



Family  
Psychology  
Centre

# EMOTION FOCUSED THERAPY FOR YOUTH (EFT-Y) CLINICIAN TRAINING

## TRAINING DETAILS

- Opportunity to join the first generation of clinicians training in Emotion Focused Therapy for youth and their caregivers.
- Training will encompass theoretical, technical, and practical components.
- Reinforcement of learning will be provided through seminars, video presentations, and experiential skills practice.
- Open to medical and mental health professionals, and graduate students, whether they have prior emotion focused training or are new to the model.

## ABOUT US

**Dr. Mirisse Foroughe, C. Psych.** obtained her PhD from York University. She has received numerous awards and accolades for her work, including the CPA PFC Innovative Service Award and the OPA Harvey T. Brooker Award for Excellence in Clinical Teaching. Dr. Foroughe directs the Emotion Transformation Institute in Toronto and is the Clinical Director at Family Psychology Centre. She has authored numerous scientific articles and edited two books on emotion focused approaches for youth and caregivers.

**Felicia Melo, MPsy.** obtained her MPsy from Adler Graduate Professional Schools. Felicia offers clinical consultation, diagnostic assessment, and a range of evidence-based treatment modalities for children and adolescents. She has specific training and expertise in cognitive-behavioural therapy (CBT), exposure and response prevention (ERP), Dialectical Behavioural therapy (DBT), and Emotion Focused Family Therapy (EFFT).

## DATES:

Thursday, April 3rd &  
Friday, April 4th, 2025  
from 9:30am-4:30pm

## LOCATION:

Glenview Presbyterian  
Church - 1 Glenview Ave,  
Toronto ON M4R 1P5

REGISTER NOW



Registration Cost: \$599  
Non-Refundable Deposit: \$200

Contact Family Psychology Centre for registration  
[admin@familypsychology.org](mailto:admin@familypsychology.org) | 416.848.1829



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