

**Eating Disorder Foundation of Newfoundland and Labrador**  
presents  
**Emotion Focused Family Therapy Workshop for Professionals**  
with  
**Patricia Nash M.Ed. (C.C.C) & Cathy Skinner, EDFNL Program Manager**

**Via Video Conferencing – Zoom**

**Dates – Wednesday February 18<sup>th</sup> & Thursday February 19<sup>th</sup> , 2026**  
**Times - 9:00am – 1:00pm Newfoundland Island time (8:30 to 12:30 Labrador & Atlantic time) both days**

The essence of Emotion-Focused Family Therapy (EFFT) is to afford Professionals a significant role in supporting a person's recovery from an eating disorder and associated mental health issues.

This 2-part workshop will focus on the Professionals role of supporting in four main domains:

- 1) Behavior Coach, that is assisting someone with an eating disorder - regardless of age - in the interruption of ED symptoms and maladaptive behaviors.
- 2) Becoming an Emotion Coach, that is supporting someone to approach, process and manage stress, emotions and emotional pain, making ED symptoms unnecessary to cope.
- 3) Facilitating relationship repair and healing possible wounds from the person's past to help them let go of the weight of old injuries, and
- 4) Identifying and discussing blocks in caregivers (and professionals) that may interfere with their use of EFFT skills.

Clinicians and educators can support parents and caregivers to learn these skills and take on these roles regardless of their loved one's level of motivation or involvement in formal treatment.

**Who Can Attend:**

Professionals who may work with children, youth and adult eating disorders including Family Physicians, Psychiatrists, Psychologists, Social Workers, Dietitians, Nurses, Guidance Counsellors, Teachers, First Responders, Community Partners and Graduate Students in a related field.

**Registration Fee \$150.00 (Student rate \$130.00)**  
**Due by Friday February 6<sup>th</sup> to hold place**

**To Register please contact Cathy Skinner at [cathy@edfnl.ca](mailto:cathy@edfnl.ca)**