

# Emotion-Focused Family Therapy: Clinician Training

Presented by Adele Lafrance, PhD

## Workshop Details

**June 18-19, 2020**

**9am – 4:30 pm**

## Location

**Best Western PLUS  
The Arden Park Hotel  
552 Ontario Street  
Stratford, Ontario**

## Fees:

Early-Bird Rate: \$419 + HST

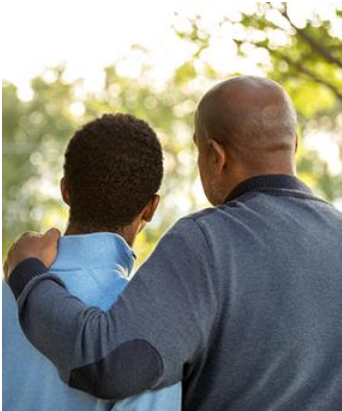
After May 17: \$459 + HST

*Fee includes lunch, morning and afternoon refreshments.*

*\*Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop\**

## Registration

Register online at  
**[missionempowerment.ca](http://missionempowerment.ca)**



## About the Workshop

Emotion-Focused Family Therapy (EFFT) is an innovative treatment model, rooted in a deep and unwavering belief in the healing power of families. The goal of EFFT is to support and empower caregivers to adopt a primary role in their loved one's recovery from mental health issues such as depression, anxiety, psychosis, or eating disorders, regardless of the loved one's age, level of motivation or involvement in formal treatment themselves. The clinician's role is to help caregivers to increase their involvement in specific ways including:

- 1) Behaviour coaching
- 2) Emotion coaching
- 3) 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 behaviours that may enable their loved one's symptoms, creating challenges for even the most experienced clinicians. For this reason, the EFFT model includes a module for clinician and team challenges as well.

This two-day interactive workshop, taught by one of the co-founders of EFFT, will introduce participants to the fundamental principles and techniques of EFFT. Through discussions, case examples, demonstrations, and small and large group exercises, participants will also have an opportunity for hands-on practice and skill-building.

Background/experience in family therapy is not necessary.

## About the Presenter

**Adele Lafrance, Ph.D.**, is a Clinical Psychologist and Associate Professor in the Psychology Department at Laurentian University. She is co-developer of Emotion-Focused Family Therapy (EFFT) and developer of Emotion-Focused School Support. She leads multiple research projects in the areas of EFFT and mental health, including eating disorders. She offers supervision and training for individual clinicians and organizations across Canada and Europe. She also maintains a private practice of psychotherapy and integration support.

# mission: empowerment!

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