

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	Morning Session 1 Keynote - Resilience and Relationships: What Do We Mean When We Say "Resilience"? Amie Post Q&A Session	9:00am	Morning Session 1 Keynote - Cutoff & Estrangement Dr Linda MacKay Q&A Session
10:45am	Morning Tea	10:45am	Morning Tea
11:15am	Morning Session 2 Keynote - Resilience and Relationships: Where Does Resilience Live? Amie Post Q&A Session	11:15am	Morning Session 2 Keynote - Resilience and Relationships: Help That Is Actually Helpful Amie Post Q&A Session
1:00pm	Lunch	1:00pm	Lunch
1:45pm	Wednesday Workshop Options* Session 1 Workshop 1 - Four Seasons in one day. Who is in the room in family therapy Katie White Workshop 2 - 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 Workshop 3 - Houston we have a problem! When all systems fail and the adolescent is left to launch on her own: A case study Veronica Pym	1:45pm	Afternoon Symposium "What help is helpful? Perspectives on promoting agency in service provision" Hosted by Dr Paul Fung (Consultant Psychiatrist) > Can Science Tell Us What Works? Using science to feel good vs. using science for good thinking - Jacob Lee > Senior Leadership in a Service: How can theory help? - Dr Lisa Newling > Holding on to principles under pressure - Deciding on clinical intervention in the tumult of anxious systems - Michelle Varcoe > I need things to change! Who makes that happen, you or me? - Kim Rowan Q&A Session - Symposium Presenters
2:45pm	Comfort Break	3:30pm	Comfort Break
3:00pm	Wednesday Workshops Options* Session 2 Workshop 1 - 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 Workshop 2 - The Helping-Helplessness Cycle: When our helping efforts intensify parental helplessness — and how helping less could help more Katie Small Workshop 3 - From Fusion to Infidelity: Understanding the process of relationship affairs and rebuilding trust in self and the relationship Clare Speirs 4:00pm Special Event NEW Book Interview: <i>The Parenting Paradox</i> by Dr Jenny Brown Dr Jenny Brown in conversation about her new book with Amie Post	3:45pm	Thursday live conversation - Lauren Errington / Amie Post <i>What is the place of family systems theory in the future of family therapy and mental health work?</i>
4:30pm	Close of Conference Day 1	4:05pm	Live Q&A panel Amie Post, Lauren Errington, Dr Linda MacKay
4:30pm-5:30pm	Conference Drinks 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.	4:30pm	Close of Conference

*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.