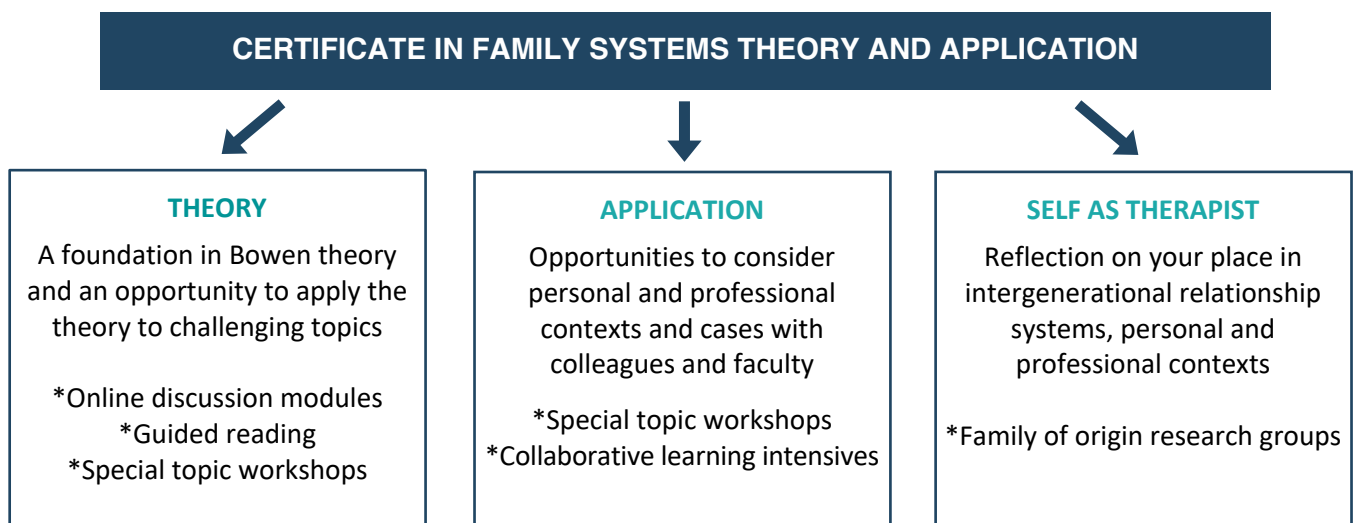


Foundational training in a Bowen family systems approach to applying theory and practice to the live domains of self, family, and workplace

The *Certificate in Family Systems Theory and Application* with the Family Systems Institute is a flexible and affordable two-year program featuring training in a Bowen Family Systems Theory approach to thinking about self in relationship systems.



### Overview

- **Two-year core program** plus additional program elements with live online learning groups and in-person intensives
- **Collaborative discussion groups and modules** include an in-depth guided reading program and stimulating online learning groups with peers, facilitated by experienced FSI trainers
- **Twice annual intake** into the program – February and July intake opportunities as well as the possibility of joining supervision groups, family of origin groups and workshops throughout the year
- **Flexibility and affordability** made possible by staggering the pace of study, recognised prior learning pathways and online learning options
- **Free registration** to the annual pre-conference event and the FSI's End of Year Symposium and student discounts to the FSI annual conference and workshops
- **Additional program requirements** can be done simultaneously with the core program or up to 8 years beforehand and incorporated as recognised prior learning:
  - > **Special topic workshops** focus on theory application and offer a family systems lens on current and challenging topics including: leadership; supervising teams; managing conflict; culture; navigating relationships; trauma; addictions; domestic violence; neuroscience & neurobiology.
  - > **Family of origin groups** offer a dedicated space to consider the application of the theory to your own family relationships and consider the self in the context of personal and professional relationships
- *And* option to upgrade to the **Advanced Certificate** to move towards accreditation with the Australian Association of Family Therapy as a family therapist in the future if desired

## Who is it for?

The **Certificate Program** provides a rich opportunity for those wanting to integrate systems thinking in the relationships they are working with in broad contexts. For example, those in fields of mental health, health, ministry, education, nursing, executive coaching, family business, business contexts, human resources, family support, disability, drugs and alcohol will benefit from systems thinking about their personal and professional contexts. It is similar to the *Advanced Certificate* program in the depth of theory and application but is not accredited by AAFT and does not include the broader family therapy modules and clinical supervision groups.

*Other FSI program options available:*

- The **Advanced Certificate in Couple and Family Systems Therapy** is ideal for already practicing clinicians from various disciplines - social work, psychology, psychiatry, occupational therapy, nursing - wanting to gain theory and practice experience in working with couples and families, moving towards certification as a clinical family therapist with the Australian Association of Family Therapy.

## Course structure

The Core Program for the Certificate in Family Systems is two years, plus there are compulsory professional development components of the program which can be completed alongside the program enrolment period or up to 8 years beforehand and incorporated as program credit (Recognised Prior Learning). This provides flexibility and affordability for individuals who can build on their learning over time through workshops and FOO Groups in the years prior to enrolling in the Core Program.

CORE PROGRAM			
YEAR 1		YEAR 2	
<b>Initial orientation and end of year review</b>	Online	<b>Annual review</b>	Online
<b>Learning modules &amp; discussion groups*:</b> Module 1: The Emotional System Module 2: Differentiation of Self Module 3: Chronic Anxiety	Online	<b>Learning modules &amp; discussion groups*:</b> Module 5: Nuclear Family Emotional System Module 6: Triangles Module 7: Multi-generational Emotional Process	Online
<b>Collaborative learning intensives</b> (2 x 2 days)**	In-person (Sydney)	<b>Collaborative learning intensives</b> (2 x 2 days)**	In-person (Sydney)

\*Three modules will be run per year and can be completed in any order.

\*\*All participants are required to fund their own travel and associated accommodation costs if travelling to events. Exemption to in person attendance is provided upon application for those living overseas or unable to attend for medical reasons.

ADDITIONAL PROGRAM REQUIREMENTS (All online)**			
FAMILY OF ORIGIN GROUPS		SPECIAL APPLICATION WORKSHOPS	
Year 1	Year 2	Year 1	Year 2
8 x 2hr groups + 1hr intro	8 x 2hr groups + 1hr intro	6 hours (2 workshops)	6 hours (2 workshops)

\*\*\* Places for Core Programs are prioritised and offered based on the amount of RPL applicants have completed prior to core program enrolment and application criteria. For more information about the RPL system please see our website or contact the FSI.

For more information visit [www.thefsi.com.au](http://www.thefsi.com.au), or get in touch with any questions by email to [info@thefsi.com.au](mailto:info@thefsi.com.au) or call **0432 530 513**.

