



EMOTION TRANSFORMATION
INSTITUTE

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EFT-Y TRAINER

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#PARENTSAREIMPORTANT #EMOTION #EMPATHY #PRESENCE

Emotion Focused Therapy for Youth (EFT-Y) MINI WORKSHOP: Working with Family Violence

TRAINING AIM

The training aim of this mini workshop is to build the skills of therapists working with parents exhibiting violent behaviors. Using the principles and tools of Emotion Focused Therapy applied to parents, participants will learn practical interventions to better understand the dynamics behind violence, support emotional processing (particularly anger and shame), and develop effective strategies for lasting behavioral change.

**Date: Fri, Dec. 12, 2025,
16:00–20:00 (CET)
10:00 am–2:00 pm (EST)**

Cost: \$99 per person

Participant Learning Objectives

- A renewed understanding and perspective on family violence
- Practical interventions that strengthen motivation for change and minimize the risk of relapse into violence
- Development of therapist self-awareness and the capacity to regulate one's own emotions when working with challenging clients



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