

Family
Forever For Always
& No Matter What!

Validation.

As a human being on this journey
with your own thoughts of & in life,

**you have the right to
feel the way you feel**

no matter what you are feeling,
when you are feeling it, or why.

facebook.com/Codierecovery

Pass it On.



HOPE ALWAYS

EATING DISORDER FOUNDATION OF NEWFOUNDLAND AND LABRADOR

Eating Disorder Foundation of
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Emotion Focused Family Therapy Refresher Group

For families and carers that
have completed the Emotion
Focused Family Therapy
Workshop



*Eating Disorder Foundation
of Newfoundland and
Labrador*

About the Refresher Group

Family and career feedback and our research resulted in the Eating Disorder Foundation offering an Emotion Focused Family Therapy Refresher Group

The group is offered about 4 times a year to any family/caregiver that completed the Emotion Focused Family Therapy Workshop

The group gives families/carers an opportunity to refresh their skills and share with each other stories of using Emotion Focused Family Therapy

Group Details

During the refresher group, we will review one of the tools learned in the Emotion Focused Family Therapy Workshop

- Emotion Coaching
 - *Validate
 - *Support
 - Emotional & Practical
- Behavioral Coaching
- Relationship Repair
- Working through the Blocks

Prerequisite: To attend the Emotion Focused Family Therapy Refresher Group you must have completed the Emotion Focused Family Therapy Workshop

How to Register

email cathy@edfnl.ca

Group Facilitator

Cathy Skinner, Program Coordinator