



Alexian Brothers Center for Professional Education

Course: *Strategic Interactional Family Therapy*

Description: *Don't want to be limited to a single model of family therapy and yet find that you do not have a conceptual schema that helps you choose concepts and strategies most useful to a given case?*

Strategic Interactional Family Therapy Training will offer a model of therapy that incorporates strategies and frameworks within the varied models of family therapy. This model will offer a blueprint for practicing an integrative model that will organize your therapeutic decision-making.

Duration: 63 Hours Training and Supervision
One Saturday per month, September 2010 through May 2011
7 Hours classroom

Class Size: 20-25 participants

Faculty: Susan Mackey, Ph.D.

Venue: Alexian Brothers Behavioral Health Hospital

Program Cost: \$200 per session/1800 year
→ 10% discount for all 9 sessions paid up front - \$1620
→ 15% discount for ABBHH employees - \$1530

Participant Benefits: 63 Total CEU's Available
9-month training in Strategic Interactional Family Therapy
Case Consultations available
Limited class size



ALEXIAN
BROTHERS

Behavioral Health Hospital

A Healthy Community Begins with Alexian Brothers.

www.abbhh.org

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Training Modules:

- I. **Overview of the Program and Model** – September 11, 2010
 - a. Introductions
 - b. Goals and Outline of the Program
 - c. Historical perspective; how and why family therapy developed
 - d. Biopsychosocial Approach
 - e. The Blueprint

 - II. **Key Concepts** – October 9, 2010
 - a. Strength Orientation
 - b. Collaborative Leadership
 - c. Constraints: A Crucial Distinction
 - d. Circular Causality
 - e. First vs. Second Order Change
 - f. Interactive Nature of Therapy
 - g. Experiments never fail, they just provide data

 - III. **Hypothesis I** – November 13, 2010
 - a. Organization (Structural Family Therapy)
 - b. Patterns of Interaction (Strategic Therapies)

 - IV. **Hypothesis II: The Larger Contexts** – December 11, 2010
 - a. Development
 - b. Gender
 - c. Culture

 - V. **Hypothesis III: The Individual within the System** – January 8, 2011
 - a. Family of Origin Issues
 - b. Psychodynamic Theories
 - c. Trauma and Substance Abuse

 - VI. **Strategies I** – February 12, 2011
 - a. Beliefs
 - b. Affect

 - VII. **Strategies II** – March 12, 2011
 - a. Organization
 - b. Behavior; Including patterns of communication

 - VIII. **The Therapeutic Conversation** – April 9, 2011
 - a. Maintaining the Alliances
 - b. Questions, Statements, and Directives
 - c. Reading Feedback; The importance of “mistakes”

 - IX. **Staging Issues** – May 14, 2011
 - a. The Presenting Problem: Stress in Families
 - b. Goal Setting
 - c. Progress Checks and Recalibration
 - d. Use of Self
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Over the course of the seminar, participants will be assigned the following:

A. Books to read:

- Beunlin, D., Schwartz, R. & McKune-Karrere, B. **Metaframeworks: Transcending the Models of Family Therapy.** San Francisco: Jossey-Bass, 1992.
- Nichols, M. & Schwartz, R. **Family Therapy: Concepts and Methods (2nd Ed).** Needham Heights, MA: Allyn and Bacon, 1991.

B. Complete assigned readings

C. Prepare two case formulations using two different theoretical emphases and treatment plans