

SALOMONS CENTRE FOR APPLIED PSYCHOLOGY HOSTS

Emotion Focused Skills Training

WITH **Joanne Dolhanty**

23-26 October 2018



ABOUT JOANNE DOLHANTY

Dr. Joanne Dolhanty, PhD, C.Psych, is a supervising and consulting clinical psychologist. With Professor Leslie Greenberg she developed the application of Emotion Focused Therapy to Eating Disorders and she is the developer of EFST. She is known for her lively, warm, and engaging teaching style; for making complex concepts accessible to learning; and for facilitating practice change as well as personal growth in workshop participants.

To REGISTER and FOR MORE INFO

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Full rate £ 550
Early Bird (before 31 July) £ 500

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Joanne Dolhanty will be delivering Clinician training in “Emotion Focused Skills Training (EFST) for Parents” offering an exciting opportunity for delegates to learn directly from the developer of this psychotherapeutic approach.

What is Emotion Focused Skills Training for Parents and Families?

Emotion Focused Skills Training (EFST) for Parents and Families is an innovative, ultra-simple and quickly effective parent and family support programme that facilitates a transformational partnership between families and professionals.

EFST supports parents by empowering them as active, primary agents in guiding loved ones of any age through the behavioural, emotional and relational challenges of everyday living and relating, as well as through the challenges their loved ones face when struggling with a mental health issue, a physical health issue, or any other special circumstances including social and educational challenges.

This is an emotion-processing, skills-based approach that gives parents and families simple, practical tools that they can implement immediately in their family.

About the Clinician Training

This training will teach and train clinicians in the principles and techniques of delivering EFST for parents and families as a workshop or on an individual basis. Many clinicians who have not previously worked with families report finding in EFST a new skill set to support their clients through the challenges they face.

This training places strong emphasis on experiential learning and will be highly focused on practice change at all levels of experience. It is therefore suitable for practitioners new to emotion focused training as well as for those with basic or more advanced levels of training and experience in the emotion focused therapies.

Note that a background in working with families or children is not required. The structure of EFST that will be taught also has applications to a variety of settings and populations including parents and caregivers; personal growth; schools; as well as supervision and training.



INTERNATIONAL
SOCIETY for
EMOTION
FOCUSED
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Emotion Focused Therapy Institute at
Salomons Centre for Applied Psychology