

Emotion-Focused Family Therapy: Foundations

Core 1 Training Winter 2025

December 2nd, 3rd, 4th, 2025 | Start (9:00 am) - End (4:00 pm) (3 full days)

Registration Deadline: Nov 24, 2025

(Seats remaining thereafter will be offered to additional Foundry clinical students/interns)

Emotion-Focused Family Therapy (EFFT): Foundations provides Foundry service providers, who work with families, with foundational skills for engaging families in the care of their youth including emotion coaching and behaviour coaching.

Course Objectives:

- Teach the foundations of EFFT Emotion Coaching to families/caregivers
- Teach the foundations of EFFT Behaviour Coaching to families/caregivers
- Describe Clinician Blocks (without chair-work)
- Describe Caregiver Blocks (without chair-work)
- Apply case conceptualization in practice

Intended Audience

With supervisor approval, this training is open to:

- Clinical counsellors and clinicians who work with families and caregivers
- Family Peer Supporters
- Clinical Supervisors
- Clinical students/interns who provide support to family/caregivers

Prerequisites

There are no prerequisites

Please note the following:

- Attendance of the full 3 days is required to receive a training certificate
- Re-attendance to this training is welcomed!

Questions? Reach out to us at learning@foundrybc.ca

Foundry would like to acknowledge, with much gratitude, that our work takes place on the many Indigenous territories across what is now known as BC, that have existed since time immemorial.

Hosted by

Foundry Central Office, Education and Training Team

Facilitator

Natasha Files, Mental Health Foundations

Training Delivery

Held via Zoom.

Registration Link:

Log in to your IYS Learning Centre and register for the next upcoming session.

Contact us if you have access issues.

**Foundry Central Office will host 2 or 3 EFFT Core 1 & 2 Trainings per year.*

Timing is dependent on Foundry network need and capacity.

