

Eating Disorder Foundation of Newfoundland and Labrador
presents
Emotion Focused Family Therapy Workshop for
Professionals

with

Patricia Nash M.Ed. (C.C.C), Counsellor & Cathy Skinner, Program Coordinator



Corner Brook - Glynmill Inn
Tuesday February 13th, 2018

The essence of Emotion-Focused Family Therapy (EFFT) is to afford Professionals a significant role in supporting a person's recovery from an eating disorder and associated mental health issues. This one-day workshop will focus on the Professionals role of supporting in four main domains:

- 1) Behavior Coach, that is assisting someone with an Eating Disorder - regardless of age - in the interruption of ED symptoms and maladaptive behaviors;
- 2) Becoming an emotion coach, that is supporting someone to approach, process and manage stress, emotions and emotional pain, making ED symptoms unnecessary to cope;
- 3) Facilitating relationship repair and healing possible wounds from the persons past to help them let go of the weight of old injuries, and
- 4) Identifying and discussing blocks in carers (and clinicians/educators) that may interfere with their use of EFFT skills.

Clinicians and educators can support parents and caregivers to learn these skills and take on these roles regardless of their loved one's level of motivation or involvement in formal treatment.

Who Can Attend:

Professionals who may work with children, youth and adult eating disorders including Family Physicians, Psychiatrists, Psychologists, Social Workers, Dietitian's, Nurses, Guidance Counsellors, Teachers and Graduate Students in a related field.

Registration Fee \$50.00, Student rate \$25.00
(Due by February 2nd, 2018 to hold seat)

To Register please contact cathy@edfnl.ca

SPACE IS LIMITED SO PLEASE CONTACT US TODAY

