



Professional Certificate in Family Therapy March 2012 to May 2012

PROGRAMME OBJECTIVES

To facilitate students in learning basic knowledge in Family Therapies

PROGRAMME DURATION

8 full days: 40 Hours Continuing Professional Development.

MODULE ONE: Understanding Families

1. Individual and Family Life Cycles

- (a) What is a Family?
- (b) Individual and Family Development.
- (c) Unifying Individual and Family Life Cycles.
- (d) Implications of Life Cycles for Family Therapy
- (e) Summary and Conclusion
- (f) References

2. Healthy and Dysfunctional Characteristics in Families

- (a) Qualities of Healthy Families
- (b) Family Life Stressors
- (c) Family Structure and Functionality
- (d) Coping Strategies of Families
- (e) Implications of Health when working with Families
- (f) Summary and Conclusion

MODULE 2: Therapeutic Approaches to Working with Families

3. Rationale and History of Family Therapy

- (a) The Rationale for Family Therapy
- (b) The Family as a System
- (c) Systemic Versus Individual Therapeutic Approaches
- (d) Reasons for Working with Families
- (e) Family Therapy through the Decades
- (f) Summary and Conclusions
- (g) References

4. The Process of Family Therapy

- (a) Common problems of Beginning Family Therapists
- (b) Appropriate Process
- (c) Pre- Session Planning and Tasks
- (d) Initial Session(s)
- (e) The Middle Phase of Treatment
- (f) Termination
- (g) Summary and Conclusion
- (h) References



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5. Psychoanalytic and Bowen Family Therapies

- (a) Common Characteristics of Psychoanalytic and Bowen Theories
- (b) Psychoanalytic Family Therapy
- (c) Bowen Family Therapy
- (d) Summary and Conclusion
- (e) References

6. Experiential Family Therapy

- (a) Major Theorists: Virginia Satir, Carl Whitaker
- (b) Premises of the Theory
- (c) Treatment Techniques
- (d) Role of the Therapist
- (e) Process and Outcome
- (f) Summary and Conclusion
- (g) References

7. Structural Family Therapy

- (a) Major Theorist : Salvador Minuchin
- (b) Premises of the Theory
- (c) Treatment Techniques
- (d) Role of the Therapist
- (e) Process and Outcome
- (f) Summary and Conclusion
- (g) References

8. Strategic and Systemic Family Therapies

- (a) Major Strategic Family Theorists
- (b) Premises of Strategic Family Therapies
- (c) Systemic (Milan) Family Therapy
- (d) Premises of Systemic (Milan) Family Theory
- (e) Process and Outcome
- (f) Summary and Conclusions
- (g) References

9. Solution-Focused and Narrative Family Therapies

- (a) Solution-Focused Family Therapy
- (b) Major Theorists
- (c) Premises of Solution-Focused Family Therapy
- (d) Narrative Family Therapy
- (e) Major Theorists
- (f) Premises of Narrative Family Therapy
- (g) Process and Outcome
- (h) Summary and Conclusions
- (i) References



MODULE THREE: Special Populations in Family Therapy

1. Working with Single-Parent Families

- (a) Types of Single-Parent Families
- (b) Dynamics Underlying the Formation of Single-Parent Families
- (c) Effects of Divorce and Death on Children
- (d) Strengths and Limitations of Single-Parent Families
- (e) Approaches for Treating Single-Parent Families
- (f) Role of the Family Therapist
- (g) Summary and Conclusion
- (h) References

2. Working with Re-Married Families

- (a) Forming Remarried Families
- (b) Making Healthy Adjustments in Remarried Families
- (c) Dynamics Associated with Remarried Families
- (d) Issues within Remarried Families
- (e) Working with Remarried Families
- (f) Summary and Conclusion
- (g) References

3. Working with Culturally Diverse Families

- (a) What is a Culture
- (b) Dynamics Affecting Culturally Diverse Families
- (c) Working with Culturally Diverse Families
- (d) Characteristics of Culturally Diverse Families
- (e) Approaches to Working with Culturally Diverse Families
- (f) Role of the Therapist
- (g) Summary and Conclusion
- (h) References

MODULE FOUR: Assessment and Trends in Family Therapy

1. Assessment in Family Therapy

- (a) The Importance of Assessing Families
- (b) Dimensions of Assessing Families
- (c) Methods used in Assessing Families
- (d) Family Therapy Scales
- (e) Summary and Conclusion
- (f) References

2. Current Trends in Family Therapy

- (a) Predictions about Family Therapy
- (b) New Family Therapy Approaches
- (c) Dealing with Different Types of Families
- (d) Summary and Conclusion
- (e) References



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WHO SHOULD APPLY

The course is suitable for counsellors and psychotherapists, social workers, psychologists, teachers, community workers and others working within the caring professions.

COURSE STRUCTURE:

The core ethos of IICP is to provide a student centred, warm and supportive learning environment. The programme is highly interactive, experiential and taught through lectures, small group work and role-play.

SCHEDULE OF DATES:

1. Monday 26 March 2012, 9.30am to 4.30pm
2. Monday 2 April 2012, 9.30am to 4.30pm
3. Monday 16 April 2012, 9.30am to 4.30pm
4. Monday 23 April 2012, 9.30am to 4.30pm
5. Monday 30 April 2012, 9.30am to 4.30pm
6. Monday 14 May 2012, 9.30am to 4.30pm
7. Monday 21 May 2012, 9.30am to 4.30pm
8. Monday 28 May 2012, 9.30am to 4.30pm

TUTOR:

Dr. Fergus Heffernan

PHD Psychology, MSc Counselling Psychology and Family Therapies. Member Associations of Family Therapists, IOC, IIPT.

Biography

Fergus has spent much of the past 33 years working with the Irish Defence Forces, the United Nations and NATO based in New York. He has worked with soldiers and their families in Theatre of War locations from Afghanistan, to Iraq, from Central Africa to East Timor, from The Balkans to the Middle East. He is a visiting lecturer and Workshop Director in Trinity College Dublin, Columbia University New York, and Boston University USA.

AWARD:

Professional Certificate in Family Therapy

Awarding body: Institute of Integrative Counselling and Psychotherapy

Attendance at all training days is necessary to qualify for the award of the

VENUE

IICP Education and Training, Killinarden Enterprise Park, Killinarden, Dublin 24

COST: €850.00



IICP Education & Training

Professional Certificate in Family Therapy

Registration Form March 2012

Full Name: _____

Full Address: _____

Tel No: _____

Email : _____

Occupation: _____

Source: _____

(Where did you hear about the course/ IICP?)

Please print your full name (block capitals please) as you like it to appear on your certificate award:

Deposit of €350* Enclosed **Full payment of €850 Enclosed**

Deposit of €350.00* to be paid to confirm your booking of a place on the course and in advance of course commencement. The remaining balance of €500.00 is due to be paid on or before registration on the Monday 26 March 2012.

Places are limited and allocated on a first come first served basis.

Deposit payment is non-refundable

Cheques/postal orders to be made payable to IICP Education and Training

*Receipts will be made available to you/your organisation on receipt of deposit/full payment. Please note all remaining course fees are due at registration or in advance. Cancellations must be made five working days in advance, or the course fee will be charged. Fees are non-refundable and full fees will be charged for no-shows on the day. Substitutions can be made at any time, subject to availability. We reserve the right to reschedule a course should the need arise. By completing and returning this Application Form you agree to our terms and conditions above.

Signed: _____ Dated: _____

Applications to: Mrs Gloria Fitzpatrick-Gonçalves, IICP Education & Training,
Room 5, Killinarden Enterprise Park, Dublin 24

Further information contact:

Norah Byrne 01-4664205 / 087-9103332

Marcella Finnerty 01-4664205 / 086-2609989