



iaedp-Tucson™ Chapter

International Association of Eating Disorder Professionals Foundation



Presents:

Elizabeth Easton, PsyD, CEDS

Caregiver Empowerment: An Emotion-Focused Family Therapy Informed Approach

Date: Wednesday, September 18, 2019
Time: 7:45am - 8:15am Check In, Breakfast & Networking
8:15am – 11:30am Announcements & Presentation

Location: Embassy Suites Tucson - Paloma Village
3110 E. Skyline Drive, Tucson, AZ 85718
(520) 352 - 4000

Registration: <http://tucsoniaedp.com>

Contact: tucsoniaedp@gmail.com



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IAEDP Members: \$35 **Non-Members:** \$40
Students: \$15 **At the door:** \$45

Upon completion of this intermediate level presentation you will be able to:

1. Identify the four components of Emotion-Focused Family Therapy (EFFT).
2. Use Emotion Coaching skills with patients and caregivers.
3. Identify potential emotional blocks that may be interfering with treatment compliance and progress.

Description: A presentation on ‘caregiver empowerment’ utilizing Emotion-Focused Family Therapy (EFFT). The key aspects of this approach will be discussed, including Behavior Coaching, Emotion Coaching, Relationship Repair, and Emotional Blocks for caregivers and for clinicians. The speaker will discuss her experience integrating EFFT into her work with caregivers of children and adolescents with mental illnesses including anxiety, depression and eating disorders. She will also discuss how this has been used as a supervision and training model within her multi-disciplinary program’s approach.

Elizabeth Easton, PsyD, CEDS is a clinical psychologist and the National Senior Director of Child and Adolescent Services and Co-Director of the Family Institute at Eating Recovery Center. She consults on all national ERC Child and Adolescent programs, as well as the services provided to caregivers across all of ERC. Dr. Easton graduated with a Doctorate of Psychology from The George Washington University in Washington, DC. She has been overseeing the Child & Adolescent Services at Eating Recovery Center in Denver, Colorado since its development in 2009. Dr. Easton is certified as an Eating Disorder Specialist and a Certified Advanced Psychotherapist in Emotion-Focused Family Therapy. She is also a board member for the International Institute for EFFT. As a clinician, leader, and educator, Dr. Easton has dedicated her career to the power of caregivers as the agents of change and healing for their loved ones.

This workshop is appropriate for: Mental health professionals, physicians, nurses, dietitians, nutritionists, school counselors, school psychologists, health coordinators, and other helping professions with an interest in learning more about the prevention, treatment and recovery from an eating disorder.

3 Continuing Education Credits available: Psychologists - This program is co-sponsored by The Meadows and iaedp-Tucson. The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists; The Meadows maintains responsibility for this program and its content. Participants must be present for the entire presentation and complete the evaluation in order to obtain a CE certificate. This course meets criteria for 3.0 hours of continuing education credit hours for psychologists.

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