

Programma Emotion Focused Family Therapy (basistraining)

Data 26, 27, 28, 29 september 2018

26/9/2018

- Emotions and why are they important
 - o theory
 - o experiential exercises

- Emotion coaching basics
 - o theory
 - o experiential exercises

27/9/2018

- Relationship repair
 - o theory
 - o experiential exercises

- Recovery coaching (emotion coaching practiced with mental health issues and helping your child overcome them)
 - o theory
 - o experiential exercises

28/9/2018

- Parent Blocks (emotions of parents that are in the way of being being emotionally responsive and how to work with it)
 - o theory and tasks
 - o experiential exercises

- Therapist Blocks (emotions of therapists that are in the way of being empathic en emotionally responsive with parents while working with them)
 - o theory and tasks
 - o experiential exercises

29/9/2018

- Working with emotion coaching in parent groups
- Wrap up

Literatuur

Dolhanty, J. & Greenberg, L.S. (2007). *Emotion-Focused Therapy in the treatment of eating disorders*. European Psychotherapy (7) p.97-116

Lafrance Robinson, A. & Dolhanty, J. (2013). *Emotion Focused Family Therapy for Eating disorders accross the life span*. National Eating Disorder Information Centre Bulletin. (28, no 3)

Website : <http://www.emotionfocusedfamilytherapy.org>