



Advanced Systemic Family Therapy Certificate Program

**ADMINISTRATION
HANDBOOK &
PROGRAM OVERVIEW
2022 COHORT**

Why complete the Advanced Certificate in Systemic Family Therapy at the Queensland Institute of Family Therapy?

In line with contemporary practice, the Queensland Institute of Family Therapy (QIFT) provides professionals with opportunities to learn and experience multiple systemic ways of working with clients and families.

This philosophy is based on integrative practice principles that appreciate the significant contribution of different Family Therapy models across time.

The Advanced Certificate in Systemic Family Therapy offers a unique opportunity to develop the capacity to use Systemic Family Therapy principles and practices in therapeutic interventions in a wide range of settings with families, couples, and individuals (Children, Adolescents, Adults).

In this program, participants will get a thorough grounding in Systems Theory in order to develop their ability to 'think systemically', develop knowledge and skills in a variety of First and Second Generation schools of Family Therapy, and explicitly link theory to practice.

The program will also focus on Contemporary Practice including Third Generation ideas that encompass evidence-based Family Therapy models and integration of systemic principles with neuroscience; and integration of different approaches within a Systemic Framework in order to provide effective, individualised interventions.

This program has a large experiential component including experiential workshops, live supervision in applied practice days and advanced workshops, as well as a structured reading group and as such is open to both local and distance students.

Teaching Location:

The Family Well-Being Hub
Suite 51/207 Currumburra Rd Ashmore QLD 4214

Postal Correspondence:

PO BOX 613
Nerang QLD 4211

Contact Numbers:

Dr Leonie White 0401 002 544
Dr Kate Owen 0408 528 380

Email: qldfamilytherapy@gmail.com

Website: www.qldfamilytherapy.com

Advanced Certificate Program Details

Duration: Two Years Full-Time (two units per semester for a total of 4 semesters)

Commencing: June 2020

Course List:

Year 1

Semester 1 \$2600 (or \$2400 discounted rate for advanced payment).

- Foundations for Systemic Family Therapy: Part A
- Foundations for Systemic Family Therapy: Part B

Semester 2 \$2600 (or \$2400 discounted rate for advanced payment).

- Core Knowledge for Systemic Family Therapy: Part A
- Core Knowledge for Systemic Family Therapy: Part B

Year 2

Semester 1 \$2800 (or \$2600 discounted rate for advanced payment).

- Clinical Practice in Systemic Family Therapy: Part A
- Clinical Practice in Systemic Family Therapy: Part B

Semester 2 \$2800 (or \$2600 discounted rate for advanced payment).

- Advanced Practice in Systemic Family Therapy: Part C
- Advanced Practice in Systemic Family Therapy: Part D

All fees are inclusive of gst.

Additional Cost for The University of Queensland Community Library Membership \$25

This membership gives you access to the UQ Library and resources

<https://app.library.uq.edu.au/#/membership/form/community>

Please refer to the "Advanced Certificate in Systemic Family Therapy Program Financial Guide" for further details regarding fees and payment options.

Staff Details

Name: Dr Leonie White
Profession: Psychologist & Clinical Family Therapist
AAFT Status: Clinical Member and Accredited Supervisor
Role: Director
Teaching

Name: Dr Kate Owen
Profession: Clinical Psychologist & Clinical Family Therapist
AAFT Status: Clinical Member and Accredited Supervisor
Role: Director
Teaching

Name: Laura Hawkins
Profession: Occupational Therapist & Clinical Family Therapist
AAFT Status: Clinical Member
Role: Teaching

Name: Dr Mark Scholes
Profession: Clinical Psychologist & Clinical Family Therapist
AAFT Status: Clinical Member and Accredited Supervisor
Role: Teaching

Name: Roger Lowe
Profession: Psychologist
AAFT Status: Clinical Member
Role: Guest Presenter

Name: Dr Paolo Bertrando
Profession: Psychiatrist
AAFT Status: NA
Role: Guest Presenter

Entry Requirements

Pre-requisites

An appropriate degree in health, counselling, social work, teaching, or related discipline and the completion of at least 1 year of work experience in the helping profession.

Process

Applications will be received and assessed through the following process:

Step One

Email the Queensland Institute of Family Therapy (QIFT) (qldfamilytherapy@gmail.com) an expression of interest in the program and include as an attachment a CV and a referee (does not have to be a Family Therapist; must be someone who knows the applicant's work).

Step Two

A phone call will be scheduled with the Directors of QIFT to discuss the program, questions the applicant may have, suitability of the program for the applicant – professionally and financially.

Step Three

An orientation interview will occur with one or both of the Directors to discuss the program and the participant's learning goals.

Course Enrolment End Date

All applications for Semester One 2022 must be received by close of business by June 3rd 2022.

Program Requirements

To complete the Advanced Certificate in Systemic Family Therapy the participant must fulfill these requirements:

- Completion of the 8 courses (two courses per semester).
- A pass mark of at least 50% for each course.
- A minimum attendance requirement of 90% with make up tasks completed as necessary.

Contact Hours and Requirements:

First Year – Semester 1:

- 5 workshops (4 in person, 1 online). Workshops 1 and 2 run on a Thursday and Friday, and then the remaining workshops run on Fridays spread across the semester.
- 7 evening online tutorials spread approximately fortnightly across the semester.
- Weekly reading program – allow 2 to 3 hours per week.
- Weekly journaling for the reading program – nongraded, 500 words, focus on the application of ideas to practice.
- 2 assignments - resources and support provided.

First Year – Semester 2:

- 5 workshops (4 in person, 1 online). Workshops are generally scheduled on Fridays spread across the semester.
- 7 evening online tutorials spread approximately fortnightly across the semester.
- Weekly reading program – allow 2 to 3 hours per week.
- Weekly journaling for the reading program – nongraded, 500 words, focus on the application of ideas to practice.
- 2 assignments - resources and support provided.

Second Year – Semester 1:

- 6 workshops (5 in person, 1 online). Workshops are generally scheduled on Fridays spread across the semester.
- 7 evening online tutorials spread approximately fortnightly across the semester.
- Weekly reading program – allow 2 to 3 hours per week.
- Weekly journaling for the reading program – nongraded, 500 words, focus on the application of ideas to practice.
- 2 assignments - resources and support provided.

Second Year – Semester 2:

- 6 workshops (5 in person, 1 online). Workshops are generally scheduled on Fridays spread across the semester.
- 7 evening online tutorials spread approximately fortnightly across the semester.
- Weekly reading program – allow 2 to 3 hours per week.
- Weekly journaling for the reading program – nongraded, 500 words, focus on the application of ideas to practice.
- 2 assignments - resources and support provided.

Policy Statement

The mission of QIFT is to provide a range of accessible and exceptional professional development options to cater to individuals, teams and organisations across a diverse range of Family Therapy training and experience.

The Queensland Institute of Family Therapy is committed to:

- Providing high quality learning opportunities for participants in order to support Family Therapy within Australia and Overseas.
- Establishing and sustaining an independent learning community that supports learning, critical thinking and reflection, academic integrity and ethical standards in all students and staff.
- Involving participants actively in all stages of their program experience.
- Creating an environment for learning that is characterised by openness, reflection and engagement, and in which contribution to the field of Family Therapy is encouraged.
- Ongoing reflection and review of all aspects of the program and curriculum in order to ensure a high quality program that maintains currency in contemporary practice.
- A respectful, courteous, professional ethical learning experience for all participants and staff members, in all forms of communication (email, verbal, in person).
- A learning environment that is free from harassment, discrimination or bullying

Complaints and Grievance Resolution Process

Grievance resolution will be guided by the following resolution process:

1. The grievance will be addressed as expeditiously as possible.
2. The resolution of the participant grievance will be handled as close as possible to the source of course participant dissatisfaction and as informally as possible.
3. The course participant is entitled to appeal to a Director (the most senior decision maker) with the provision of new or additional information to support their case, or they can explain why the original decision did not comply with QIFT policies.
4. The enrolment of the course participant will be maintained during the grievance process.
5. The course participant will not suffer any reprisal as a result of lodging a complaint, grievance or appeal.
6. In the case of an interview with the course participant and a Director (if required) the participant may bring a support person (who is not a legal representative, or currently a practicing solicitor or barrister).
7. The QIFT grievance process will promote the principles of procedural fairness and natural justice.
8. This process of supporting Grievances will be widely publicised to facilitate access to the grievance resolution process.
9. A course participant may choose to have their grievance reviewed by an external complaint handling process.

Professional Memberships

Graduates of the Advanced Certificate in Systemic Family Therapy may be eligible for membership with the Australian Association of Family Therapy (AAFT) upon completion of the Membership requirements.

See the AAFT website for further details <https://www.aaft.asn.au/membership/>

A logbook of clinical hours is required, plus an additional 50 hours of supervision is required post completion of the Advanced Certificate in Systemic Family Therapy course.

This training complies with the AAFT Core Content areas:

- An overview of the history of the development of family therapy.
- Developmental stages of family life.
- Clinical practice to specific client populations including for instance: children, adolescents, and elderly.
- Socio political influences.
- Models of assessment and intervention.
- Referral and referral options.
- Ethics of clinical practice and supervision.
- Theories and processes of family therapy.
- Integrating and understanding human diversity including culture, gender, age, ability, class, religion and ethnicity.
- Further development of self-awareness.
- Familiarity with research on effectiveness of family therapy.

This training includes a component relating to the Self of the Therapist (family of origin and contextual influences) in each of the year levels with a deepening exploration in the second year, and an ongoing consideration throughout the program.

Program Overview

Year 1, Semester 1

Foundations For Systemic Family Therapy

Course Aims

To develop knowledge that provides a foundation for effective Family Therapy practice, including specifically an understanding of what Family Therapy is, the theoretical underpinnings of Family Therapy and the practical applications of these, alliance and ethical considerations, and assessment with a Family Therapy focus.

Learning Objectives

After successfully completing participants should be able to:

1. Understand what Family Therapy is:
 - a. Understand what Family Therapy is and how it is different from individual Psychotherapeutic frameworks.
 - b. Understand the context of Family Therapy.
 - c. Understand the influence of the paradigm shift to a systems perspective.
2. Understand Systems Theory and Cybernetics.
3. Understand the influence and application of Post-Modernism in Family Therapy.
4. Understand Key Systemic Concepts in relation to change.
 - a. Theory of Change.
 - b. Process of Change.
 - c. First and Second Order Change.
5. Understand the Alliance in Couple and Family Therapy.
 - a. Theoretical Understanding.
 - b. Practical Applications.
 - c. Introduction to the importance of the Self of the Therapist.
6. Understand the Ethical Considerations involved in Couple and Family Therapy.
 - a. Theoretical Understanding.
 - b. Practical Applications.
7. Complete a Family Therapy Assessment.

Workshop Program

- Workshop Day 1 Introduction to Systemic Thinking and Family Therapy: Part 1.
- Workshop Day 2 Introduction to Systemic Thinking and Family Therapy: Part 2.
- Workshop Day 3 Ethics and Systemic Alliance.
- Workshop Day 4 Applied Learning and Reflective Practice Forum: Part 1.
- Workshop Day 5 Applied Learning and Reflective Practice Forum: Part 2.

Reading Program

- 14 week reading program.
- 7 online tutorials.

Assessment

Please refer to Course Outlines.

Program Overview

Year 1, Semester 2

Core Knowledge for Systemic Family Therapy

Course Aims

To develop knowledge to provide a range of effective Family Therapy interventions, including specifically an understanding of First and Second Generation schools of Family Therapy, Contemporary Practice including integration, and the Evolution of Family Therapy. This course will develop knowledge regarding how Family Therapy is applicable across a broad range of treatment applications, and how Family Therapy considers contextual factors including working with different age groups, family structures, and different cultural backgrounds.

Learning Objectives

After successfully completing participants should be able to:

- 1 Develop theory and practice knowledge of First and Second Generation Schools of Family Therapy, as well as Contemporary Practice and Integration.
 - a. Milan Systemic Psychotherapy.
 - b. Structural Family Therapy.
 - c. Strategic Family Therapy.
 - d. Bowen Family Systems.
 - e. Solution Focused Therapy.
 - f. Narrative Therapy.
 - g. Experiential Family Therapy.
- 2 Understand the Evolution of Family Therapy in order to contextualise Contemporary Practice in a way that enhances Family Therapy interventions.
- 3 Critically examine Schools of Family Therapy.
 - a. Core theory and principles and treatment.
 - b. Effectiveness of therapeutic interventions.
 - c. Evidence base for specific disorders and/or populations.
- 4 Utilize personal reflection and theoretical understanding to explain how family of origin and family relationships affect mental, emotional and social well-being, and highlight the importance of therapist family of origin in relation to professional practice.

Workshop Program

- Workshop Day 1 First Generation Schools of Family Therapy.
- Workshop Day 2 First and Second Generation Schools of Family Therapy.
- Workshop Day 3 Evolution and Integration of Systemic Family Therapy Practice.
- Workshop Day 4 Applied Learning and Reflective Practice Forum: Part 1.
- Workshop Day 5 Applied Learning and Reflective Practice Forum: Part 2.

Reading Program

- 14 week reading program.
- 7 online tutorials

Assessment

Please refer to Course Outlines.

Program Overview
Year 2, Semester 1
Advanced Practice in Systemic Family Therapy (Part A & B)

Course Aims

To develop specialist knowledge and skills for effective Family Therapy practice, with an emphasis on First Generation Schools of Family Therapy including Bowen Family Systems, Structural and Strategic Family Therapy models, and Experiential approaches to working with families. And to use family life cycle concepts to examine typical clinical presentations at particular transition points, and to learn systemic interventions which may be utilised.

Through applied clinical practice to draw upon and integrate a number of Family Therapy schools and conceptual models to match client needs and goals.

Learning Objectives

After successfully completing participants should be able to:

1. Understand what Bowen Family Systems is:
 - a. Understand the theoretical underpinnings and key concepts of Bowen Family Systems.
 - b. Understand how to conduct a Genogram with clients as an Assessment tool.
 - c. Understand how to use a Genogram with clients as an Intervention tool.
 - d. Reflect on Family of Origin influences when working with clients.
2. Understand what Structural Family Therapy is:
 - a. Understand the theoretical underpinnings and key concepts of Structural Family Therapy.
 - b. Understand how to assess and hypothesise about families and presenting problems using Structural concepts.
 - c. Understand how to use Structural techniques with clients/families.
3. Understand what Strategic Family Therapy is:
 - a. Understand the theoretical underpinnings and key concepts of Strategic Family Therapy.
 - b. Understand how to assess and hypothesise about families and presenting problems using Strategic concepts.
4. Understand Experiential approaches to Family Therapy:
 - a. Understand the theoretical underpinnings and key concepts that influenced Experiential approaches to working with families.
 - b. Understand how Experiential approaches view the change processes in family therapy.
 - c. Understand how to use Experiential techniques with clients/families.
5. Engage in applied learning and enhance skills and competence in Family Therapy practice by:
 - a. Presenting a case example utilising Systemic Family Therapy concepts and language.
 - b. Applying Systemic Thinking to understand and influence/change interactions that keep families and individuals stuck in problem maintaining patterns and unhelpful cycles.
 - c. Considering Systemic Family Therapy concepts when completing an assessment and formulating hypotheses, and ideas for interventions.
 - d. Exploring and practicing in session processes and techniques, including alliance building, marking boundaries, unbalancing, focusing, and coaching communication.
 - e. Exploring ethical, legal and professional standards in relation to client presentations.

Program Overview Continued
Year 2, Semester 1
Advanced Practice in Systemic Family Therapy (Part A & B)

Workshop Program

- Workshop Day 1 Bowen Family Systems.
- Workshop Day 2 Strategic Family Therapy.
- Workshop Day 3 Structural Family Therapy .
- Workshop Day 4 Experiential Approaches to Family Therapy.
- Workshop Day 5 Applied Learning and Advanced Reflective Practice Forum: Part 1.
- Workshop Day 6 Applied Learning and Advanced Reflective Practice Forum: Part 2.

Reading Program

- 14 week reading program.
- 7 online tutorials.

Assessment

Please refer to Course Outline

Program Overview
Year 2, Semester 2
Advanced Practice in Systemic Family Therapy (Part C & D)

Course Aims

To develop specialist knowledge and skills for effective Family Therapy practice, with an emphasis on Second Generation Schools of Family Therapy including Solution Focussed Therapy and Narrative Therapy with families. And to use family life cycle concepts to examine typical clinical presentations at particular transition points, and to learn systemic interventions which may be utilised.

Through applied clinical practice to draw upon and integrate a number of Family Therapy schools and conceptual models to match client needs and goals.

Learning Objectives

After successfully completing participants should be able to:

1. Understand what Solution Focussed Therapy with families is:
 - a. Understand the theoretical underpinnings and key concepts of Solution Focussed Therapy
 - b. Understand how SFT principles and techniques can be used with clients/families
 - c. Learn SFT techniques for use in clinical practice
2. Understand what Narrative Therapy with families is:
 - a. Understand the theoretical underpinnings and key concepts of Narrative Therapy
 - b. Understand how Narrative Therapy principles and techniques can be used with clients/families.
 - c. Learn Narrative Therapy techniques for use in clinical practice
3. Understand how to work Systemically with Trauma:
 - a. Understand what is Trauma.
 - b. Understands the impact of Trauma on the individual, relationships and the family.
 - c. Learns how Systemic approaches can be used effectively with this presentation.
 - d. Learn specific techniques from Systemic frameworks that can be used with clients/families.
4. Understand how to work Systemically with Couples:
 - a. Understand the Couple system within a Systemic framework.
 - b. Learn an integrative Systemic framework for working with Couples.
 - c. Learn specific techniques to use in Couple work.
5. Engage in applied learning and enhance skills and competence in Family Therapy practice by:
 - a. Presenting a case example utilising Systemic Family Therapy concepts and language
 - b. Applying Systemic Thinking to understand clinical practice with emphasis on Post-Modern ways of thinking and working.
 - c. Considering Systemic Family Therapy concepts when completing an assessment and formulating hypotheses, and ideas for interventions.
 - d. Exploring and practicing in session processes and techniques.
 - e. Exploring ethical, legal and professional standards in relation to client presentations.

Program Overview Continued
Year 2, Semester 2
Advanced Practice in Systemic Family Therapy (Part C & D)

Workshop Program

- Workshop Day 1 Solution Focussed Therapy with Families..
- Workshop Day 2 Narrative Therapy with Families.
- Workshop Day 3 Working Systemically with Trauma.
- Workshop Day 4 Working Systemically with Couples.
- Workshop Day 5 Applied Learning and Advanced Reflective Practice Forum: Part 1.
- Workshop Day 6 Applied Learning and Advanced Reflective Practice Forum: Part 2.

Reading Program

- 14 week reading program.
- 7 online tutorials.

Assessment

Please refer to Course Outline