



Eating Disorder Foundation of
Newfoundland and Labrador

13-15 Pippy Place
St. John's, NL A1B 3X2

(709) 722-0500 (Telephone)
1-855-722-0500 (Toll Free)
(709) 722-0552 (Fax)

info@edfnl.ca

www.edfnl.ca

Proudly Presented by:

BellAliant

Printing Provided by:



Emotion Coaching Session

For families and caregivers
who are supporting a loved
one with an Eating Disorder



*Eating Disorder Foundation
of Newfoundland and
Labrador*

About the Emotion Coaching Session

At the Eating Disorder Foundation of NL we offer a two-day workshop in Emotion Focused Family Therapy. This program has proven to be very valuable to families and caregivers with a loved one where there is a possible or definite concern around an eating disorder. It is also helpful with other mental health issues such as anxiety or depression.

To help families while they wait for the full workshop, we have begun offering a 3-hour session with one of the components of the 2-day workshop, Emotion Coaching. The session teaches families and caregivers how to become the Emotional Coach for their loved one. This can be of immediate help to families as they wait for an opportunity to do the full workshop.

Session Outline

During the Emotion Coaching Session, we will cover the following topics.

- Emotion Basics
- Consequences of Emotion Avoidance
- Steps of Emotion Coaching
 - *Validate
 - *Support (Emotional & Practical)
- Practice Activities

Session is available by video conference - Zoom

How to Register

Contact the Eating Disorder Foundation of Newfoundland and Labrador at (709) 722- 0500 or info@edfnl.ca

Group Facilitators

Patricia Nash, Counselor

Cathy Skinner, Program Coordinator

