

# Emotion Focused Family Therapy: Core Training

## Prince George Child and Mental Health Services Training Registration

This training is suited for newcomers to EFFT as well as those with some prior training and experience. The training model will introduce beginners to the approach and give them a working experiential knowledge of the model. Those with previous experience will have the opportunity to deepen their experiential practice, and further expand their skill set.

Part of the "Emotion-Focused Therapy" family, the essence of EFFT is to increase the positive role of caregivers in their child's 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 specific ways - including recovery coaching, emotion coaching and relationship repair. The model also involves a module for clinicians to support caregivers to identify, understand, and transform "emotion blocks" that lead to therapy-interfering attitudes or behaviors.

This final component is critical since throughout the course of treatment, some well-intentioned caregivers can struggle to support their loved one's treatment. They may even engage in behaviors that enable their loved one's symptoms, creating challenges for the most experienced clinicians. For this reason, the EFFT model includes a module for clinician and team challenges as well.

This is an excellent learning opportunity for medical professionals, psychologists, social workers, nurses, educators and others who interact with individuals, parents and/or families in our community. This training includes experiential components and participants will learn techniques that can be integrated into existing treatment models for those clients & families who do not respond to standard care. Background/experience in family therapy is not necessary.

<http://www.emotionfocusedfamilytherapy.org/>

**Cost: \$375 per participant** (morning coffee and lunch provided)

**When:** April 8, 9, 10 (3 days)

**Time:** 8:30-4:30

**Location:** Prince George Native Friendship Center; Power of Friendship Hall; 1600 3<sup>rd</sup> Avenue  
Prince George

**Home Community:** \_\_\_\_\_

**Agency:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Position Title:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Food Sensitivities/allergies:** \_\_\_\_\_

\*\*email address is required as prior to training we will send you all the training documents you need to print and bring with you.

**To reserve your seat, please return this registration form via fax to 250-562-4692 or email Colleen Larson at [clarson@intersect.bc.ca](mailto:clarson@intersect.bc.ca) to confirm your seat. Payment must arrive via cheque with this registration form attached within two weeks of holding your seat.**

**Make cheque payable to:** Intersect Youth & Family Services  
Mail to: Attention Colleen Larson, Intersect Youth & Family Services,  
1294 3<sup>rd</sup> Avenue, Prince George, BC V2L 3E6

**\*\*Please indicate at the top of this form if your agency requires an invoice for payment to be processed\*\***