

# **FAMILY DYNAMICS**

## **Continuing Professional Education Series on Family Therapy**

### **Enhancing Clinical Competence and Practice through Systemic Perspective**

Family Dynamics is a Centre providing private Individual, Marriage and Family Therapy service and is committed to promote the development of happy and healthy families in Hong Kong. The series of professional education are organized to address the importance of systemic perspective and collaboration in enhancing the stress coping and supportive function of family especially under the impact of recent changes in our social, political, economic environment and pandemic in Hong Kong.

**Date: 30/1/2021 (Sat) 14:30 – 15:30**

**Title : CPEFT-01**

Revisit of Conceptual Framework in Clinical Practice - From Symptoms to Systems

#### **Speaker's Biography**

Dr. Paul MAU is an individual psychotherapist and family therapist with expert experiences for issues on family & marital relationships, emotion distresses, and personality disorders. He was an adjunct faculty & clinical supervisor of the “Master of Art in Professional Counselling” program of Olivet Nazarene University, United States. He is also a clinical supervisor of the Breakthrough Counselling Centre, and a case clinical supervisor of the Macau Chinese Christian Mission.

#### **Outline of Talk**

The speaker will introduce a road map of Minuchin (The Four-step-model), which assists clinicians in conceptualizing how individual problems are maintained by family interactional patterns. With the road map, clinicians will be able to join with families to empower family members to explore alternative ways of relating in order to elevate the identified client's symptoms. Content will include -

- Introduce the 4-step framework: From Symptoms to Systems
  - Step One: Decentralize presenting problem into system relationship
  - Step Two: Highlighting Problem-maintaining Interactions
  - Step Three: A Structurally-focused Exploration of the Past
  - Step Four: An Exploration of Alternative Ways of Relating
- A Dance with the Family in clinical practice

**Date: 3/2/2021 (Wed) 20:00 - 21:00**

**Title : CPEFT-02**

Stage-Approach in Handling Extramarital Affairs (EMA)

**Speaker's Biography**

Mr. Patrick KUNG is an American Association for Marriage and Family Therapy (AAMFT) Clinical Fellow and Supervisor. He has the experience of over 3000 hours of face-to-face interviews with groups, couples and individuals. He has considerable expertise in conducting couple enrichment group, and facilitating workshops on personal growth, and counselling related subjects. He has a lot of experience in conducting workshops and training for public and private organizations, and churches on family and couples relationships, psychological first aid, peer counselling, crisis management, stress handling, adult suicide prevention & handling, negotiation and conflict resolution.

**Outline of Talk**

The discovery of an Extra-Marital Affairs (EMA) often leads to a marital crisis. Most of the couples go through certain predictable stages when facing the problem. During the talk, the speaker will

- Describe the four stages of EMA
  - Beginning
  - Crisis
  - Struggling
  - Rebuilding
- Introduce clinical assessments and interventions in each stage

**Date: 6/2/2021 (Sat) 14:30 – 15:30**

**Title: CPEFT-03**

Relapse Prevention for Psychiatric Patients through Family Therapy Approach

**Speaker's Biography**

Mr. Maurice WAN was trained as Occupational Therapist in the Hong Kong Polytechnic University, Marriage & Family Therapist in the University of Hong Kong. He has very rich clinical and management experiences in public hospitals, especially in providing services to people with severe mental illnesses, common mental disorders, child & adolescent mental health and was instrumental in introducing recovery-oriented practice. He also experienced in providing marriage and family therapy to families with adult chronic psychiatric patients, child & adolescent having various emotional and behavioral problems.

**Outline of Talk**

Family functioning serves as an important stress-buffering factor for onset of psychiatric illness. Families with high Expressed Emotions (High EE) like hostility, criticism and overprotectiveness could contribute to relapse of the illness. Through this talk, the speaker will share with participants -

- Stress-vulnerability in Psychiatric Illness
- Family as an Emotive System - How Stress Transmits in the Family
- Development of ineffective family interaction patterns that could maintain the problem of psychiatric illness
- Ways to modify the patterns and to enhance the family functioning

**Date: 10/2/2021 (Wed) 20:00 – 21:00**

**Title: CPEFT-04**

Effective Parenting - Back to Basic on Family of Origin

**Speaker's Biography**

Ms. Rachel Ng is the founder of Family Dynamics. She is a Clinical Fellow and Supervisor Candidate of America Association of Marriage and Family Therapy (AAMFT). She has been grateful that she could witness distressed couples and family members to rebuild trust and compassion, which has given her stronger conviction that professional and early intervention is crucial. Rachel's clinical work has been highly recognized by her clients as over 90% of her clinical cases have been referred by previous clients. She also has extensive experiences in providing lectures and training workshops to parents and helping professionals.

**Outline of Talk**

Conflict between parent and child is a common situation in family, but serious conflicts can cause emotional and mental health problems in the child. The speaker will share with participants –

- Understanding the parent-child conflict in the systemic perspective
- The parenting style developed from the experience in the family of origin
- Tackling with unfinished business and insecure attachment
- Exploring effective ways to rebuild parent-child relationship

**Target Participants:**

- Healthcare Professionals including Doctors, Nurses, Social Workers, Counselors, Therapists and those who are interested in the topics.

**Remarks**

**Charges:** Free

**Conducted Language:** Cantonese, supplemented by English

**Format:** Zoom

**Registration:** <https://bit.ly/34T5DbJ>

**Enquiry:** 2468 1261 / 5507 6199 / [info@familydynamics.com.hk](mailto:info@familydynamics.com.hk)