



Emotion Focused Therapy for Youth (EFT-Y) Clinician Virtual Training

About the Facilitators



Dr. Mirisse Foroughe
Training Facilitator

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 research articles and two books on emotion focused approaches for youth and caregivers.



Krzysztof (Chris) Btazjewski
Training Co-Facilitator

Chris is a Psychologist and certified Humanistic-Experiential therapist practicing in Warsaw, Poland. With clinical experience across youth and family-centered care, he blends precise case formulation with deep empathic attunement (EFT for Youth/EFT-P, and Attachment Narrative Therapy) to provide theory, personal growth, actionable methods, and hands-on support.

Join the first generation of clinicians training in EFT-Y. Clinicians with prior Emotion Focused training and those new to the model are welcome.

This training will include theoretical, technical, and practical components reinforced through seminars, video presentations, and experiential skills practice.



Fri, Feb 27, 2026
Sat, Feb 28, 2026



8:00 AM-3:30 PM EST
(+5 GMT, +6 CET)



\$599 CAD

To Register, Please Contact



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