

FSI Conference Program 2026 - Resilience and Relationships

Fresh Perspectives from Family Systems Theory

19-20 August 2026 - Ultimo, Sydney and Online / Delayed Stream

Wednesday 19th August		Thursday 20th August	
9:00am	<p>Morning Session 1</p> <p>Keynote 1 - Resilience and Relationships</p> <p>Amie Post</p> <p>Q&A Session</p>	9:00am	<p>Morning Session 1</p> <p>Keynote - Cutoff & Estrangement</p> <p>Dr Linda Mackay</p> <p>Q&A Session</p>
10:45am	Morning Tea	10:45am	Morning Tea
11:15am	<p>Morning Session 2</p> <p>Keynote 2 - Resilience and Relationships</p> <p>Amie Post</p> <p>Q&A Session</p>	11:15am	<p>Morning Session 2</p> <p>Keynote 3 - Resilience and Relationships</p> <p>Amie Post</p> <p>Q&A Session</p>
1:00pm	Lunch	1:00pm	Lunch
1:45pm	<p>Wednesday Workshop Options* Session 1</p> <p>Workshop 1 - Holding the Family in a Room That Wasn't Built for Them: One therapist's attempts at differentiation in youth alcohol and other drugs services Rochelle Oshlack</p> <p>Workshop 2 - Mirror, Mirror: Who is the least differentiated of them all? Seeing the intensity of the family emotional process play out in the tension of treating team triangles - Michelle Varcoe</p> <p>Workshop 3 - Houston we have a problem! When mental health systems struggle and an individual is left to launch on her own: A case study Veronica Pym</p>	1:45pm	<p>Afternoon Symposium</p> <p style="text-align: center;"><i>"What help is helpful? Perspectives on promoting agency in service provision"</i> Hosted by Dr Paul Fung (Child & Adolescent Psychiatrist)</p> <p>> Can Science Tell Us What Works? Using science to feel good vs. using science for good thinking - Jacob Lee</p> <p>> Senior Leadership in a Service: How can theory help? - Dr Lisa Newling</p> <p>> Holding on to principles under pressure - Deciding on clinical intervention in the tumult of anxious systems - Michelle Varcoe</p> <p>> Help! I need things to change! Who makes that happen, you or me? - Kim Rowan</p> <p>Q&A Session - Symposium Presenters</p>
2:45pm	Comfort Break	3:00pm	Comfort Break
3:00pm	<p>Wednesday Workshops Options* Session 2</p> <p>Workshop 1 - The Helping–Helplessness Cycle: When our helping efforts intensify parental helplessness — and how helping less could help more Katie Small</p> <p>Workshop 2 - From Fusion to Infidelity: Understanding the process of relationship affairs and rebuilding trust in self and the relationship Clare Speirs</p> <p>Workshop 3 - Resilience in the Face Death and Dying: A family systems lens Erla Newhouse</p>	3:15pm	<p>Thursday live conversation - Lauren Errington / Amie Post</p> <p><i>What is the place of family systems theory in the future of family therapy and mental health work?</i></p>
4:00pm	<p>Special Event: <i>The Parenting Paradox</i> (by Dr Jenny Brown) book interview</p> <p>Dr Jenny Brown in conversation about her new book with Amie Post</p>	3:45pm	<p>Live Q&A panel</p> <p>Amie Post, Jenny Brown, Linda Mackay</p>
4:30pm	<p>Close of Conference Day 1</p> <p>4:30pm-5:30pm Conference Drinks</p> <p>Onsite attendees are invited to join us for drinks in the foyer where they can also purchase a copy of <i>The Parenting Paradox</i> and have it signed by the author.</p>	4:30pm	<p>Close of Conference</p>

**Note that one workshop (TBC) for each session will be livestreamed for online participants, but all workshops will be recorded and available for viewing as part of the delayed stream conference package.*