

JOURNEY TO WHOLENESS: COMING HOME TO THE SELF

Virtual Learning and Group Sessions
Using Emotionally Focused Individual Therapy (EFIT)

Program details

Date: September 28 to December 7 2023
(Every Thursday) 10 sessions in total

Time: 7:00pm - 8:30pm

Location: Online

Language: English, Mandarin and Cantonese

Special Discount for social media Followers:

\$42/1.5-hour session

Promo code: FAMFD40

Standard fee: \$70/1.5-hour session

Course Lead: Dr. Tat-Ying Wong (MD, MTS,
MDiv., AAMFT, CAMFT Supervisor, ICEEFT Certified
Supervisor and Trainer)

For people who are living with financial challenges. Sponsorship application is available

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Learning objectives



Gain crucial skills to
interactional and emotional
processes



Understand and communicating
to people and emotions



Transform unaccepted emotions
to be normal and human



Support group on the healing
journey



A Secure Space to share
vulnerability



Scan to
register now!

