



Family Therapy Training Seminar

September 2016 – April 2017

**Faculty: Reem Abdul Qadir, MSW, RSW
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The Family Therapy Seminar is a 14-session program that provides in-depth knowledge of theory and practice in family therapy.

The program will focus on developing core competencies in assessment, formulation and treatment of families. Aspects of the theory of families and the craft of practice will be taught with the goal of developing an Integrative Framework.

The Family Therapy Seminar welcomes all professionals in related mental health fields.

Emphasis will be given to the development of concrete, applicable skills which participants will have an opportunity to practice with live family work. Each participant will have an opportunity to carry/treat a family for the duration of the seminar, at least 3-4 sessions with live supervision. The seminar will also include required readings, group discussions and experiential exercises.

Two to three years of post graduate clinical experience would be considered an asset.

Participants will learn:

- To complete a comprehensive assessment of a family, develop a formulation, and guidelines for questioning and intervention.
- A systemic, 3-generational approach to working with families.
- Theories that inform the intervention with the family, such as Structural, Object Relations and Strategic theories within the context of the family life cycle.
- To appreciate the diversity of family presentation, e.g. culture, single parent, same sex families.
- The art and skill of questioning in a multi-person system, including using circular versus linear questions, and exploring process versus content.
- An understanding of their position of power and social location within a therapeutic setting.
- To explore personal biases to gain an understanding of the underlying values and ethics that we bring into the work.
- To be able to identify patterns in relationships and how these dynamics can perpetuate problems.
- How to mobilize the strengths of the family to facilitate change in the family system.

Wednesdays, 2:00—6:00 p.m.

September 14, 28, October 12, 26, November 9, 23, December 7, 2016
January 11, 25, February 8, 22, March 8, 22, April 5, 2017

Tuition: \$1,500.00

The George Hull Centre for Children & Families, 81 The East Mall, Toronto, M8Z 5W3

**To register or for more information, contact Reem Abdul Qadir
at 416-622-8833 x 245.**