

# EFT-Y for Children and Youth

With Dr. Mirisse Foroughe



We are delighted to welcome **Dr. Mirisse Foroughe** from Canada for a 2-day-workshop in person in Munich.

In this workshop EFT-Y, Mirisse Foroughe introduces in 2 days EFT for Children and Youth for therapists **with prior EFT experience.**

## Register now!

<https://www.ieft.de/anmeldung>

**When:**

15.06 - 16.06.26

**Where:**

Veranstaltungszentrum  
Ev. Handwerkerverein  
Mathildenstr. 4  
Munich

**When:**

9 am - 5 pm (UTC)

**Costs:**

490,- €

**Punkte:**

18 Punkte beantragt

**Language:**

English



## About Mirisse Foroughe

Dr. Mirisse Foroughe is the Clinical Director at Family Psychology Centre. She has over 25 years of experience providing assessment and treatment to children, adolescents, and families with expertise in Emotion Focused Therapy (EFT), Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Emotion Focused Family Therapy (EFFT), Family-Based Treatment (FBT), and Motivational Interviewing (MI).



Dr. Mirisse is the developer of Emotion Focused Therapy for Youth (EFT-Y), which has individual, parent-child, co-parent, and family applications. In her role as a clinical teacher and supervisor, Dr. Mirisse has trained health care providers locally and internationally and has personally supervised over 100 graduate students in clinical psychology and psychotherapy.

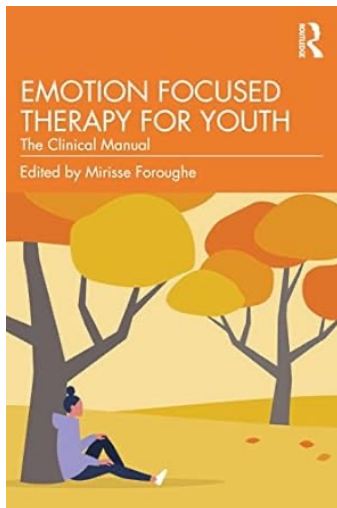
## What do I learn in the workshop?

- Gain experience in working with youth, parent-child dyads, and families within an emotion focused modality.
- Many youth come to therapy when there have been painful or overwhelming experiences in their lives. EFT's emotion transformation process simply and brilliantly demonstrates how helpful emotions can reduce suffering.
- EFT-Y supports clinicians to strengthen their attunement with their client's verbal and nonverbal communication, identifying key moments in therapy, and facilitating emotion transformation through evocative and empathic responses.
- EFT offers an alternative to traditional therapies for youth, clients often appreciate that EFT-Y is individualized for them and places them at the center of the process. As well, EFT-Y opens the door for recognizing how impactful primary caregivers are in a child's emotional development and mental health.

## Workshop Format

- Insights into theory and research
- Video examples of therapy sessions
- Experience-based exercises
- Live-Demonstration

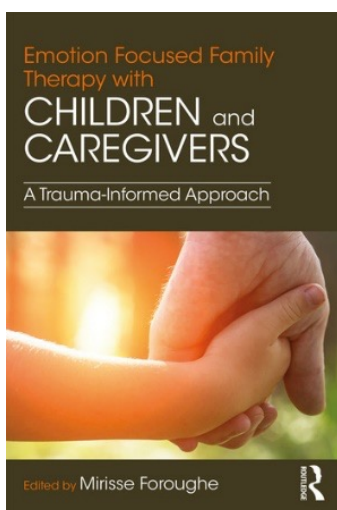
## Literature (for those who are interested)



**Foroughe, M. (2023).**

Emotion Focused Therapy For Youth. The Clinical Manual.

ISBN: 978-1-4338-3660



**Foroughe, M. (2018).**

Children and Caregivers. A Trauma-Informed Approach.

ISBN: 978-1-4338-3660-2