Core Skills in Family Sensitive Therapy

Online study unit

This online study unit is a core unit of the Graduate Diploma of Family Therapy but may also be undertaken as a standalone unit for professional development.

This unit will cover core skills in working with families, such as engaging the family, interviewing and questioning styles, the first interview and ongoing sessions. The focus is on developing core skills in family work in various child, adolescent and adult mental health settings. The unit will help students develop theoretical knowledge and skills in working with families in distress. Because not all families are motivated to attend therapy, this unit will equip the student to learn how to match the model of therapy to the client and their family to maximise success.

Students will be involved in role plays and analysis of video taped sessions. Students will complete the unit feeling more confident as practitioners and have a range of new ideas to implement in their workplace. Students will be required to undertake some pre-reading prior to the unit start date.

Attendance at a 4-day study block at NSWIOP in Parramatta is required for successful completion of the unit.