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# Emotion Focused Skill Training (EFST) for Parents with Dr. Joanne Dolhanty



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# Emotion Focused Skill Training (EFST) for Parents

Help Parents to Develop Their Emotion-Wise Skill NET –

Navigate – Enhance – Transform

Navigate Emotion - Enhance Motivation – Transform Relationships

## Workshop Details

Faciliator:	Dr. Joanne Dolhanty, PhD, C. Psych.
Location:	Online
Dates & Time:	November 20th until 22nd 2023, 11 am until 6 pm
Costs:	575.- Euro
Requirement:	Knowledge in EFT, e.g. EFT-Training
	24 UE, 27 Points are requested

## Contact & Registration:

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## **Abstract:**

This training will teach and train **clinicians** in the principles and techniques of **delivering EFST for parents as a workshop or in the counselling or therapy office**. The 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 with advanced levels of training and experience in the emotion focused therapies.

Emotion Focused Skills Training (EFST) for Parents is an innovative, ultra-simple and quickly effective **parent support program**. EFST supports parents by empowering them as active, primary agents in guiding loved ones (of any age, child, adolescent or adult,) 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 challenge. This is an emotion-processing, skills-based approach that gives parents simple, practical tools that they can implement immediately in their family. These skills include how to navigate the confusing world of their child's feelings, how to work with challenges in their child's motivation, and how to restore their ability to set appropriate boundaries while also restoring positive, productive relationships with their children of any age.

**Note** that a background in working with families, parents or children is **not required**. Clinicians who have not worked with families report finding in EFST a new perspective, framework and skill set that also enhances their work with **individual clients of any age** as well as with **couples**. The structure of EFST that will be taught has applications to a variety of settings and populations including parents and caregivers, schools, eating disorders, addictions and more.

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**Facilitator:**

Dr. Joanne Dolhanty, PhD, C. Psych, is a supervising and consulting clinical psychologist and trainer for mental health organizations across Canada and internationally. For the past 30 years she has worked in the field of eating disorders, providing training in the treatment of complex cases to clinicians of all disciplines. With Dr. Leslie Greenberg she developed the application of Emotion Focused Therapy to Eating Disorders, and she is the developer of Emotion Focused Skills Training. Her focus is on building capacity and expertise in communities of clinicians.

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

