



**Family  
Psychology  
Centre**

# Emotion Focused Therapy for Youth (EFT-Y) 3 Day In Person Masterclass - IRELAND

Join Dr. Mirisse Foroughe, Clinical Psychologist based in Toronto, Canada, for this new approach to youth and family therapy: Emotion Focused Therapy for Youth (EFT-Y).

This training is for therapists new to EFT as well as those with EFT experience with adults or couples, looking to gain experience in working with youth, parent-child dyads, co-parent dyads, and families within an emotion focused modality.\*

## Training Details



**June 10, 11, and 12 2026**



**10:00am-5:00pm CET**



**22 South Frederick St.,  
Dublin 2**



**€750**

(if registered on or after April 1)

**€650 Early Bird**

(if registered on or before March 31)

## About the Facilitator



**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.

**\*While no prior experience of EFT is required to register, we encourage you to attend one of the following online introduction workshops!**

- March 26 from 10am-5pm (online)
- May 1 from 10am-5pm (online)

**To Register,  
Please Contact**

 [admin@ieft.ie](mailto:admin@ieft.ie)

For those registered to attend the EFT-Y training, there will be no additional fee to attend the 1 day introduction to EFT workshop!



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