

Three-Half-Day Workshop on Emotion Focused Therapy for Eating Disorders

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 35 years she has worked in the field of eating disorders, providing training in motivational enhancement and treatment for complex cases to clinicians of all disciplines. She developed the application of Emotion Focused Therapy to Eating Disorders with Dr Leslie Greenberg. Dr Dolhanty also developed Emotion Focused Skills Training. She 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.

Date :	4, 11, 18 March 2023 (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

Early Bird Deadline: 18 February 2023

Enquiry: 2349-3212 Email: info.ehcs@ucn.org.hk Website: www.ucep.org.hk



Emotion Focused Therapy for Eating Disorders

Presented by Dr. Joanne Dolhanty

Emotion and its avoidance are central factors contributing to the development and maintenance of eating disorders. Individuals with eating disorders and body image disturbance report difficulty in dealing with painful, negative emotions. Body image disturbance and eating disorder symptoms displace those negative emotions onto the body, suspending the individual in a vicious cycle where, for example, pursuit of thinness can be seen as the only means of feeling better. How to soften the harsh internal critical voice of these individuals, alter the internal dialogue of body self-loathing, and interrupt the vicious cycle of symptoms and their impact, have presented a major challenge to clinicians working in this area. Emotion Focused Therapy provides specific techniques for breaking into this closed cycle as well as for enhancing intrinsic motivation for change. The master class will offer:

- Rationale for using EFT in treating EDs
- Instruction in Emotion Focused Therapy techniques
- Application of emotion focused techniques to enhance motivation for recovery
- Illustrative clinical vignettes
- Experiential practice

Who Can Attend?

This Masterclass is open to Mental Health Professionals, Case Workers, and Senior Students including Psychology, Psychotherapy, Medicine, Psychiatry, Social Work, Counselling, Nursing, School Guidance.

This training is highly focused on practice change and places strong emphasis on experiential learning.

Registration

Please fill in the Google form below to register:

<https://forms.gle/3Mxc99jWG9Da6GBn6>

