

COMING IN 2021

KEY SKILLS IN FAMILY THERAPY



Systemic Approaches to Working with Individuals, Couples and Families

A two day workshop for practitioners who work with children, young people, adults, couples, families, and/or organisations supporting clients with mental health issues. This 'flagship' workshop introduces participants to core Family Therapy concepts and broadens practitioners understanding of how to view, 'the client's problem', as well as providing practical skills and interventions for use with the client groups. Built on theoretical constructs from systemic, structural, solution focused and narrative family therapy models to teach core thinking and interviewing skills in family therapy, it makes complex theory easy to grasp and the related techniques easy to implement.

This workshop is interactive, dynamic, experiential, and self-reflective in nature, as the presenters use a variety of teaching tools and modalities to enhance the learning experience. Offering wise and compassionate guidance on everything from intake and assessment to treatment planning, the nuts and bolts of specific interventions, the nuances of establishing therapeutic relationships, and how to troubleshoot when treatment gets "stuck". Pre-readings and post-workshop resources are available for ongoing learning and interest.

Linking theory to practice features strongly throughout each component of the workshop, as does developing practical skills to take away from the workshop. The workshop has been delivered to government and non-government agencies across Australia with consistently high reviews. This is essential training for any practitioner working with children and families ranging from Psychologists, Psychiatrists, Social Workers, Clinical Counsellors, Family Therapists, Counsellors, Child Protection and Disability Workers, Guidance Officers, Occupational Therapists, Speech and Language Therapists, Residential Care Workers and Foster Support Workers. On completion of this workshop you will have a family-focused lens in therapy and feel more confident in conducting family therapy sessions or incorporating family therapy techniques into your current practice. There is a maximum of 25 participants to enhance your learning.



Presented by: Dr Leonie White a Psychologist and Family Therapist with 20 years experience working with children, adults, families, foster families, residential care providers, teachers and other therapists, in Australian and Canadian Education Systems. She has worked in the Australian and Canadian Child Protection Systems. Currently Leonie specialises in Mental Health by supporting young people and their families/carers with emotional, behavioural, social and family difficulties. Leonie also specializes in providing Clinical Supervision to other helping professionals. Leonie works in private practice, provides supervision and training, and works part-time at Qld Health. Leonie White is the Family Therapy field of study coordinator at the University of Queensland for the Masters of Mental Health (Family Therapy), and Member of Staff at the Queensland University of Technology in the Masters of Counselling.

CAIRNS - 11 & 12 March 2021

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