



Family
Psychology
Centre

Emotion-Focused Therapy for Families (EFT-F) Clinician Training

- Join the first generation of clinicians training in Emotion Focused Therapy for families.
- 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.
- Open to graduate students and individuals with no prior emotion-focused therapy training.

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.



When: October 26th, 2026, from 8:30am-4:30pm

Where: Virtual

Cost: \$299 CAD

This training is virtual and is limited to 30 clinicians.

Contact Family Psychology Centre for registration:

<https://familypsychology.org/upcoming-events>

admin@familypsychology.org | 416.848.1829



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