

Advanced Certificate in Couple and Family Systems Therapy



In-depth family therapy training with Bowen Theory at its core, focusing on applying theory and practice to the live domains of self, family & clinical practice.

The *Advanced Certificate in Couple and Family Systems Therapy* with the Family Systems Institute is a flexible and affordable two-year program accredited by the Australian Association of Family Therapy (AAFT) featuring training in relationship systems thinking and clinical application with individuals, couples and families. The program draws on the Institute's rich history to offer a unique opportunity for training in the theory and application of Bowen Family Systems Theory situated in the broader context of family therapy models.

ADVANCED CERTIFICATE IN COUPLE AND FAMILY SYSTEMS THERAPY

THEORY

Online discussion modules and guided reading cover the history and different models in family therapy and provide a grounding in Bowen Theory, while special topic workshops provide opportunity to think about challenging topics

CLINICAL APPLICATION

Special topic workshops, supervision groups and collaborative learning intensives provide opportunity to consider the family life cycle and sociopolitical and cultural contexts of cases in clinical application

SELF AS THERAPIST

Family of origin research groups provide a unique opportunity to consider the self in the fabric of intergenerational relationship systems, and in the live domains of personal and professional contexts

Overview

- **Two-year core program** with live online learning groups and face-to-face intensives.
- **Collaborative discussion groups and modules** include an in-depth guided reading program and stimulating online learning groups with peers, facilitated by faculty members
- **Additional program requirements** can be done simultaneously with the core program or up to 8 years beforehand and incorporated as recognised prior learning:
 - > **Special topic workshops** focus on clinical application for working with couples and families
 - > **Group supervision** includes case presentations and reviews of clinical tapes, providing the opportunity for grappling with the integration of theory and practice
 - > **Family of origin groups** offer a dedicated space to consider the self of the therapist
- A family systems lens on **current and challenging topics** including: couples & families; trauma; addictions; domestic violence; divorce, remarriage & affairs; neuroscience & neurobiology
- **Twice annual intake** into the program – Feb. and July as well as the possibility of joining supervision groups, family of origin groups and workshops at different times of the year
- **Flexibility and affordability** made possible by staggering the pace of study, recognised prior learning pathways and online learning options
- **Free registration** to the Pre-conference event & FSI's End of Year Symposium
- and Meet **CPD** requirements with relevant training while working towards accreditation as a family therapist with the Australian Association of Family Therapy

Who is it for?

The **Advanced Certificate program** is ideal for already practicing clinicians from various disciplines - including social work, psychology, psychiatry, occupational therapy, nursing - wanting to gain theory and practice experience in working with couples and families, moving towards certification as a clinical family therapist with the Australian Association of Family Therapy.

The program offers a rich learning platform simultaneously for participants starting to work with families as well as more experienced therapists - both will benefit from thinking about the theory and application of family therapy combined with a Bowen Theory approach, while the unique focus of the self as therapist in this program means for the more experienced therapist the program offers continued learning and application in their growth personally and professionally.

Other program options available:

- The **Certificate in Family Systems Theory and Application** provides an opportunity for those wanting to integrate systems thinking in the relationships they are working within a non-clinical context - for example those in human resources, education, nursing, non-government agencies, family support, disability, drugs and alcohol and mental health.
- The **Certificate in Systems in Ministry** is a two-year program tailored for those in ministry contexts with a substantial systems theory and case orientation. It is suitable for a range of people in ministry contexts - ministers in training, paid or lay church leaders, chaplains, para-church organisation workers and pastoral care workers, amongst others.

Course structure

Online | Face-to-face | Blended option

CORE PROGRAM	
Year 1	Year 2
<p>Initial orientation and end of year review</p> <p>Learning modules and discussion groups: Module 1: The Emotional System Module 2: Differentiation of Self Module 3: Chronic Anxiety Module 4: History and Development of Family Therapy</p> <p>Collaborative learning intensives (2 x 2 days)</p>	<p>Annual review</p> <p>Learning modules and discussion groups: Module 5: Nuclear Family Emotional System Module 6: Triangles Module 7: Multi-generational Emotional Process Module 8: Overview of Family Therapy Models and Social Context*</p> <p>Collaborative learning intensives (2 x 2 days)*</p>

Note - Modules can be completed in any order. Four modules are run per year so some students will commence with Module 1 in their first year, and others with Module 5.

*Participants are responsible for covering costs travelling to Sydney twice a year for collaborative learning intensives

ADDITIONAL PROGRAM REQUIREMENTS**					
SUPERVISION		FAMILY OF ORIGIN GROUPS		APPLICATION WORKSHOPS	
Year 1	Year 2	Year 1	Year 2	Year 1	Year 2
5 x 2hr groups & intro 1hr (+ readings)	5 x 2hr groups & intro 1hr (clin. tape review)	8 x 2hr groups & intro 1hr	8 x 2hr groups & intro 1hr	12 hours (4 workshops)	12 hours (4 workshops)

**Can be completed up to 8 years prior to core program commencement and incorporated as Recognised Prior Learning

Next steps...

For detailed information including **fee schedule** and program breakdown visit www.thefsi.com.au

Get in touch with any questions by email to info@thefsi.com.au or call **02 9904 5600** for more information

