

Certificate in Family Systems Theory & Application



Foundational training in a Bowen family systems approach to applying theory and practice to the live domains of self, family, and workplace

The *Certificate in Family Systems Theory and Application* with the Family Systems Institute is a flexible and affordable two-year program featuring training in a Bowen Family Systems Theory approach to thinking about self in relationship systems.

CERTIFICATE IN FAMILY SYSTEMS THEORY AND APPLICATION



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 application for working with relationships
 - > **Family of origin groups** offer a dedicated space to consider self in relationship systems
- A family systems lens on **current and challenging topics** including: couples & families; leadership, workplace, trauma; 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 FSI's Pre-conference Event and End of Year Symposium
- *and* option to upgrade to the **Advanced Certificate** to move towards accreditation with the Australian Association of Family Therapy as a family therapist in the future if desired

Who is it for?

The **Certificate Program** provides a rich opportunity for those wanting to integrate systems thinking in the relationships they are working with in broad contexts - for example those in mental health, health, education, nursing, executive coaching, family business, business contexts, family support, disability, drugs and alcohol. It is similar to the Advanced Certificate program but is not accredited by AAFT and does not include the broader family therapy modules and clinical supervision groups.

Other program options available:

- The **Advanced Certificate in Couple and Family Systems Therapy** is ideal for already practicing clinicians from various disciplines - 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 **Systems in Ministry Certificate** 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
Initial orientation and end of year review	Annual review
Learning modules and discussion groups: Module 1: The Emotional System Module 2: Differentiation of Self Module 3: Chronic Anxiety	Learning modules and discussion groups: Module 5: Nuclear Family Emotional System Module 6: Triangles Module 7: Multi-generational Emotional Process*
Collaborative learning intensives (2 x 2 days)	Collaborative learning intensives (2 x 2 days)

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*			
FAMILY OF ORIGIN GROUPS		SPECIAL APPLICATION WORKSHOPS	
Year 1	Year 2	Year 1	Year 2
8 x 2hr groups + intro 1hr	8 x 2hr groups	6 hours (2 workshops)	6 hours (2 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