

Further informations

Dates

08.-09.11.2024 (2 days, Fr-Sa)

Time

2pm – 9pm CET

Location

Online

Language

English

Target audience

Child and youth therapists or psychiatrists / counselors who would like to integrate EFT into their work with children and adolescents

Cost

CHF 350.-

Credits

One credit corresponds to a 60-minute unit. Recognition takes place according to the guidelines of the respective professional society.

Registration

Online (www.ieft.ch). The number of places is limited. The course will only be held if there are enough registrations.

Registration deadline

05.10.2024

Cancellation policy

Cancellation of the binding registration by the participant is possible up to 60 days before the start of the course. In this case only the administrative costs (CHF 50.-) will be charged. In case of cancellation less than 60 days before the beginning of the course, the full course fee will be charged. It is possible to provide a substitute person.

Organization and contact

Swiss Institute for Emotion-Focused Therapy (IEFT Switzerland),
Länggassstrasse 23, CH-3012 Bern, www.ieft.ch / info@ieft.ch



Institut für Emotionsfokussierte Therapie
Institut pour la thérapie centrée sur les émotions
Institute for Emotion-Focused Therapy
Schweiz / Suisse / Switzerland



Online-Workshop in Emotion-Focused Therapy for Youth (EFT-Y): Integrating EFT-Y into therapeutic work with children and youth

08. to 09.11.2024 - Online
with Dr. Mirisse Foroughe

Emotion-focused therapy for children and adolescents, carers and families is one of the latest developments in EFT. Given the shortage of trained professionals for children and adolescents and the resulting dramatic undersupply in Switzerland, the IEFT is very pleased to announce an Online-Workshop in Emotion-Focused Therapy for Youth (EFT-Y) with Dr. Mirisse Foroughe, Toronto, Canada.

We hope to make a small contribution to inspire and encourage more professionals, who work with children and adolescents, to learn more about EFT-Y.

Objective

Join the first generation of clinicians training in Emotion Focused Therapy for youth and their caregivers. Clinicians with prior experience working with youth are welcome. This training will include theoretical, technical, and practical components reinforced through seminar, video presentation, and experiential skills practice.

Many youth come to therapy when there have been painful or overwhelming experiences in their lives. EFT's emotion transformation process simply and brilliantly demonstrates how helpful emotions can reduce suffering. EFT-Y supports clinicians to strengthen their attunement with their client's verbal and nonverbal communication, identifying key moments in therapy, and facilitating emotion transformation through evocative and empathic responses. EFT-Y directs youth to their emotions as a fundamental meaning system. Each emotional experience provides clues to how the youth is experiencing their world while also organizing them to think and act in certain ways.

In addition to praising the fact that EFT offers an alternative to traditional therapies for youth, clients often appreciate that EFT-Y is individualized for them and places them at the center of the process. As well, EFT-Y opens the door for recognizing how impactful primary caregivers are in a child's emotional development and mental health. Many youth become more comfortable with expressing their emotions directly to their caregivers and allowing parents and caregivers to become involved in the therapeutic process.

Content and method

Each training day will include didactic material on therapy principles and processes, live demonstration of therapeutic processes, videotaped examples illustrating specific therapeutic responses and client processes, as well as supervised skills practice with peers. Skills practice will focus on basic EFT processes, modifications made for youth, building capacity with nonverbal communication, and empathic responding. Emphasis will be placed on assessment of emotional processing styles, case formulation including the youth's family and social system, and implementing two-chair and empty chair exercises to help youth access and process anxiety, self-criticism, self-interruption, and confront relational trauma or misattunement between themselves and their parents or family members.

Trainer



Dr. Mirisse Foroughe

Dr. Mirisse Foroughe is the Clinical Director at Family Psychology Centre in Toronto, Canada. She has over 25 years of experience providing assessment and treatment to children, adolescents, and families and has expertise in Emotion Focused Therapy (EFT), Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Emotion Focused Family Therapy (EFFT), Family-Based Treatment (FBT), and Motivational Interviewing (MI). Dr. Foroughe holds a Master's in Health Psychology and a doctorate in Clinical-Developmental Psychology from York University. She trained at notable institutions including the Hospital for Sick Children and the Sick Kids Centre for Community Mental Health. As Ontario's first full-time Child and Family Psychologist in a Family Health Team, she offers primary care to children, adolescents, and families. Currently, she oversees clinical services at the Family Psychology Centre and directs the Emotion Transformation Institute, a research lab focused on emotional change through interventions for children, caregivers, and families. Dr. Foroughe has received numerous awards and accolades for her work, including the OPA Ruth Berman Early Career Psychologist Award, the CPA 2017 PFC Innovative Service Award, and the OPA 2019 Harvey T. Brooker Award for Excellence in Clinical Teaching. She holds Adjunct Faculty positions with York University as well as the University of Waterloo and is an Adjunct Clinical Supervisor for OISE at the University of Toronto.



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