



Family Therapy Program

FAMILY SYSTEMS TRAINING

2018-2019

REGISTRATION DEADLINE:
September 21, 2018

LEVEL III

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

LEVEL III

“Integration of theory and self in the practice of family centered work”

This advanced small group training opportunity is open for graduates of the Level I and II courses. It is designed to build on and refine the learning from the first two levels of training and 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 III applicants will go through an interview process.

CLASS OBJECTIVES:

- ◆ Improving ability to engage families and develop a positive working alliance
- ◆ Increasing flexibility and range in use of self as helper
- ◆ Developing greater awareness of one’s thoughts about families and family change with specific attention to gender, sexual orientation, socio-economic status and culture
- ◆ Practicing skills in moving past stuck points with families
- ◆ Refining understanding of systems concepts in greater depth and how to apply them in concrete, specific situations

- ◆ Developing and articulating goals with families in a collaborative way
- ◆ Learning to utilize interventions that magnify family strengths in ways which promote ownership and responsibility
- ◆ Promoting family self-direction in the face of multiple system involvement
- ◆ Learning to identify and work with family processes and patterns

CLASS FORMAT:

- ◆ Readings
- ◆ Journaling
- ◆ Researching special issues
- ◆ Live sessions, role plays and/or video tapes
- ◆ A practicum/project paper to be decided on an individual basis between student and facilitator

ENROLLMENT LIMITED TO 8

INSTRUCTORS: TBA

CLASSES: Thurs. 1:00p.m.- 4:00p.m.

DATES: Oct. 18 - Dec. 6, 2018
Jan. 10 - Apr. 18, 2019

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.

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.



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.

