



EMOTION FOCUSED FAMILY THERAPY (EFFT) VIRTUAL CAREGIVER WORKSHOP

Caring for a loved one with an eating disorder can be stressful, overwhelming, and at times terrifying. Caregivers can be unsure of what to say or do to support their loved ones and often experience fear that their involvement in their loved one's care will make matters worse.

NARSF Programs is offering an Emotion Focused Family Therapy (EFFT) Virtual Caregiver Workshop, to help caregivers gain the skills and confidence to take an active role in their loved ones recovery. The workshop will be offered over 4 weeks and will focus on four main components: emotion coaching, behavior coaching, relationship repair, and working through blocks.

It is our hope that participants will leave this workshop with:

- Practical skills to support their loved one's emotional and behavioral challenges
- Skills to repair and/or strengthen their relationship with their loved one
- A greater understanding of their own fears and emotional obstacles that may be interfering with their caregiver effectiveness
- A stronger belief in their own ability to care for and support their loved one

Virtual Caregiver Evening Workshops: Tuesdays

Time: 6:30 to 9:00 pm. Once there are 6 participants registered, a group start date will be determined.

Registration:

To register, or for more workshop information please email Bea at: bpowers-smith@narsf.org or call 250-755-9284.

Facilitator:

The workshop is being facilitated by Betty (Bea) Powers MSW. Bea is a former educator who retired from a 30-year career in education before embarking on a Master's in Social Work. She has 12 years of lived experience as a parent supporting a loved one with an eating disorder and is passionate about supporting parents through their child's ED recovery journey, using an EFFT framework. Bea completed a practicum with NARSF's Eating Disorder Program as a part of her MSW studies and is thrilled to be offering the Caregiver workshop.

For more information about Emotion Focused Family Therapy check out the following website:
<https://www.mentalhealthfoundations.ca>

