



## Family Therapy Program

### FAMILY SYSTEMS TRAINING

2018-2019

REGISTRATION DEADLINE:  
September 21, 2018

### LEVEL I

**Additional applications available  
from the Administrative Assistant  
at (204) 786-7051, ext. 5269 or  
[Ola.Buhrer@newdirections.mb.ca](mailto:Ola.Buhrer@newdirections.mb.ca).**

### Introduction

Since 1986 the Family Therapy program at New Directions has been offering a foundationally based yet dynamic Family Systems training program to Child & Family Services workers in Manitoba. This unique training program offers the opportunity for more intensive professional development than can be provided in traditional workshop training. The focus of the three levels of training is to promote systemic thinking in case conceptualization and planning, awareness of the role of the self as a worker and improvement in interview and intervention skills.

Our extensive training program teaches family systems theory and awareness of the role of the worker as an agent of change within the complex duties of a CFS social worker. The weekly time reserved for this training allows for learning of new theoretical concepts, practical interview and intervention tools and time to reflect on their roles as helpers within a highly crisis-oriented and personally demanding service profession. Participants have commented that the theory connections and self-reflections have improved their ability to deal with crisis situations, assess family situations, identify their own personal triggers and be less reactive in highly charged situations and generally be more mindful in their interactions.

### LEVEL I

#### **“Applied Systems Concepts and Practices for Effective Case Management” – An overview of Family Intervention Model**

The central theme is to explore fundamental concepts of family systems thinking and its application in case management and developing treatment plans.

#### **CLASS OBJECTIVES:**

- ◆ Understanding multigenerational issues, family life cycles, and common pitfalls in transitional stages in families.
- ◆ Increased understanding on how to engaged more effectively with reluctant parents.
- ◆ Promoting healthy parental leadership and working with parent-child conflict.
- ◆ Understanding family system and case management issues in families with mental health concerns.
- ◆ Working with families with complex issues and in perpetual crisis.
- ◆ Greater propensity to seeking out and building on changes
- ◆ Increased ability to instil hope in families.
- ◆ Integrating spirituality and cultural values into practice.

- ◆ Utilizing a strength-based approach to increase family motivation to change.
- ◆ Explore, expand and better articulate practice/work philosophies
- ◆ Integrating the studied theories into daily case management duties and practice
- ◆ Increased ability to intervene more effectively in high crisis situations
- ◆ Attainment of multi-variant assessment and engagement skills in working with complex family systems

#### **CLASS FORMAT:**

- ◆ Presentation of Family Systems models
- ◆ Weekly readings
- ◆ Weekly journaling
- ◆ Case consultation and discussion
- ◆ Personal work philosophy papers (pre and post training)

#### ***ENROLLMENT LIMITED TO 15***

#### **INSTRUCTORS: TBA**

**CLASSES:** Tuesdays 9:00a.m.-12:00p.m.

**DATES:** Oct. 16 - Dec. 18, 2018  
Jan. 8 - Mar. 12, 2019

#### **About our Instructors:**

Our instructors have Masters or Doctoral level training in the following disciplines: Social Work, Educational Psychology, Marriage and Family Therapy, Counselling, and Psychology.

Work experience of our instructors includes: family therapy, adult mental health, child and adolescent mental health, residential care, trauma counselling, youth addictions, group therapy, probations, traditional healing, child welfare, daycare, crisis counselling, foster care case management, grief work.

#### **NO COST FOR CFS WORKERS**

This training is funded by the province of Manitoba and is therefore available at **NO COST** to front line Child & Family Service Workers. Workers need only apply and, pending space availability, qualify for this training opportunity at no financial cost to themselves or their agency.

Registration will be open for non-CFS case managers as space allows. Please contact our office for information on possible registration costs.

#### **Further Training Options:**

Participants register for one level of training each year, starting with Level I. After completion of Level I, participants will be invited to register for Level II for the following year and Level III in the subsequent year.

#### **LEVEL II**

This course highlights the unique gifts the worker brings to the scared work with which they have been entrusted. It also increases the worker's awareness and understanding of personal biases and emotional blind spots which might negatively affect work with families.

#### **LEVEL III**

This advanced training is designed to provide experiential training in improving intervention skills. The structure is flexible, in accordance with the skills, interests, and learning goals of the participants of each group.

***Please note:*** All Level II and III applicants will go through an interview process.

Efforts will be made to offer all levels of training each year depending on the number of registrations received.