



SVENSKA INSTITUTET FÖR  
EMOTIONSFOKUSERAD TERAPI

## The Swedish Institute of Emotion-Focused Therapy

presents

### Clinician Training in “Emotion Focused Skills Training (EFST) for Parents” Presented by Dr. Joanne Dolhanty

A 4-day workshop for clinicians

Location: Zoom. Stockholm, Sweden

April 25-28, 11am – 6pm CET

Price: 9000 SEK (875 EUR + 25 % VAT). The price will include the online EFST-P Core program with access 365 days worth 199 USD.

*This workshop is aimed primarily at psychologists and psychotherapists/counsellors, and other relevant mental health professionals (e.g., social care, social work, nursing and medicine).*

*This 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 new to emotion focused training as well as for those with basic or more advanced levels of training and experience in the emotion focused therapies. Note that a background in working with families or children is not required.*

**Emotion Focused Skills Training is a training program with:**

1. A simple structure for learning and teaching emotion and emotion focused skills
2. Broad applications from the non-clinical to the advanced clinician, supervisor and trainer
3. The possibility for expanding, deepening and mastering emotion focused experiential skills

**This training will teach and train clinicians in the principles and techniques of EFST as it is applied to Parents and caregivers.**

**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. The structure of EFST that will be taught also has applications to a variety of settings and populations including parents and caregivers; personal growth; schools; as well as supervision and training.**

**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.



For all enquiries and bookings, please contact Vegard Hanken: [info@sieft.se](mailto:info@sieft.se)