

Joanne Dolhanty, PhD.

Dr. Joanne Dolhanty, PhD, C. Psych, is a supervising and consulting clinical psychologist and trainer for mental health organizations across Canada and internationally.

With Dr. Leslie Greenberg she developed the application of Emotion Focused Therapy to Eating Disorders.

She is the co-developer of Emotion Focused Family Therapy (EFFT), an innovative “home-healing” treatment approach that gives carers a central role in their loved ones’ recovery from mental health difficulties.

Dr. Dolhanty is known for her lively, warm, and engaging teaching style; for making complex concepts accessible to learning; and for delivering training and clinical supervision that facilitate both practice change and personal growth.



Emotion-Focused Family Therapy for Eating Disorders

The Swiss Institute for Emotion-Focused is pleased to announce a four day workshop with Dr. Joanne Dolhanty on Emotion-Focused Family Therapy.

Trainer: Joanne Dolhanty, PhD.

Date and time August/23-26/2017, 09:15 to 17:00h

Location: Aki, Alpeneggstrasse 5, 3012 Bern, Switzerland

Language: English

Costs: CHF 1220

Early Bird: CHF 1190 for subscriptions before June/25/2017

Deadline: August/06/2017

Schweizerisches Institut für Emotionsfokussierte Therapie

IEFT.ch

Länggassstrasse 23

3012 Bern, Schweiz

www.emotionsfokussiertetherapie.ch

info@emotionsfokussiertetherapie.ch

Content

In this workshop, aimed at all professionals working with individual clients, caregivers and or families, Dr. Joanne Dolhanty will present the core principle of Emotion Focused Family Therapy, whilst also providing ample opportunities for experiential learning geared toward practice change. Part of Emotion-Focused Family Therapy is rooted in a deep belief in the healing power of families, EFFT affords parents and caregivers a primary role in their loved one's treatment, regardless of age, motivation or involvement in treatment. In EFFT, the therapist's role is to empower and support caregivers.

The key concepts of this training are:

- 1) Becoming their loved one's recovery coach, that is, assisting their loved ones – regardless of age – in the interruption of symptom and maladaptive behaviors (e.g. anxiety, depression, eating disorders)
- 2) Becoming their loved one's emotion coach, that is, supporting their loved one to approach, process and manage stress, emotions and emotional pain
- 3) Facilitating relationship repair and healing possible wounds from the child or family's past, and
- 4) Working through and resolving the fears and obstacles that surface in the caregiver during this challenging journey...

Feedback from past participants:

"The EFFT training brings together several underlying psychological theoretical approaches in a manner that provides a process for empowering clinicians to empower parents, as healers in their children's lives. After 20 years in practice it has given me an approach that radically alters my practice. After one day of training I had the skills to facilitate EFFT with a couple whose child refused counselling services. That one session changed me and the parents. They better understood the pain and needs of their child and it offered them the courage to approach the problematic behaviours in a way that allowed him to begin to make better choices (he never attended the counselling session). When I shared the concept of EFFT with parents, for clinicians to coach and empower the parents to coach their child, they all had the same response, "this makes sense". "

Online: Subscription and further information:

www.emotionsfokussiertherapie.ch

marielle.sutter@ieft.ch

info@ieft.ch