

Disclosures

Dr. Ashley Miller □

SPEAKER'S FEES/HONORARIA: Multiple non-profit mental health, parent support and educational settings, including UBC CPD

BOOK ROYALTIES: "What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers"

GRANTS: Co-investigator "Feasibility of Emotionally Focused Family Therapy for Adolescents Affected by Somatization in a Tertiary Care Setting"

OTHER: EFFT Trainer and Supervisor

Dr. Jane Ryan

None



Practical Strategies by
Age and Stage



Pregnancy, Postpartum and Early Childhood



Circle of Security

INTERNATIONAL™

Early Intervention Program for Parents & Children

Intervention Programs for Parents & Children

Driven by decades of attachment research

[LEARN MORE](#)

Ages 0-6

- And beyond...

Rx

Patient _____

Address _____

Child-led play with your child:

20 minutes

1x per week

Date _____

Signature _____



Middle Childhood, Adolescence
and Young Adulthood

Connect Parent Program (8-17)



Social restrictions put in place to limit the spread of COVID-19 are particularly difficult for **teens** as they severely limit their access to key social supports during a time of **increased stress** and **mental health risk**.

How can eConnect Online Help?

- Our adaptation of Connect, **eConnect Online**, addresses the unique challenges faced by teens and their families by **improving attachment security**
- 10 session **virtual parent group**
- Parents feel **less stressed**, have **greater caregiving satisfaction**, and **better mental health**
- Helps parents and teens to better **communicate** with each other, even when emotions run high.



This is very valuable during the COVID-19 pandemic as teens and parents are under exceptionally **high levels of stress**. Restricting outings and visitors to the home **increases family tension and conflict** can escalate.

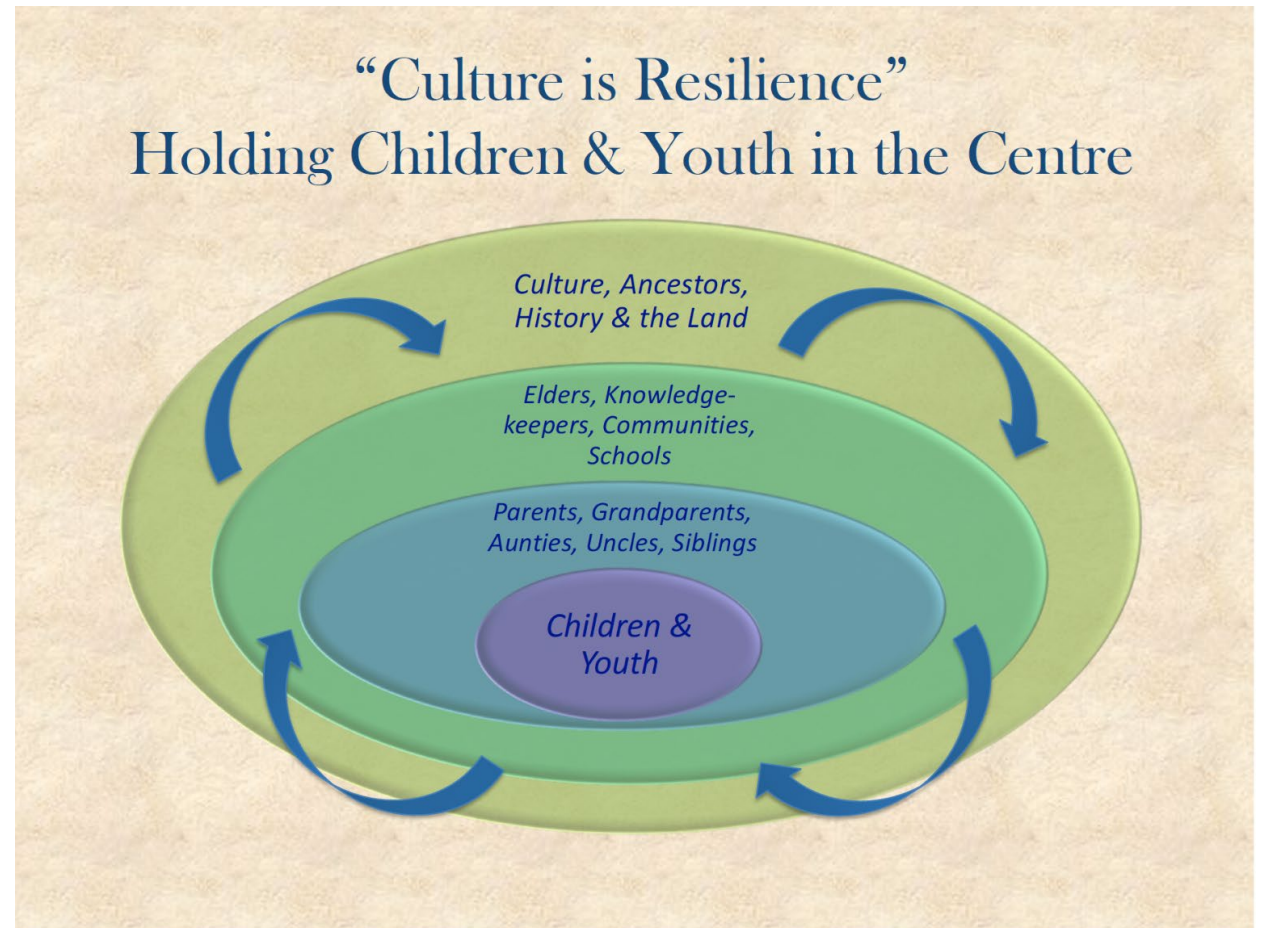
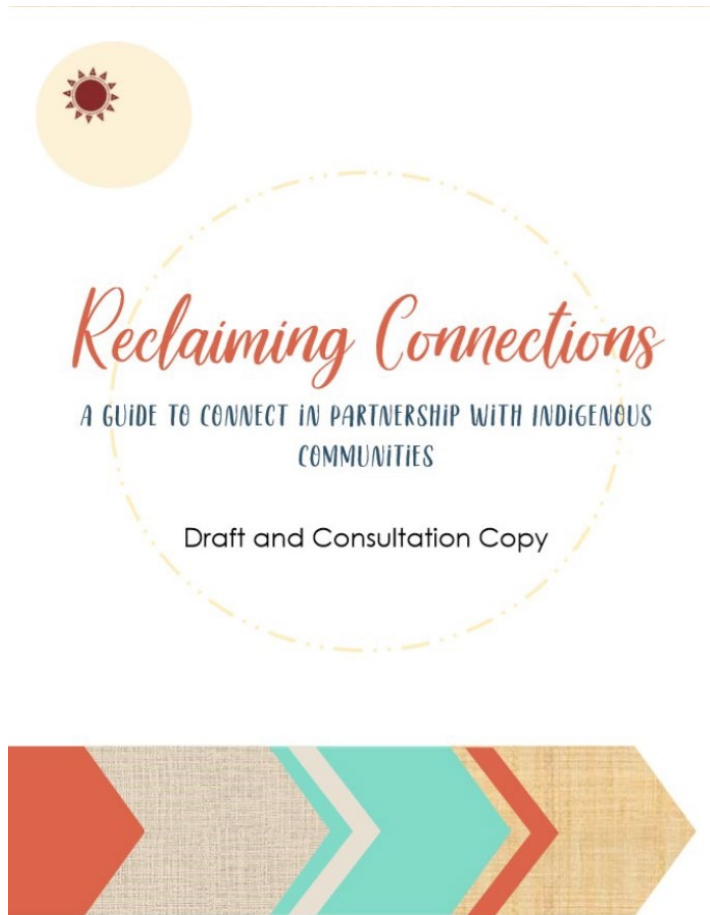


Transforming Connections: A Trauma-Informed and Attachment-Based Program to Promote Sensitive Parenting of Trans and Gender Non-conforming Youth

Antonia **Dangaltcheva**¹, Chris Booth² and Marlene M. Moretti^{1*}

¹ Psychology Department, Simon Fraser University, Burnaby, BC, Canada, ² Maples Adolescent Treatment Centre, Vancouver, BC, Canada

“Building Community Around Children”



EFFT Parent Workshops (6-)

·FOUNDRY·

·OUNDRY VIRTUAL BC

Need urgent h

EMOTION-FOCUSED FAMILY THERAPY CAREGIVER WORKSHOP

Supporting a loved one struggling can be very challenging. Foundry has adopted Emotion-Focused Family Therapy (EFFT) as one of the helping services in alignment with our model and vision. Foundry believes that supporting caregivers with skills and tools promotes better wellness outcomes for all. Research proves that recovery rates rise dramatically when family is involved.

Both October and November groups are now full! Please email lily at llouie@foundrybc.ca to get on the waitlist for future workshops.

EFFT CAREGIVERS WORKSHOP

·FOUNDRY·
WHERE WELLNESS TAKES SHAPE

Emotion Focused Family Therapy

Does your child suffer from anxiety, depression, substance use problems, an eating disorder, or other mental health concerns? Do you struggle with their behavior and/or setting limits and/or how to respond to their emotions?

This evidence-based workshop will introduce practical skills to strengthen relationships, increase cooperation and respond to strong emotional reactions, including expressions of worry, anger, hopelessness, and even silence. Caregivers will also be supported to identify and work through co-parenting challenges most often encountered along the way.



Attachment matters
for all of us