

# Family Therapy 1-2-3

Rick Whiteside's Practical Guide to Family Therapy Training Programme

**Kohia Teachers Centre, Epsom, Auckland, 11-15 June 2012**

Last year's course filled early—book now to avoid disappointment

If you've ever had an interest in adding family therapy skills to your practice....

If you already practice family therapy but want to improve your ability...

If you're looking for a practical approach to working with families that integrates with your theoretical orientation...

***This is the training course for you!***

The **Family Therapy 1-2-3** intensive training programme helps participants learn how to understand presenting and underlying issues, create positive hypotheses, and craft interventions in the context of traditional and modern family therapy perspectives. Through experiential exercises, lecture, videotape, role plays, and demonstration by the instructor, registrants will develop skills they can immediately extend to their practice. During the course, participants will learn how to:

- create a systemic, non-blaming view of problems
- apply the core elements of traditional family therapy models (Structural, Strategic, Bowenian, Humanistic, Milan) using a modern perspective
- utilise a range of therapeutic interventions and discriminate when to use each appropriately
- adjust therapeutic stances to match a family's cooperation patterns
- conduct a family therapy session

Attendees are encouraged to bring their own case examples to the course, and material will be targeted toward the specific needs and interests of the participants.

### **Course registration fee of \$750 + GST includes:**

- 5 days of training, including morning and afternoon teas, lunch, and handouts
- Whiteside's book *Working with Difficult Clients*
- A copy of Whiteside's interactive CD-ROM training programme (3 DVDs) *Family Therapy 1-2-3*.

### **Course Instructor: Richard G. Whiteside, MSW**

Rick received his Masters in Social Work from Atlanta University in the United States in 1977, followed by post-graduate training at the Family Therapy Institute under Jay Haley and Cloe Madanes. He subsequently joined their clinic, where he taught and supervised therapists in addition to working in his own private practice. Rick is the author of many books, including *Creating Partnerships*, *The Art of Using and Losing Control*, *Whispers from the East*, *When Your Lover Leaves You*, *Positive Positioning*, and *Working with Difficult Clients*, as well as creating the interactive CD-ROMs *Family Therapy 1-2-3* and *Tough Teens/Challenging Children*.

Rick developed the Family Therapy Team at Waitemata District Health Board where he also served as Service Clinical Director for Child, Youth, and Family Mental Health. He is a member of the Training Division of IFTA, an Approved Supervisor for AAMFT, and has served on the Practitioner's Reference Group of the NZ Mental Health Commission. Rick has been successfully providing training in Family Therapy for the past 20 years to mental health teams, psychiatry registrars and consultants, youth workers, counsellors, psychologists, and social workers.

For additional information, email [solun@xtra.co.nz](mailto:solun@xtra.co.nz) or go to [www.solutions-unlimited.co.nz](http://www.solutions-unlimited.co.nz)

To register online, [click here](#).

**Can't make the training? Why not order Whiteside's Family Therapy 1-2-3 Interactive CD-ROM?**

To read more about the 3-CD package, [click here](#).

Or to see a brief movie about the product, [click here](#).