

# Core Skills in Family Therapy Practice

**8 CPD hours**  
(pre-readings and worksheets provided prior to workshop)

*Genograms, assessment and construction of the case formulation treatment plan*

**1-day workshop: Singapore: May 2020**

## About the Workshop

Effective family intervention can only occur when the clinician has conducted a thorough assessment. This involves using genograms in engagement and applying a structured assessment format involving exploring and understanding family patterns of functioning. This one day workshop will provide participants with a solid introduction in how to conduct an interview using genograms in assessment. It will also cover how to develop a sound case formulation plan and how to apply family focused interventions keeping in mind the complexity of a family's context, transgenerational history, patterns of interaction and events.

Participants will learn how to explore family patterns of both contributing and maintaining factors influencing the development and maintenance of problem behaviours and relationships. There will be opportunities to practice skills in using genograms in assessment, develop systemic hypotheses and case formulation to guide interventions. There will also be opportunities to review video examples of family assessments and treatment planning as well as opportunity to practice and use various assessment tools throughout the day.

## Workshop Content

The workshop will include the following:

- Understand the process of assessment
- How to use a family systemic lens when working with individuals and families
- How to apply genograms in practice and understand the impact of transgenerational family interactional patterns
- Understand core systemic concepts related to genogram theory and practice
- Understand and work with the family structure
- The influence of the family life cycle and working across family developmental 'nodal points'
- Conducting an effective family assessment
- Developing hypotheses and a clinical formulation to plan treatment
- Assessing the family's patterns and functions, relational patterns and triangles and how this impacts on interpersonal relationships.

## Dates, Fees & Location

**Date:** Wednesday 27th May 2020

**Time:** 9.00am – 4.30pm

**Fees:** Early bird: \$330.00 (AUD) (pay by 15.4.2020)  
Full fee: \$375 (AUD) (from 16.4.2020)

**Venue:** ACC EduHub, 51 Cuppage Road, #03-03  
Singapore 229469

**Email:** [info@sftti.com.au](mailto:info@sftti.com.au)

**Phone:** +61 478 548 594

### Bookings:

[www.clinicalsupervisionservices.com.au/book-a-course](http://www.clinicalsupervisionservices.com.au/book-a-course)

All course notes provided electronically including references, PowerPoint presentation and Family Assessment Resources. Morning and Afternoon Tea provided. Pre-readings provided.

## About the Lecturer

**Lecturer:** *Christine Senediak, Snr Clinical Psychologist BA (M Clin Psych); M. Fam Ther; Accredited Family Therapy Supervisor AAPT; Accredited Psychology Supervisor Trainer and Supervisor (AHPRA)*

Christine Senediak is Director of Sydney Family Therapy Training Institute (SFTTI) based in Sydney, Australia, a subsidiary of Clinical Supervision Services. She has over 35 years of experience working as a clinical psychologist, family therapist, educator and supervisor and has worked both in the public and private health systems specializing in working with children, adolescents and their families and specialist Cross Cultural services and the Children's Court Clinic. She provides supervision to addiction services, adolescent mental health inpatient and outpatient services, adult mental health and family support services.



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