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UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

情緒健康輔導服務

EMOTIONAL HEALTH & COUNSELLING SERVICE

## Three-Half-Day Virtual Workshop for Clinicians on Emotion Focused Skills Training for Parents



### Dr. Joanne Dolhanty, PhD, C. Psych

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 developing treatment and providing training to clinicians of all disciplines.

With Dr. Leslie Greenberg she developed the application of Emotion Focused Therapy to Eating Disorders (EFT-ED), 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.

### Early Bird Deadline : 23 April 2022

Date :	14, 21, 28 May 2022 (Saturdays)
Time:	9:00am – 1:00pm (registration starts at 8:45am)
Format:	Three-Half-Day Virtual Workshop (Zoom)
Fee:	Regular Price : HK\$3,300 Early Bird Price : HK\$2,970

Enquiry: 2349-3212

Email: [info.ehcs@ucn.org.hk](mailto:info.ehcs@ucn.org.hk)

Website: [www.ucep.org.hk](http://www.ucep.org.hk)



# *Workshop for Clinicians on Emotion Focused Skills Training for Parents*

Help Parents to Develop their **Emotion-Wise Skill NET**  
**N**avigate Emotion - **E**nhance Motivation – **T**ransform Relationships

Emotion Focused Skills Training for Parents (EFST-P) is an innovative, ultra-simple, and quickly effective parent support program that facilitates a transformational partnership between families and professionals. It supports parents by empowering them as active, primary agents in guiding loved ones of any age through the behavioral, 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 circumstances including social and educational challenges.

In EFST, parents learn a simple set of tools. This includes a short course in recognizing, understanding, and validating feelings; how to work with challenges in their loved one's motivation; and how to restore their ability to set appropriate boundaries while also restoring positive, productive relationships with their children of any age, with their own parents or with other family members.

This gives parents and families an Emotion-Wise Skill **NET**:

- **N**avigate the confusing and often painful world of your loved one's emotions
- **E**nhance your motivation and capacity to support your loved one
- **T**ransform relationships with your children (whether child, teen, or adult child)

## *Training Clinicians in EFST-P*

This course will teach participants the elements of the core program of EFST-P and will provide experiential learning in the exercises we use to teach the program to parents. It will introduce the principles and techniques of delivering EFST-P as a workshop or on an individual basis. Even for clinicians who have not previously worked with families, EFST offers a new skill set to support their clients through many of the challenges they face.

## *Who Can Attend?*

Mental Health Professionals, Case Workers, Dietitians and Senior Students. This includes Psychology, Medicine, Psychiatry, Social Work, Counselling, etc.

## *Level of Experience Required*

This training places strong emphasis on experiential learning and will be highly focused on practice change at all levels of experience. It is suitable for practitioners new to emotion focused training as well as for those with basic or more advanced levels of training and experience in any of the emotion focused therapies. Note that a background in working with families or children is not required.

## Three-Half-Day Workshop for Clinicians on Emotion Focused Skills Training for Parents

**Date:** 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> May 2022  
**Time:** 9:00am – 1:00pm (registration starts at 8:45am)  
**Format:** Three-Half-Day Virtual Workshop (Zoom)

### REGISTRATION

Please return the completed form with a cheque made payable to

**United Christian Nethersole Community Health Service** and mail to

Emotional Health & Counselling Service, 5/F, Block J, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon, Hong Kong

Enquiry: 2349-3212

Email: [info.ehcs@ucn.org.hk](mailto:info.ehcs@ucn.org.hk)

Website: [www.ucep.org.hk](http://www.ucep.org.hk)

**Title:**  Prof.  Dr.  Mr.  Ms.  Miss  Other (pls specify) \_\_\_\_\_

**Name:** \_\_\_\_\_  
(Last name) (Given Name)

Please give your name you wish to be printed on the "Attendance Certificate"

**Occupation:**  Psychologist  Social Worker  Counselor  Doctor  
 Nurse  Teacher  Researcher  Dietitian  
 Occupational Therapist  Physiotherapist  Full-time Student  
 Others (please specify): \_\_\_\_\_

**Job Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email :** \_\_\_\_\_

**Fees:**  
Early Bird Registration (Deadline 23 April, 2022)  HK\$2,970  
Standard Registration (Deadline 07 May 2022)  HK\$3,300

**\*\*Participants who are successfully enrolled this workshop will receive confirmation e-mail in the week of 25 April, 2022**

**I know this program from:**  via EHCS/UCN promotion (email/ website/ Facebook/ other\*)  
 via Accreditation Body \_\_\_\_\_  
 from a friend/colleague  
 Other \_\_\_\_\_

I do/ do not\* wish to be contacted by EHCS/UCN through email / direct mail / phone calls/ WhatsApp\* for any direct marketing purposes of events and professional trainings in the future. EHCS/UCN shall not so use your personal data without your consent.

(\*please delete as inappropriate)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_