

Emotion-Focused Therapy Clinic

York University

Emotion Focused Skills Training (EFST) in Schools

Increasingly, teachers and other school-personnel face challenges in their workdays when dealing with difficult emotional reactions from their students. Neuroscience helps us to understand these challenges by showing us that emotions are the primary motivator of human behaviour. Emotion Focused Skills Training (EFST) in Schools is an innovative, ultra-simple and quickly effective teacher and school-personnel support program.

EFST supports teachers and school-personnel by empowering them to navigate the behavioural, emotional and relational challenges of everyday life at school, as well as the demands they may encounter when students, parents, or colleagues face challenges.

EFST fits seamlessly into the programs, initiatives and values that are already an important part of the school's culture. Yet EFST also provides the piece that was "missing". Behavioural and cognitive educational interventions are enhanced by empowering teachers and school personnel to work effectively with emotion "in the moment," to prevent escalation, to de-escalate the situation, and to reduce teacher (and school-personnel) stress. Most importantly, EFST fosters relationships that create the ideal working and learning environments for students and teachers alike.

EFST is built around the concept of an Emotion-Wise Skill NET to simplify the teaching and learning of emotion skills.

The Skill NET to Navigate the Challenges You Face with Student & Parent Emotions

Navigate Emotions – **E**nhance Motivation – **T**ransform Relationships

- **N**avigate the confusing and often painful world of emotions
- **E**nhance motivation to resolve emotional and educational challenges
- **T**ransform relationships among teachers, school-personnel, students, and parents

The Emotion-Focused Clinic at York University is pleased to offer an inaugural 2 day training session in these transformative skills.

Date: January 23 & 24, 2019

Location: York University Keele Campus

Fee: Registration opens September 10, 2018
Registration forms can be accessed at https://www.yorku.ca/yupc/continuing_ed.htm

Registrations received by November 1, 2018 - \$395.00 – after this date \$450.00



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