



Family Therapy Program

FAMILY SYSTEMS TRAINING

2018-2019

REGISTRATION DEADLINE:
September 21, 2018

LEVEL II

**Additional applications available
from the Administrative Assistant
at (204) 786-7051, ext. 5269 or
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 II

“Enhancing case management skills through family of origin work”

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

Please note: All applicants will go through an interview process.

CLASS OBJECTIVES:

Level II expands and refines concepts learned in Level I, through case consultations and application of intergenerational theories.

Mindfulness principles and practices are taught as a way of cultivating therapeutic presence, accessing strengths and as a way of moving through internal reactions like anxious, fearful, angry and disappointing thoughts and feelings. It is taught as an ongoing practice for deepening self-awareness in all areas of one’s life. Principles and practices of compassion are woven throughout the class.

The ‘Family of Origin Role Play’ is a teaching tool used to help workers examine the emotional and behavioral patterns of interaction occurring in the families in which they were raised.

An active awareness of the strengths workers carry as well as identifying internal obstacles and personal biases frees the worker to relate to families in a more congruent and less reactive way.

The goal of the midterm paper is to have workers start to look at their own families in new ways using concepts from either Murray Bowen or Virginia Satir and comparing this with another major family systems model.

CLASS FORMAT:

- ◆ Learning contracts
- ◆ Case consultations
- ◆ Process journaling
- ◆ Family of origin role play
- ◆ Mindfulness principles and practices
- ◆ Setting a context for heart centered work
- ◆ Mid term paper on family of origin

ENROLLMENT LIMITED TO 8

INSTRUCTORS: TBA

CLASSES: Tues. 1:00pm - 4:00pm

DATES: Oct. 16 - Dec. 4, 2018
Jan. 8 - Apr. 16, 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:

After the completion of the Level II training, participants will be invited to register for the final level of training, Level III, for the following year.

Please note: As with Level II, all Level III applicants will go through an interview process.

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.

Efforts will be made to offer all levels of training each year depending on the number of registrations received. Level II and Level III training will only be offered if sufficient applications are received. Those who have completed previous levels of training will be contacted each year and invited to apply for the subsequent levels of training.