

# Family Therapy - Working with Multi-Systemic Family Systems

Date: 17 - 18, 21 - 23 Nov 2011

## AIMS of the 5-day training

Participants will gain knowledge of the prevalent theoretical framework in family therapy. Participants will also be engaged through group activities to practice theoretical ideas, role plays to experience both the dynamics of clients behaviors and therapist interventions, and other creative experiential activities congruent with effective learning principles.

- ♪ To gain a beginning understanding of family therapy theories and principles
- ♪ To have the confidence to conduct a family/multiple people session
- ♪ To know when is it appropriate to invite family/significant others in
- ♪ To gain clarity about the different facets of family and systemic individual work
- ♪ To have confidence to work more effectively with multiple people while understanding the limitations of your experience and qualifications
- ♪ To increase confidence and knowledge about working with multiple and divergent perspectives at the same time
- ♪ To increase confidence about working with possible conflict in sessions
- ♪ To develop some skills and strategies for working with children and adolescents in the room.

## Course Outline

### Day 1

- ♪ Introduction to basic Systemic ideas in Family Therapy and Family Therapy theories
- ♪ Engaging the individual and family
- ♪ Therapeutic questions for conducting a therapy session

### Day 2

- ♪ Genograms and the use of genogram as clinical tools
- ♪ Family Life Cycle theories
- ♪ Transgenerational, Structural, Strategic frameworks
- ♪ The importance of culture in working therapeutically

### Day 3

- ♪ Milan and Post Milan theories of change

### Day 4

- ♪ Solution Focused theories of change in working with Individuals and Families

### Day 5

- ♪ Narrative theories of Change
- ♪ The use of Reflective Teams for therapy and supervision

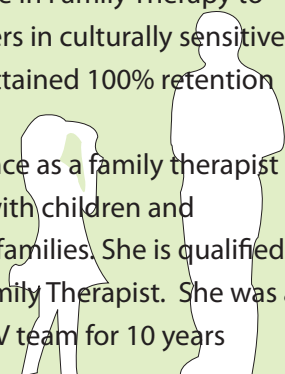
**\*\* The afternoon sessions will be focused on group activities, role plays, trainer demonstrations, case studies, small and large group discussions.**

## About your Trainer: Banu Moloney

She is a private practitioner and lecturer at: Bouverie Centre and La Trobe University (in the Master of Clinical Family Therapy, Master of Couple and Relationship Counselling and Graduate Certificate in Family Therapy courses.)

She has many years of experience in designing and conducting training programmes in family therapy, counselling and consultation to mainstream counselling organisations including Victorian Arts Centre, Victorian Housing Department, the centre for Brief at Monash Medical Centre etc. She has also successfully designed, developed and delivered a Graduate Certificate in Family Therapy to Indigenous Family and Child workers in culturally sensitive and appropriate way. Where she attained 100% retention rate over two cohorts of students.

She also has over 30 years experience as a family therapist with a special interest in working with children and adolescents in the context of their families. She is qualified Social Worker, Psychologist and Family Therapist. She was a clinical member of the Bouverie HIV team for 10 years



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Course Date: 17,18,21,22,23 Nov 2011  
Time: 9 am to 5 pm

Venue : Bayview Hotel (Subjected to changes)

Fee (Per Person)

Normal Fee S\$1,395.00

Volunteer Welfare Organisation eligible for VCF funding - 60% pre-approved capped at \$800.00 S\$595.00

Call Kiat @ 96324307 , Email: cetsing@singnet.com.sg

The Centre for Experiential Training