



# Emotion Focused Therapy for Youth (EFT-Y)

## MINI WORKSHOP: Working with Play and Creative Materials in EFT-Y



### Drs. Erik Peeters (MSc) EFT-I and EFT-Y Trainer

- Drs. Peeters is a Clinical Psychologist and person-centered experiential psychotherapist based in the Netherlands.
- He works in private practice, a day-treatment centre for youth, and training institute for postgraduate psychologists

### TRAINING AIM

- Broaden knowledge about the functions of play and neurobiological foundations
- Understand how EFT-Y tasks can be adapted for youngsters by making use of play and creative working methods
- Broaden EFT-Y skills by making use of play and creative working methods

Date: Fri, March 6 2026  
15:00–18:30 (CET)  
9am–12:30 pm (EST)

Cost: \$99 per person

### Learning Objectives

- Broaden knowledge and skills by making use of play and creative working methods in EFT-Y
- Practical adaptations of tasks in EFT-Y for youngsters who are 'allergic' for chairs
- Experience the power of play and creative working methods



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