

## LEVEL III

### “Integration of theory and self in the practice of family centered work”

This advanced small training group is open for graduates of the Level I and II courses. It is designed to build on and refine the learning from the first two levels of training. The structure is flexible, in accordance with the skills, interests, and learning goals of the participants of each group. **Completion of Level I and Level II is mandatory for taking this level.**

#### CLASS OBJECTIVES:

- Increasing flexibility and range in use of self.
- Developing greater awareness of how workers think about families and family change with specific attention to gender, sexual orientation, socioeconomic status and culture.
- Practicing skills in moving past stuck points with families.
- Refining understanding of systems concepts in greater depth and how to apply them in concrete, specific situations.
- Articulating goals and utilizing interventions that magnify family strengths in ways which promote ownership and responsibility.
- Promoting family self-direction in the face of multiple system involvement.

#### CLASS FORMAT:

- Readings.
- Journaling.
- Researching special issues.
- Live sessions, role plays and/or video tapes.
- A practicum/project paper to be decided on an individual basis between student and facilitator.

**INSTRUCTOR:** Cheryl Matthews

**DATES:** Thursdays  
1:00 – 4:00 p.m.  
October-December 2009  
January -April 2010

People interested in Level III can phone and leave their names with Dawn Ditchfield 786-7051, ext. 262.

#### About our facilitators:

Facilitators for the Family Systems training come from a variety of academic, work experience, and cultural backgrounds.

Our facilitators have Masters level training in the following disciplines: Social Work, Educational Psychology, Marriage and Family Therapy, Counselling, and Psychology.

Work experience of our facilitators includes:

Family Therapy, Adult Mental Health, Child and Adolescent Mental Health, Residential Care, Trauma Counselling, Youth Addictions, Group Therapy, Probations, Traditional Healing, Child Welfare, Daycare, Crisis Counselling, Foster Care Case Management, Grief Work.



## FAMILY THERAPY PROGRAM

### FAMILY SYSTEMS TRAINING

LEVELS I, II, III

2009-2010

#### REGISTRATION DEADLINE:

September 25, 2009

Additional Applications Available from:

This training is funded by the province of Manitoba and is available at no cost to front line Child & Family Service Workers

**Dawn Ditchfield, Administrative Assistant,  
Family Centre (NEW DIRECTIONS)  
786-7051, ext. 262, 491 Portage Avenue  
Winnipeg, Mb, R3B 2E4**

## LEVEL I

### **“Applied Systems Concepts and Practices for Effective Case Management” – An overview of Family Intervention Model.**

This course enhances practice skills for Child Welfare Workers. The central theme is to explore fundamental concepts of family systems thinking and its application in case management and developing treatment plans.

#### **CLASS OBJECTIVES:**

Understanding multigenerational issues, family life cycles, and common pitfalls in transitional stages in families.

- Helping families interact in less toxic ways.
- Creating a focus in work with families.
- Engaging with reluctant parents.
- Promoting healthy parental leadership and working with parent-child conflict.
- Understanding family system and case management issues in families with mental health concerns.
- Working with families in perpetual crisis.
- Noticing and building on changes.
- Instilling hope in families.
- Integrating spirituality and cultural values into practice.
- Utilizing a strength-based approach to increase family motivation to change.
- Developing options with multi-problem situations: special issues in sexual abuse, family violence and addiction issues.
- Practicing skills in effective support and challenge.

#### **CLASS FORMAT:**

- Lecturettes.
- Weekly readings.
- Case Consultation, Discussion and Role Plays.
- Journaling

#### **ENROLLMENT LIMITED TO 15**

**INSTRUCTORS:** Bernie Klippenstein  
& Elden Siemens

**CLASSES:** Tuesdays 9:00 a.m. - 12:00 Noon

**DATES:** October – December 2009  
January-April 2010

<b>ALL LEVEL II AND III APPLICANTS WILL GO THROUGH AN INTERVIEW PROCESS!</b>
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## LEVEL II

### **“Enhancing case management skills through family of origin work”**

This course increases the worker’s awareness and understanding of personal biases and emotional blind spots which might negatively affect work with families.

#### **CLASS OBJECTIVES:**

Level II expands and refines concepts learned in Level I, through case consultations, application of intergenerational theories and use of mindfulness principles.

The ‘family of origin role play’ is a teaching tool used to help workers examine the emotional and behavioral patterns of interaction occurring in the families in which they were raised. Identifying internal obstacles and personal biases frees workers to relate to families in a more congruent way.

The goal of the midterm paper is to have workers start to look at their own families in new ways using concepts from either Murray Bowen or Virginia Satir and comparing this with another major family systems model.

#### **CLASS FORMAT:**

- Case consultations.
- Family of origin role play.
- Mindfulness practices and principles for managing anxiety, internal reactions and for deepening self awareness.
- Mid Term Paper on family of origin.
- Process Journaling.
- Learning Contracts.

**INSTRUCTORS:** Tereza Gomes &  
Dianne Baker

**CLASSES:** Tuesdays: 1:00 - 4:00 p.m.

**DATES:** October 2009 – December 2009  
January 2010 – April 2010