



Family Therapy Training Program

September 2018 – April 2019

Faculty: **Reem Abdul Qadir, MSW, RSW**
Heather McDonald, MA, RP
Abraham Nehmad, MA, RP

The Family Therapy Training 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.

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 3-4 sessions with live supervision. Observations of live sessions will occur for the duration of the seminar. The seminar will also include required readings, group discussions and experiential exercises.

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 families.
- Theories that inform the intervention with the family, such as Structural, Strategic, Emotion Focused, Attachment theories within the context of the family system.
- 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 challenges.
- How to mobilize the strengths of the family to facilitate change in the family system.

Wednesdays, 2:00 – 6:00 p.m.

September 12, 26, October 10, 24, November 7, 21, December 5, 2018

January 9, 23, February 6, 20, March 6, 20, April 3, 2019

Tuition: \$1,650.00

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

To register or for more information, Contact Reem Abdul Qadir at 416-622-8833 x245

The George Hull Centre (GHC) Theoretical Seminars

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| 1. Adolescent & Family Substance Use: What's Happening and How do We Respond? | Oct. 18, 2018 |
| 2. Limiting Screen Time: For Kids or for us??? | Nov. 15, 2018 |
| 3. "This too shall pass: riding the wave of your emotions" | Jan. 17, 2019 |
| 4. Family Therapy Training: Integrating Knowledge, the Experiential, and the Use of Self in Family Therapy | Jan. 31, 2019 |
| 5. Attachment-Focused Family Therapies – Getting to the Heart of the Matter | Feb. 28, 2019 |
| 6. Essential Ingredients of a Trauma-Informed Assessment | Mar. 28, 2019 |

The Theoretical Seminars are offered for a fee of \$25.00 per seminar or all six seminars for \$125.00. All seminars are on Thursdays from 4:00 – 6:00 p.m. Registration in the Family Therapy Training Program (see above) entitles the registrant to complimentary registration in the GHC Theoretical Seminars.