

# Family Therapy

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## Course outline:

### Day One

- History and philosophy of family therapy
- Presenting Problem (Erickson and Haley, Genograms (Bowen), Prescribing the problem
- Contextual factors, solution focused approaches and analysing previous attempts to resolve the problem
- Sequences, family life cycle

### Day Two

- Beliefs (cultural, gender, spirituality, love and justice), Expectations and Myths, Attributes (communication style, affect, demeanour)
- Family Structure (hierarchy, boundaries, coalitions), Satir's family sculpting
- Themes, Analogies, Metaphors
- Milan Group circular questioning, hypothesis, goals

### Day Three

- How to Engage the Family in Family Therapy
- How to plan and do a first session—moving beyond assessment to intervention
- Intersession Analysis and Planning
- How to do a follow-up session
- Strategies for the Muddle Middle Phase—Getting Unstuck
- Termination and Evaluation of Work

## This workshop is for:

- If you've ever had an interest in adding family therapy skills to your practice...
- If you already practice family therapy but want to improve your ability...
- If you're looking for a practical approach to working with families that integrates with your theoretical orientation...

## Learning Objectives

This is an intensive training programme that help participants learn how to understand presenting and underlying issues, create positive hypothesis, and craft interventions in the context of traditional and modern family therapy perspective. Through experiential exercises, lecture, videotape, role plays, and demonstration by the instructor, registrants will develop skills they can immediately extend to their practice. During the course, participants will learn how to:

- create a systemic, non-blaming view of problems
- apply the core elements of traditional family therapy models (Structural, Strategic, Bowenian, Humanistic, Milan) using a modern perspective
- utilise a range of therapeutic interventions and discriminate when to use each appropriately
- participants will work through a case of their own during the 3 days and learn how to conduct family therapy sessions to reach positive outcome

## Course Instructor: Richard G. Whiteside, MSW

Rick received his Masters in Social Work from Atlanta University in the United States in 1977, followed by post-graduate training at the Family Therapy Institute under Jay Haley and Cloe Madanes. He subsequently joined their clinic, where he taught and supervised therapists in addition to working in his own private practice. Rick is the author of many books, including *Creating Partnerships*, *The Art of Using and Losing Control*, *Whispers from the East*, *When Your Lover Leaves You*, *Positive Positioning*, and *Working with Difficult Clients*. Rick developed the Family Therapy Team at Waitemata District Health Board where he also served as Service Clinical Director for Child, Youth, and Family Mental Health. He is a member of the Training Division of IFTA, an Approved Supervisor for AAMFT, and has served on the Practitioner's Reference Group of the NZ Mental Health Commission. Rick has been successfully providing training in Family Therapy for the past 20 years to mental health teams, psychiatry registrars and consultants, youth workers, counsellors, psychologists, and social workers.

INFO FEE

Fee	\$955.00 per pax
Volunteer Welfare Organisation eligible for VCF funding - 60% pre-approved	\$382.00 per pax
* Time: 9 am to 5 pm	* Venue: To be confirmed
* Date: 10-12 September 2012	
<p>Call Kiat @ + 65 96324307  email: <a href="mailto:cetsing@cetsing.com">cetsing@cetsing.com</a>  <a href="http://www.cetsing.com">www.cetsing.com</a></p>	