



UNIVERSITY OF
CALGARY

Bringing Forth Mutual Respect, Healing and Wellness *A Two-Week Externship in Systemic Family Therapy*

This training is designed for clinicians at the Doctoral or Master's level. Participants may be from several disciplines including psychiatry, psychology, social work, nursing, education, family law and marriage and family therapy.

This event is an accredited Group Learning Activity as defined by The Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada. Psychiatrists may obtain up to 65 hours continuing education credit.

Dr. Karl Tomm and the Family Therapy Team

Family Therapy Program, Department of Psychiatry, Faculty of Medicine

Purpose

- To improve clinical skills in therapeutic interviewing with families, couples and individuals.
- To deepen understanding and to enhance experiential awareness of systemic process, co-constructing practices, and larger contextual issues.
- To foster alternative “ways of knowing” in clinical situations that increase therapeutic possibilities in patterns of practice.
- To invite externs to examine their own and others’ assumptions about the nature of mental problems and to recognize the ongoing process of social construction of meaning.
- To provide an in-depth exposure to the methods of systemic therapy as practiced in the Family Therapy Program at the University of Calgary.

Teaching Methods

- Seminars: brief presentations with discussion.
- Observation of live demonstration interviews of clinical work with families, couples and individuals.
- Participation on a reflecting team during live clinical interviews.
- Exercises to develop skills in systemic interviewing by asking circular and reflexive questions.
- Experiencing the effects of different kinds of questions.
- Practice interviewing the “internalized other.”
- Simulation of clinical families and reflecting team work with feedback from colleagues.

Content Includes

- Exploration of recent developments in systemic therapy, narrative therapy, and solution-focussed therapy.
- Clarification of “interventive interviewing” and analysis of different kinds of questions therapists ask in clinical interviews.
- Examination of four contrasting ethical postures that therapists can adopt in relation to clients: manipulation, confrontation, succorance, and empowerment.
- A critique of the DSM.
- A heuristic explanation of the “Mind” as a social phenomenon, and an application of this perspective through the “Ipscope”: a conceptual instrument for distinguishing interpersonal patterns, including
 - PIPs = Pathologizing Interpersonal Patterns,
 - HIPs = Healing Interpersonal Patterns,
 - WIPs = Wellness Interpersonal Patterns.
- Interventions to deconstruct pathologizing patterns and to co-construct healing and wellness.
- Exploration of feminist contributions to systemic therapy and re-authoring practices (e.g. gender issues, gendered language, affiliative/sexual issues, sexual abuse, and violence).
- Exploration of larger issues of social injustice (sexism, heterosexism, racism, ethnocentricity, classism, and professionalism) and of practices to create accountability.
- Discussion of ways to utilize this training in your practice, including issues of team development and your practice context.

