



Eating Disorder Foundation of  
Newfoundland and Labrador

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## Emotion Coaching Session by Video Conference

For families and caregivers  
who are supporting a loved  
one with an Eating Disorder



## **About the Emotion Coaching Session**

At the Eating Disorder Foundation of NL we offer a two-day workshop in Emotion Focused Family Therapy. This program has proven to be very valuable to families and caregivers with a loved one where there is a possible or definite concern around an eating disorder. It is also helpful with other mental health issues such as anxiety or depression.

To help families while they wait for the full workshop, we have begun offering a 3-hour session with one of the components of the 2-day workshop, Emotion Coaching. The session teaches families and caregivers how to become the Emotional Coach for their loved one. This can be of immediate help to families as they wait for an opportunity to do the full workshop.

## **Session Outline**

During the Emotion Coaching Session, we will cover the following topics.

- Emotion Basics
- Consequences of Emotion Avoidance
- Steps of Emotion Coaching
  - \*Validate
  - \*Support (Emotional & Practical)
- Practice Activities

**Session is available by video conference - Zoom**

## **How to Register**

Please contact [info@edfnl.ca](mailto:info@edfnl.ca)

