

EMOTION-FOCUSED INTERVENTIONS FOR YOUTH AND FAMILY HOW PARENT-CHILD RELATIONSHIPS CAN BOTH CREATE AND HEAL EMOTIONAL WOUNDS



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Auditoire Aloïse-Corbaz – Nouvel hôpital – Bâtiment 60, rez – Salle 183

Site de Cery – 1008 Prilly

suivi d'un apéritif

Entrée libre

Ou via Zoom :

<https://zoom.us/j/96108473198?pwd=S7yOWQqUNcDOXLTrnyVJHScqKacIU4.1>

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La présentation se fera en anglais

EFST is a recent addition to the scope of interventions targeting children's mental health difficulties, based on the same core principles as in Emotion-Focused Therapy for couples (EFT-C) and Emotion-Focused Therapy for individuals (EFT). In EFST, parents are assumed to play a key role in the trajectories of children's mental health development, and aiding children through their parents is assumed to be an effective way to reduce mental health issues in children. Additionally, the program focuses on strengthening parents' own mental health and parental skills, to alleviate mental health difficulties in children.

Nadia Ansar will present the model Emotion-Focused Skills for parents (EFST), the main findings from her research, and give a description of the four main parental skills in the model; Validation, Emotional hindrances, Repair and Boundaries. She will illustrate how the model can be applied to enhance parent's capacity to guide their children to better recognize, understand and express their emotions in healthy ways. In addition, she will illustrate how parents can overcome own emotional hindrances by working with parents' emotional understanding and expression, repairing relationship ruptures between parent and child and on helping parents to set sound boundaries for their child.

Nadia Ansar is a clinical psychologist, specialized in Clinical Family Psychology and Emotion-Focused Therapy. She has completed a PhD in Emotion-Focused Skills Training for parents (EFST) and works at The Institute of Psychological counselling clinic in Oslo as a clinician, researcher, lecturer and supervisor.