

# Emotion Focused Family Therapy: Supporting Your Loved One Across the Lifespan Including Support for Mental Health

*with Dr. Joanne Dolhanty, PhD, C. Psych*



**TWO DAY WORKSHOP: Monday, November 6th and Tuesday, November 7th, 2017  
9:00 a.m. - 4:00 p.m.**

**Location: 901 Rutherford Road  
(at the Christian Community Church), Vaughan (West of Bathurst Street)**

Emotion-Focused Family Therapy (EFFT): a new and innovative treatment model for the caregivers of individuals struggling with:

- Anxiety
- Depression
- Eating disorders
- Substance use, etc.

Different from many of the mainstream treatment models, EFFT is rooted in the deep belief in the healing power of families across the lifespan.

EFFT is a very powerful mode of therapy - parents and caregivers are taught practical skills and techniques that can be used to support their loved one's recovery regardless of his or her age and/or motivation for change. Parents and caregivers are also supported to work through their own fears and emotional reactions that will no doubt arise throughout the challenging road toward recovery and wellness.

**Cost: \$450.00 per person**

\*An official receipt in the full amount of \$450 for 14 hours of psychological services will be provided by Dr. Dolhanty. Please check with your health insurance provider to confirm benefit coverage and reimbursement.

**(Student and couple rates available. Email [info@edoyr.com](mailto:info@edoyr.com) or call 905-886-6632 to inquire)**

**Registration is available online at [www.edoyr.com/emotion-coaching](http://www.edoyr.com/emotion-coaching)**

Eating Disorders of York Region's Riverwalk Wellness Centres is a registered, non-profit agency providing support for individuals and families affected by eating disorders.

Registered Charity #86313 2775 RR0001