

Training for professionals in Emotion focused family therapy EFFT with dr. Joanne Dolhanty in Bratislava, Slovakia



Comenius University is proud to host a four-day training event in Bratislava, from June 19 – 22, 2016 with Dr. Joanne Dolhanty, co-developer of Emotion-Focused Family Therapy.

This training is geared towards those professionals who work with individuals and families, including psychologists, therapists, physicians, psychiatrists, social workers, counsellors, nurses and educators.

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 Emotion focused family therapy EFFT

Part of the EFT therapeutic approach, EFFT is rooted in a deep belief in the healing power of families; EFFT affords parents a primary role in their child's treatment, regardless of age or motivation. The therapist's role would then be to empower and support caregivers in mastering four main domains:

1. assisting their children - regardless of age - in the interruption of symptoms and maladaptive behaviours (anxiety, depression, etc.) as well as in the transition from stressful life events (a divorce, diagnosis of a learning disability, etc.);
2. supporting their loved one to approach, process and manage emotions and emotional pain, making symptoms unnecessary to cope with;
3. facilitating relationship repair, and healing possible wounds from the child or family's past, and
4. working through and resolving the parental fears, self-blame and other obstacles that surface in the caregiver.

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.

Program:

The 1st and 2nd training days will involve therapist participation as observers in a caregiver workshop to be held on June 19 – 20, 2016 (both parents and therapists will learn how to deal with children and their emotions)

The 3rd and 4th days of training (June 21 – 22, 2016) will be geared on the theory and practice of the skills observed in the workshop as well as other elements of the EFFT model.

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 and credits:

The participants will receive international certificates of attendance, and the training is accredited by 32 credits for continuous professional education.

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:

275 euro per person until April 30th 2016

300 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 – 22nd, 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

