, 3000 Leuven, Belgium

Cost: 700 Euros

Information: arne.heylen@focusonemotion.be

Registration: <http://www.focusonemotion.be/events/emotion-focused-family-therapy-efft-4-dagen/>