

WORKING WITH COMPLEX FAMILY DYNAMICS. Practical skills for working with complex family structures and dynamics that effect families and individual family members.

Working with families can be complex and requires a great deal of the therapist by contrast with individual work. These skills and perspectives extend therapy work into a broader clinical dynamic field. This training is designed to give therapists an opportunity to learn systemic concepts when working with family groups and to build clinical confidence.

Participants will be introduced to Systems Theory concepts such as circular questioning and reframing which are central to effective family work. Ari will show how Solution-Focused approaches can be incorporated into a Family Systems model. Participants will also learn how to engage more than one person, how to keep the session balanced and manage various personalities and many of the complex issues that arise.

Training methods will include role plays, group work and case study discussion. The format is designed to be practical with a strong focus on developing skills to enhance your work with families.

Learning objectives of this training:

- Understand when family therapy is appropriate.
- Understand systemic ideas and the difference between interpersonal work and intra-psychic work.
- Understand how to engage a family and keep the session balanced.
- Apply reframing and circular questioning in family work.
- Manage therapist's anxiety and potential trigger responses to family situations.
- Feel more confident approaching family work.

Trainer:

Ari Badaines, Ph.D. is a clinical psychologist who trained in the United States. In 1980 he obtained a post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he studied Group Therapy, Family and Couple Therapy. Later, he undertook further training at the Institute for Family Therapy in London. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia. He was twice a keynote speaker for the annual conference of Marriage Guidance Counsellors (now Relationships) in the UK. In 2015, Ari led a two-day workshop for the Psychological Society of Ireland on 'Action Techniques with Individuals and Couples' which was so positively received that he has been invited back each year since to present on couples and family therapy. He is renowned as an engaging and popular presenter for PDP and for several European organisations. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

N.B. This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

A CPD certificate for 6 hours of training is issued in the week following attendance at this event.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.