

# EFFT Intensive Workshop: Therapeutic Apologies in Psychotherapy

Presented by Adele Lafrance, PhD

## Workshop Details

**Nov 12, 2020**

**9am – 4:30pm ET\***

[Convert to your Time Zone](https://www.timeanddate.com/worldclock/converter.html)

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## Location

**Online Live Stream  
Event**

## Fees:

Early-Bird Rate: \$199 + HST

After Oct 11<sup>th</sup>: \$225 + HST

Registration Deadline:

Nov 10<sup>th</sup> at 12pm ET

*\*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

Therapeutic Apologies (TA) are one of the most powerful interventions used in Emotion-Focused Family Therapy, given their potential to transform emotional pain in the self and other.

The TA intervention can be in the context of individual, couple and other family-oriented therapies. It involves coaching clients to deliver a specifically constructed apology, rooted within a no-blame framework, to facilitate healing for both parties. Clients are also taught what *not* to do and how to handle difficult responses from the other. The use of TAs is not limited to situations in which there was an emotional injury; they can also be used to help lift the burden felt by those struggling with mental illness who are blaming themselves - or caregivers who are blaming themselves.

Benefits of TAs include: reduced shame and self-blame; reduced parental self-blame; increased feelings of worthiness and self esteem; increased resilience; better health outcomes; increased openness to receiving support/treatment; decreased resistance to caregiver involvement; healing of old wounds; improved relationships.

This workshop will provide a “deep dive” into the Therapeutic Apologies intervention. Participants will receive step-by-step instruction, scripts, and ample practice opportunities to equip them with the tools and confidence to effectively implement the intervention with clients immediately following the workshop.

\* Prior training in Emotion Focused Family Therapy is not necessary to attend this workshop.

## About the Presenter

**Adele Lafrance, Ph.D.**, is a clinical psychologist, research scientist and published author. 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. In addition to her published journal articles and books, her work has also been featured in various news outlets, including NBC's "The Doctors".

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