

Training for parents with Dr. Joanne Dolhanty co-developer of Emotion focused family therapy in Bratislava, Slovakia



Comenius University is proud to host a two-day training event in Bratislava, from June 19 – 20, 2016 with Dr. Joanne Dolhanty.

About EFFT

Emotion-Focused Family Therapy (EFFT) is a new and innovative treatment model for the caregivers of individuals struggling with

- Divorce or other life transition
- Behavioural problems
- Anxiety
- Depression
- Eating disorders
- Substance use, etc.

Different from many of the mainstream treatment models, EFFT is rooted in the deep belief in the healing power of families across the lifespan. EFFT is a very powerful mode of therapy - parents and caregivers are taught practical skills and techniques to support their loved one's well-being regardless of their age and/ or motivation for change. Parents and caregivers are also supported to work through their own fears and emotional reactions that arise throughout the challenging road toward recovery and wellness.

This training is geared toward all parents (and caregivers) interested in improving their caregiving skills, their parent-child relationship as well as their child's well-being. Research shows that participation in EFFT leads to significant improvements in parental empowerment as well as a significant decrease in parental fears and self-blame associated with their child's struggles.

About the trainer Dr. Joanne Dolhanty



Dr. Joanne Dolhanty Ph.D., C. Psych has worked in the field of mental health for over 20 years. She is a psychologist at the Mt. Pleasant Therapy Centre in Toronto. For the past several years, she has been working with Prof. Leslie Greenberg to develop the application of Emotion Focused Therapy to eating disorders. She is also the co-developer of Emotion-Focused Family Therapy.

More information:

For more information about EFFT see the websites <https://emotionfocusedfamilytherapy.org/> or <http://www.juliasadovska.com/>

Contact and registration:

For more information, please email Associate Professor Julia Halamova, PhD. at julia.halamova@gmail.com

Certification:

The participants will receive the international certificates of attendance.

Conditions:

Good command of English language is necessary for participation in this workshop as it will be held exclusively in English.

Cost of the Training:

125 euro per person until April 30th 2016

150 euro per person after April 30th 2016

IBAN: SK1083605207004203579575, SWIFT (BIC) code: BREXSKBX

Variable symbol: EFFT your name and surname

The number of participants is limited, so it is important to register and pay as soon as possible. In the case of non-payment after the deadline, we will prioritize participants from the wait list. In case of cancellation until May 19th 2016, a 50 euro cancellation fee will be applied. After this date, there will be no opportunity for reimbursement.

Date and time: June 19th, 2016, 9.00 -17.00, June 20th, 2016, 8.30 -16.30

Location: Faculty of Social and Economic Sciences, Comenius University, Mlynské luhy 4, Bratislava, Slovakia

Navigation:

Bus 75 stop Ondrejovova

Trolleys 201, 202 stop Brodná

Trolley 208 stop Strojnícka

Car - Highway exit Center/ Komárno

Free parking in an adjacent parking lot or nearby streets

