

Comments from Caregivers

"You taught us how to Love ...our daughter... and keep her alive and somewhat engaged until she could see the future again... without ED coloured glasses... and chose recovery"

"This is an exceptional workshop that provides parents/caregivers a set of tools to help deal with the ED. It was fantastic!"

"I have and will continue to use these helpful tools every day"

"I want to thank you again for the training last week, I have such a different outlook now"

"We both walked away feeling that we are better equipped to help, and we learned so much from the workshop"



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Eating Disorder Foundation of Newfoundland and Labrador



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Emotion Focused Family Therapy Workshop

Emotion Focused Family Therapy Workshop

If your loved one is struggling with an eating disorder and you are trying to help, the Foundation is offering an Emotion Focused Family Therapy Workshop for families and caregivers.

The goal of the Workshop is to give families and caregivers a significant role in their loved one's recovery from an eating disorder

This Workshop is based on the deep belief in the healing power of families and caregivers.

The Workshop will offer families and caregivers practical strategies and tools with respect to meal support and symptom interruption, and emotional relationship repair. Families and Caregivers will also be supported to identify, work through and hopefully overcome obstacles that surface in trying to help a loved one with an eating disorder.

Workshop Outline

The workshop is scheduled over 4 sessions and covers four main components:

1) Emotion Coaching

- * Validate
- * Support
Emotional and Practical

2) Behavioral Coaching

- * Assisting with the interruption of symptoms and meal support

3) Relationship Repair

- * Healing wounds from the past to help let go of old injuries
- * Therapeutic Apology

4) Working through the Blocks

- * Working through and resolving the fears that surface during the process of recovery

How to Register

Please contact cathy@edfnl.ca to start the intake process.

For More Information on EFFT:

<http://www.mentalhealthfoundations.ca/>

