



interrelate
family centres

Strengthening family relationships...since 1926

professional TRAINING COURSES

2011

For more information on these courses
and other professional training opportunities,
including specific training for your organization,
please contact

Interrelate Clinical Services
(02) 4016 0500

PO Box 2349, Dangar NSW 2309
www.interrelate.org.au



Strengthening family relationships...since 1926

Interrelate is a community based, not-for-profit organisation that has been a leading provider of quality relationship services in New South Wales since 1926. It has a network of centres across metropolitan, regional and rural New South Wales.

Each year, Interrelate helps over 50,000 individuals, couples, families and children to develop better communication, effective solutions and stronger relationships.

***Interrelate offers this knowledge-through-experience,
in the form of Training for Professionals.***

2011 Presenters:

KAREN MORRIS

Karen Morris is the Chief Executive Officer at Interrelate Family Centres with the responsibility for oversight of all clinical services for the organisation. She has been instrumental in creating and maintaining a child focus for all aspects of service delivery, including the development of a myriad of resources to assist parents, particularly those who are separated, to better focus on the needs of their children. Karen is an experienced counsellor, trainer and relationship educator who combines clinical practice with her management role. She has developed cutting edge programs for couples and families and regularly conducts training programs.

DOUG SOTHEREN

Doug Sotheren first trained as a relationship counsellor in 1970 with further training in Gestalt and Family Therapy, he developed an interest in body-focused, or Somatic models of counselling. His experience includes over 24,000 hours of counselling and thousands of hours of intensive group training for counsellors and other health professionals throughout Australia. He is a Clinical Member and Registered Supervisor of Australian Association of Marriage and Family Counsellors, has a BA in Sociology and an M.Th with focus on family systems.

JONATHAN TOUSSAINT

Jonathan Toussaint PhD is an experienced family therapist specialising in gender issues and family relationships. He has worked extensively in the human services and community sectors for over 20 years and has developed leading edge practices that strengthen the family and community. Jonathan holds degrees in Theology and Psychology and has a keen interest in applying strength-based approaches to individual and community work. Jonathan is a Director at Interrelate Family Centres where he has the overall responsibility for the establishment and clinical management of the company's Family Relationship Centres across New South Wales. Jonathan is also a university lecturer in the field of health psychology.

RACHEL EVANS

Rachel Evans is an experienced relationship counsellor, family dispute resolution practitioner, supervisor and senior trainer with Interrelate Family Centres. She has a background of training in both the corporate and community sectors, and has also gained Master Trainer status with Living Works conducting the Applied Suicide Intervention Skills Training program (ASIST) in addition to her years of clinical work with clients at risk of suicide. Rachel holds the role of Director Clinical Services with overall responsibility for counselling, family relationship education skills training, and post separation services at Interrelate Family Centres.

THEA KEANE

Thea Keane is the Senior Manager Early Intervention Services for Interrelate Family Centres, with her core responsibility being to lead, maintain and expand the counselling and family relationship education skills training services within the organisation. Within her working life Thea has had many opportunities to transfer her therapeutic skills over a number of areas of clinical work. As an accredited Senior Counsellor, Supervisor and Group Facilitator, Thea has many years of counselling individuals, couples and families, supervises both internal and external practitioners and facilitates numerous relationship education groups and seminars.

professional TRAINING COURSES

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Please click on a course title below for more information on following pages.

The Art of Relationship Counselling

Newcastle 25th-26th June, 23rd-24th July, 27th-28th August, 29th-30th October & 12th-13th November
A five weekend program to prepare Graduates for couple counselling.

Building Connections

Sydney 24th-25th February, 2011

*Professional training for the Government acclaimed,
Building Connections Parenting Seminar.*

Effective Group Leadership

Sydney 18th-19th October, 2011 & 22nd-24th November, 2011

A four day training program for Professionals interested in facilitating groups.

Male Specialist Training

Newcastle 17th-19th May, 2011

A two day training course which will provide practitioners with skills and confidence in working with men.

PLEASE NOTE:

All courses are based on a minimum number of delegates and Interrelate reserves the right to cancel any course with sufficient notice to participants. Confirmation of dates for all courses will be made when the minimum number of registrations have been received.

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The Art of Relationship Counselling

A five weekend program to prepare Graduates for couple counselling.

Course:

This five weekend program provides an experiential introduction to developing a counselling presence to couple relationships. The course method will involve: demonstration, exercises in developing awareness of self in relationship, role play practice and theoretical frames in effective couple counselling. The theoretical components of the workshop will be covered by the provision of handouts so that the majority of the workshop time can be experiential and interactive.

Course outcomes include:

- ◆ Experiential skills in couple counselling
- ◆ Overview of couple counselling models

Course outline:

Weekend 1 - Participants will begin to explore both experientially and theoretically the nature of the couple bond and the art of being creatively present as the third person to a couple while maintaining clear self boundaries. This weekend will also introduce the core skills required for effective couple counselling.

Weekend 2 & Weekend 3 - These weekends will introduce a series of theoretical models that may be used to inform couple counselling practice. Alongside these models participants will practice, with video feedback, the base skills in couple counselling and the ways in which these are shaped by the use of the theories of choice. Participants will have the opportunity to briefly review the following theories that can be included within the couple counselling meta-model presented: Attachment, Object Relations, Marital Contract, Family of Origin, Couples Development, Multi-generational Family Systems, Couples Communication and Narrative models. Techniques from these models will also be explored.

Weekend 4 - The majority of this weekend is an introduction to sexuality in couple relationships and ways of working with sexual difficulties from a counselling perspective. It will explore the differences between sex counselling and sex therapy. It will aim to show how the base skills can be used in couple sex counselling.

Weekend 5 - This weekend will give a brief introduction to issues of Family Violence in couple counselling and the very different models that need to be brought into play when a couple presents with FV. The differences between counselling with couples where there is mutuality to couples where there is the threat of violence will be discussed. Participants will practice the different skills. The weekend will complete with models of and practice in supervision for couple counsellors.

Pre-requisites:

As the course will cover advanced skills in relationship counselling, participants will need to have prior knowledge and experience in counselling.

Cost:

\$1870:00 (incl GST) (Deposit of \$550 with application)

Venue:

Interrelate Head Office:

Level 1, 495 Hunter St., Newcastle NSW 2300

Dates:

*25th-26th June, 23rd-24th July, 27th-28th August
29th-30th October & 12th-13th November*

Expressions of Interest:

By 15th April, 2011

Course Equivalent:

75 hours training

Facilitators:

Thea Keane & Doug Southeren

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Building Connections

16 hour Professional Training in facilitating the Government acclaimed Parenting Seminar.

Building Connections is a three hour seminar designed to help separated parents have healthy and strong relationships with their children. After extensive trials and subsequent refinement by the experienced staff of Interrelate, an evaluation was completed for the Attorney-General's Department, circulated nationally and was given a resounding stamp of excellence!

Seminar covers:

- ◆ The importance of looking after yourself, post separation
- ◆ The impact of separation and conflict on children
- ◆ Useful tips for parenting
- ◆ Strategies to be a more effective parent
- ◆ Ways to communicate with the other parent
- ◆ The setting of goals for future parenting
- ◆ The support services available

Course includes:

- ◆ A facilitator's manual
- ◆ Certificates of Completion
- ◆ Healthy/Unhealthy Parenting Wheel resource
- ◆ Marketing resources
- ◆ Participant handbook
- ◆ DVD with PowerPoint Presentation
- ◆ A4 Poster of Building Connections concept
- ◆ Additional resources for purchase

Pre-requisites:

Group leadership skills, experience in working with couples/families in entrenched conflict, an understanding of the impact of entrenched conflict on children.

Cost: *\$500:00 (incl GST)*

Venue: ***Interrelate Norwest:***
Suite 4.23 / 14-16 Lexington Drive, Bella Vista NSW 2153

Dates: *24th - 25th February, 2011*

Expressions of Interest: *By 21st January, 2011*

Course Equivalent: *16 hours training*

Facilitator: *Jonathan Toussaint*

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Effective Group Leadership

A 4 day training program for Professionals interested in facilitating groups.

Course:

30 hours of training conducted over four days. Teaching methods will include structured experiential exercises to highlight theoretical teaching, group interaction and discussion, and didactic input. Emphasis will be placed on experiential learning and interactive presentations.

Course outcomes include:

- ◆ Increased confidence in leading groups
- ◆ Strategies for dealing with difficult group members
- ◆ Specific interventions for conflict negotiation in groups
- ◆ Practical and creative ways to take charge of the leadership role
- ◆ Knowledge of how groups develop and ways to manage group dynamics and changes in group atmosphere
- ◆ Organising and writing a program

A comprehensive course manual will be issued on commencement of program.

Course outline:

Major areas covered in this course are:

- ◆ How to conduct an effective group
- ◆ Models of group development
- ◆ Understanding group processes and dynamics
- ◆ Conflict theory, interventions and resolution
- ◆ Effective group contracting
- ◆ Roles people take in groups and strategies and useful techniques
- ◆ Working with issues of power, cohesion and trust
- ◆ Recognizing group "norms"
- ◆ Styles of group leadership and how to maximise
- ◆ Effective co-leading techniques
- ◆ Practical aspects of preparation and planning for programs
- ◆ Leader's task and maintenance functions and ways to use them to create a dynamic group
- ◆ Effective feedback techniques

Cost: *\$670:00 (incl GST)*

Venue: *Interrelate Norwest: Suite 4.23 / 14-16 Lexington Dr, Bella Vista NSW 2153*

Dates: *18th & 19th of October, 2011 • 22nd, 23rd & 24th of November, 2011*

Expressions of Interest: *By 19th August, 2011*

Course Equivalent: *30 hours training*

Facilitator: *Thea Keane*

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Male Specialist Training

Course:

A two day experiential training course which will provide practitioners with skills and confidence in working with men.

Course outcomes include:

- ◆ Understanding and working with the barriers faced by men when accessing services
- ◆ Practical skills required for effectively engaging and relating to men
- ◆ Managing aggression and other male specific issues
- ◆ Increased awareness of self when relating to men
- ◆ Specific counselling techniques for working with men

Course outline:

The course will include a high proportion of experiential learning, practice based exercises, as well as course materials and some didactic input.

Pre-requisites:

Prior training in counselling or psychology.

Cost:

\$200:00 (incl GST)

Venue:

Interrelate Head Office:
Level 1, 495 Hunter St., Newcastle NSW 2300

Dates:

17th - 19th May, 2011

Expressions of Interest:

By 18th March, 2011

Course Equivalent:

15 hours training

Facilitators:

Jonathan Toussaint & Doug Southeren

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