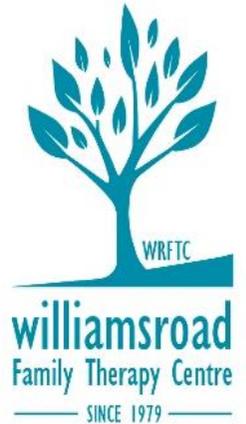


Williamsroad Family Therapy Centre
FAMILY THERAPY TRAINING 2017



For over 35 years, Williamsroad has been one of the leading Family & Systemic Therapy training centres in Australia.

Systemic & Family Therapy is now a cutting-edge Research-Informed Practice in Mental & Community Health, with a strong evidence base of effectiveness for these problems:

- *Acting-out, Anxiety, Depression, Somatic and other chronic disorders in Children & Adolescents,*
- *Complex and /or multi problem presentations in individuals, families and larger systems,*
- *Past and on-going trauma, and attachment issues in individuals and their Families.*

In 2017, Williamsroad is offering an exciting new set of Research-Informed Training Programs, which translate research into your day-to-day practice:

- **AAFT Accredited 2-3 year Family & Systemic Therapy Program:** Includes core ideas and practices of Family & Systemic Therapy, and specific shorter evidence-based system/family interventions. The focus is on systemic conceptualisation, case formulation & skills practice, and how to prevent treatment failure. We use an intensive adult learning model which includes findings on how to develop systemic expertise in therapy.
- Training in **Attachment Based Family Therapy (ABFT)** Level 1 and Level 2: ABFT is a highly acclaimed evidence-based treatment structure for adolescent depression and suicide.
- An upgraded **4-day Intensive: Core Ideas of Family Therapy**, which provides a practical introduction to understanding and providing interventions for families and human systems.
- Other specific **intensive programs** designed to consolidate your expertise in family work, and develop the quality and precision of your practice. We cover the most recent research in Family & systemic intervention.

Williamsroad Research-Informed Training Intensives

We have designed a series of 3-day and 4-day intensive programs for mid-career professionals and currently practicing family therapists. The topics incorporate key recent research findings on:

- The importance of holding a balanced alliance,
- Systemic case conceptualisation & formulation skills,
- Eliciting and honouring relational narratives,
- Understanding change mechanisms,
- Effective sequences of treatment,
- Best practice in the use of family assessment and session feedback process, and
- Recognizing micro-improvements, micro deteriorations and change trajectories for specific systemic dynamics.

Practice Certificate in Family & Systemic Therapy Year 1	4 day Intensive: Core Ideas of Family & Systemic Therapy <i>Feb 17 & 18, and 24 & 25, 2017</i>	Theory to Practice of Family Therapy 1 <i>8-10 March 2017</i> Theories and skills of FST	Real-World Application of Family Therapy 2 <i>9-11 August 2017</i> Systemic Conceptualisation of Couples and Family Adaptation & Functioning	
	<ul style="list-style-type: none"> Family of Origin & Genograms How and Why we should work with families? Family Engagement Skills 1. The most useful concepts of Family & Systemic Therapy, Overview of the different schools & models of Family & Systemic Therapy Seeing and experiencing the relational spaces in different Family systems 	<ul style="list-style-type: none"> Circular & Reflexive Questioning Systemic Conceptualisation 1 – Family Lifecycle Family Engagement Skills 2 Intake process and first session and subsequent sessions 	<ul style="list-style-type: none"> Anxiety, depression, chronic illness, cascading crisis, violence & recent development in systemic theory and practice Overview of Family functioning research Session assessment and change monitoring skills 	
		<i>10-12 May 2017</i> Systemic Conceptualisation of Cascading Loss & Family disruption	<i>6-8 September 2017</i> Systemic Conceptualisation of Problems presenting through children's and adolescent's behaviour & depression	
		<ul style="list-style-type: none"> Introduction to Psychiatric illnesses & family functioning Balanced alliance: The SOFTA Change mechanisms in Family and Systemic Therapy Family & Systemic Treatment planning 1 	<ul style="list-style-type: none"> School refusal, bullying Schools and families as co-regulating relational systems 	
			<i>1-3 November 2017</i> Systemic Conceptualisation of Trans-generational transmission of trauma	
Practice Diploma in Family & Systemic Therapy 2017 onwards & Graduate Diploma in Family Therapy 2017 Year 2	Real-World Application of Family Therapy 3 <i>2017: Lectures on Thursdays see time table</i> <i>2018: 3 x 3-day intensives dates to be announced</i>	Live Supervision & Skills Practice	Real-World Application of Family Therapy 4 <i>2017: Lectures on Thursdays see time table</i> <i>2018: 3 x 3-day intensives</i>	Live Supervision & Skills Practice
	<ul style="list-style-type: none"> Systemic conceptualization 6: active ingredients in change in family dynamics Attachment theory & interventions with babies children, adolescents, and adults Attachment theory and Family & Systemic treatments of Drug & Alcohol issues in families 	<ul style="list-style-type: none"> Supervision in real-time or with participants own recorded session and a reflecting team. Opportunity take up an internship and /or see clients through the Williamsroad Low Cost Clinic Case based research practice & learning about session feedback & outcome measures 	<ul style="list-style-type: none"> Systemic conceptualization 7 -Complex clients, major mental illness and the psychiatric system Traumatized and traumatizing relational systems 1 – trauma's just the tip of the relational iceberg. Learning edges and developing your style in family practice 	<ul style="list-style-type: none"> Supervision in real-time or with participants own recorded session and a reflecting team. Opportunity take up internships and /or see clients through the Williamsroad Low Cost Clinic
Advanced Practice qualification in Family & Systemic Therapy 2018 onwards & Masters of Social Science (Family Therapy) 2017 Year 3	Attachment processes in Couples & Families <i>2017: No intake; continuing students only</i> <i>2018: 3 x 3-day intensives</i>	Live Supervision & Team work	Trauma, Loss & Mental Health <i>2017: No intake; continuing students only</i> <i>2018: 3 x 3-day intensives</i>	Live Supervision & Team work
	<ul style="list-style-type: none"> Systemic conceptualisation 8 Attachment theory and complex Families and relational systems Application of research on attachment processes and Somatic disorder, disassociation, externalizing and externalizing attachment disorders in children, adolescents and parents. Traumatized & traumatizing relational systems 2 - Neuroscience of ruptured Attachment processes 	<ul style="list-style-type: none"> Advanced supervision in real time and or with participants own recorded clients, and a reflecting team Opportunity take up an internship and /or see clients through the Williamsroad Low Cost Clinic Development of precision of practice & intervention Participants write a proposal for investigation of session outcomes and effectiveness of their individual & team work. 	<ul style="list-style-type: none"> Case based Research methods, and continuous improvement of clinical outcomes Application of research in Traumatology, cascading loss and anticipated loss with complex Families and wider systems Somatic disorder in children and adults, and the trauma cascade Traumatized & traumatizing relational systems 3 - Understanding emotionally & physically dangerous relational systems 	<ul style="list-style-type: none"> Advanced supervision in real time and or with participants own recorded clients, and a reflecting team Opportunity take up an internship and /or see clients through the Williamsroad Low Cost Clinic Precision of practice & intervention delivery <p>Participants report on the outcomes of their clinical work & intervention project</p>