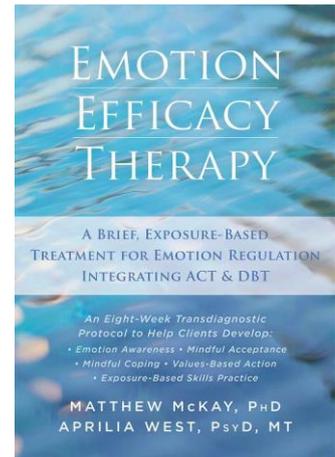


**Training: Emotion Efficacy Therapy (EET), Dr. Aprilia West
April 16th and 23rd, 2021**

Emotion Efficacy Therapy (EET) is a brief process-based protocol integrating the psychological flexibility processes of *Acceptance and Commitment Therapy (ACT)*, the dialectic of acceptance and change from *Dialectical Behavioral Therapy (DBT)* with exposure-based skills practice. EET targets three underlying processes that fuel and maintain low emotion efficacy: emotion avoidance, emotion dysregulation and distress intolerance. In multiple studies, EET has been shown to significantly increase distress tolerance, decrease emotion avoidance and decrease emotion dysregulation among a transdiagnostic clinical population.



In this 2-part online training you will learn to help your clients respond to emotion triggers more flexibly, intentionally and creatively through core emotion efficacy skills designed to help them:

- Understand their relationship with emotion and how to identify parts of experience (Emotion Awareness)
- "Surf" through emotion pain instead of acting on urges to avoid it (Mindful Acceptance)
- Act effectively on what really matters in any situation (Values-based Action)
- Regulate emotions to act effectively on what matters most (Mindful Coping)
- Use exposure to rewire emotional reactions to triggers and help the skills "stick" (Exposure-based skills practice)

This online training is in English. The training will be highly experiential so that participants can practice EET and leave the training competent to use the protocol with clients.

Recommended reading: McKay, M., & West, A. (2016). *Emotion efficacy therapy: A brief, exposure-based treatment for emotion regulation integrating ACT and DBT*. Context Press/New Harbinger Publications.

Trainer: Aprilia West, PsyD, MT, is the co-author and the co-creator of the Emotion Efficacy Therapy protocol.



When: Fridays April 16th and 23rd, 2021, 6 p.m.-9 p.m. (EEST)

Where: Online (Zoom; the link will be sent through email after the registration fee is paid)

For whom: For mental health professionals with beginner or advanced training in third-wave CBT.

Price: 260 € + Finnish tax 24 %

Registration: By March 29th, 2021 by filling this [form](#).

Cancellation: Cancellations are to be done in a written form through email sanna@elonkuohu.fi. Cancellation without fees by April 9th, 2021. For cancellations made after this date, 50 % of the price of the training will be charged. For cancellations made on the day the training begins and for absence without cancellation, full price of the training is charged without refunds.

For more information: Sanna Turakka, sanna@elonkuohu.fi or www.emotionefficacytherapy.com