Family Psychology Centre

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

Join the first generation of clinicians training in Emotion Focused Therapy for youth and their caregivers.
Clinicians with prior emotion-focused training, as well as graduate students and individuals with no prior emotion-focused therapy training, are welcome.
Training will include theoretical, technical, and practical components reinforced through seminars, video presentations, and experiential skills practice.

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 22nd and 23rd, 2026, from 9:30am-4:30pm
Where: 1 Eglinton Ave East, Suite 601, Toronto, ON M4P 3A1
Cost: $599
Early Bird Cost: $499 CAD Early Bird
Non-Refundable Deposit: TDB

In-Person Training

This training is in-person 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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