

Family Dynamics

Continuing Professional Education in Family Therapy Series (CPEFT)

CERTIFICATE COURSE – INTRODUCTION TO FAMILY THERAPY LEVEL 1



Family Dynamics is a Centre providing private individual, marriage and family therapy services and is committed to promote the development of happy and healthy families in Hong Kong.

The Certificate Course on ‘**Introduction to Family Therapy-Level 1**’ organized by Family Dynamics aims at -

- 1.introducing knowledge in systemic perspective and its applications;
- 2.enhancing the competency of helping professionals in their areas of practice; and
- 3.facilitating effective intervention in personal growth, marital and family relationship, and mental health issues.

The course will consist of two parts covering theory, conceptual framework, and applications of family therapy with case illustrations where applicable.

TARGET AUDIENCE

SOCIAL WORKERS, COUNSELORS,
TEACHERS, SCHOOL GUIDANCE
OFFICER, PASTORS, NURSES AND
OTHER HEALTH-CARE PROFESSIONALS

COURSE DURATION

PART I (12 HOURS)

DATE: 26 MAY; 2, 9, 16 JUNE 2021

TIME: 7:00 - 10:00PM

PART II (12 HOURS)

DATE: 7, 14, 21, 28 JULY 2021

TIME: 7:00 - 10:00PM



COURSE FEES

\$2800 (DEADLINE ON 19/5)

\$2600 (EARLY BIRD ON OR BEFORE 30/4)

VENUE

FAMILY DYNAMICS CENTER
UNIT 901, 9/F PARK COMMERCIAL CENTRE,
180 TUNG LO WAN ROAD,
TIN HAU, HONG KONG

OR ZOOM CLASS

(DEPENDING ON THE COVID SITUATION)

MEDIUM OF INSTRUCTION

CANTONESE, SUPPLEMENTED BY ENGLISH

COURSE INSTRUCTORS

Experienced Marriage & Family Therapists
of Family Dynamics Professional Team:

Mr. Patrick Kung

Dr. Paul Mau

Ms. Rachel Ng

Mr. Maurice Wan

COURSE OUTLINE

PART I

1. Development of Family Therapy
 - Brief history on development of Family Therapy
 - Theoretical context of Family Therapy
 - What is Family and System?
 - Systems theory - cybernetics, circular causality and feedback
 - Overview of Bowen Family Systems Theory
 - Chronic anxiety
 - Eight interlocking concepts
2. Working Concepts in Family Therapy (I)
 - How does working concepts help in the process of Family Therapy?
 - Important working concepts for Family Therapy
 - Family Life-Cycle Development
 - Single young adults
 - The new couple
 - Families with young children
 - Families with adolescents
 - Families launching children and moving on
 - Families in later life
 - Attachment theory
 - Central tenets of attachment theory
 - Attachment in marital and family relationships

3. Working Concepts in Family Therapy (II)
 - Interpersonal Context
 - Complementarity
 - Process/Content in the Family Therapy Session
 - Family Structure – A different lens of the family
 - Other concepts such as Family Narratives and Culture
4. Family Assessment - From Symptoms to Systems
 - What are the symptoms of family problems?
 - The Four-Step Model
 - Step 1 - Opening Up the Presenting Complaint
 - Step 2 - Highlighting Problem-Maintaining Interactions
 - Step 3 – Structural-focused Exploration of the Past Affecting the Present
 - Step 4 - Exploring Alternative Ways of Relating
 - Case illustrations

COURSE OUTLINE

PART II

1. Application and systems collaboration
 - Couple Relationships
2. Application and systems collaboration
 - Child and Adolescent Behavioral and Mental Health Problems
3. Application and systems collaboration
 - Parenting Issues
4. Application and systems collaboration
 - Family with Mental Illnesses