

# Key Skills in Family Therapy

Systemic Approaches to Working with Individuals, Couples and Families



This two-day workshop is aimed at 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.

The 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.



Presented by: Dr Kate Owen and Dr Leonie White from the Queensland Institute of Family Therapy. Leonie and Kate Owen have worked in collaboration since 2012. They share a passion for Family Therapy, and supporting the development of those interested in extending their practice in the helping profession. Leonie and Kate have worked together in the Master of Mental Health (Family Therapy) degree previously offered at The University of Queensland. They have also worked together in providing professional development workshops through their private practices.