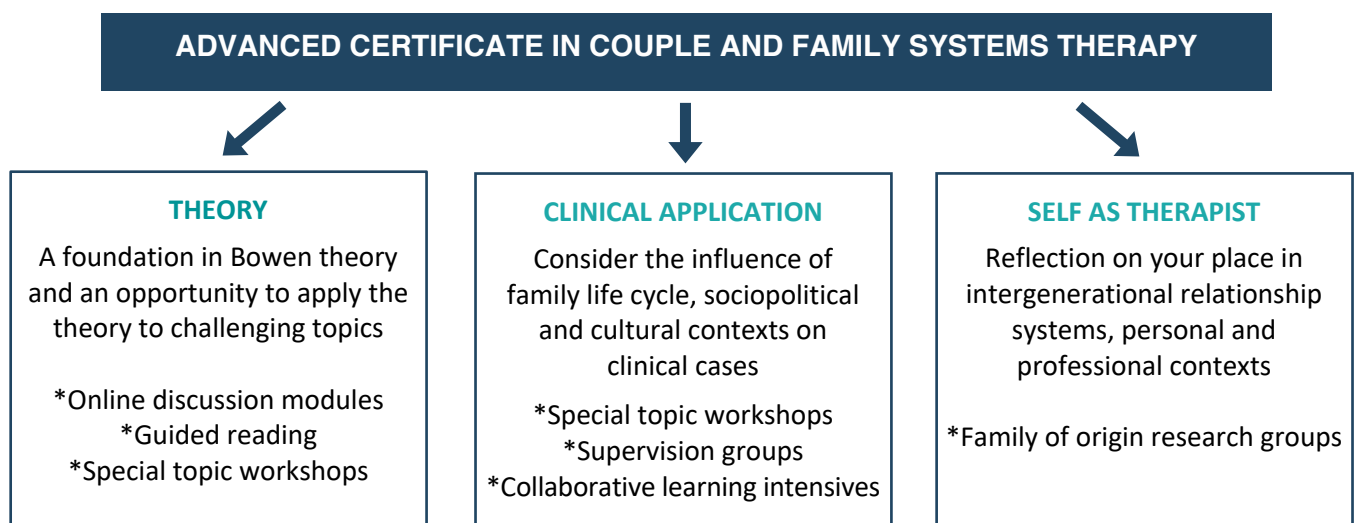


Advanced Certificate in Couple and Family Systems Therapy PROGRAM INFORMATION 2025

In-depth family therapy training with Bowen Theory at its core, focusing on applying theory and practice to the live domains of self, family & clinical practice.

The *Advanced Certificate in Couple and Family Systems Therapy* with the Family Systems Institute is a flexible and affordable two-year program accredited by the Australian Association of Family Therapy (AAFT). The program features training in relationship systems thinking that is applicable to clinical work with individuals, couples and families. Drawing on the Institute's rich history the *Advanced Certificate* offers a unique opportunity for training in the theory and application of Bowen Family Systems Theory within the broader context of family therapy.



Overview

- **Two-year core program** plus additional program elements with live online learning groups and in-person intensives
- **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
- Meet **CPD requirements** with relevant training while working towards accreditation as a family therapist with the Australian Association of Family Therapy
- **Collaborative discussion groups and modules** include an in-depth guided reading program and stimulating online learning groups with peers, facilitated by experienced practitioners and FSI trainers
- **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 clinical application and offer a family systems lens on current and challenging topics including: working with parents, couples & families; trauma; addictions; domestic violence; divorce, remarriage & affairs; neuroscience & neurobiology.
 - > **Group clinical supervision** includes case presentations and the opportunity for live supervision in the viewing of clinical tapes, providing the opportunity for grappling with the integration of theory and practice
 - > **Family of origin groups** offer a dedicated space to consider the self of the therapist.

Who is the *Advanced Certificate* for?

The **Advanced Certificate program** is ideal for already practicing clinicians wanting to gain theory and practice experience in working with couples and families. It is open to clinicians from various disciplines including social work, psychology, psychiatry, occupational therapy & nursing with a relevant undergraduate degree. The program offers a rich learning platform for participants beginning to work with families as well as more experienced therapists. The unique focus of the self as therapist creates a learning experience that promotes personal and professional growth in applying Bowen theory for both experienced and emerging family systems clinicians. As a training program accredited by the Australian Association of Family Therapy (AAFT), this program offers a pathway towards certification as a Clinical Family Therapist with AAFT.

Other FSI program options available:

- The **Certificate in Family Systems Theory and Application** provides an opportunity for those wanting to integrate systems thinking in the relationships they are working with in a non-clinical context. These include professionals working with fields including ministry, human resources, education, nursing, non-government agencies, family support, disability, drug and alcohol support services and mental health.

Course structure

The Core Program for the Advanced Certificate 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, FOO Groups and Clinical Supervision Groups in the years prior to enrolling in the Core Program.

CORE PROGRAM			
YEAR 1		YEAR 2	
Initial orientation and end of year review	Online	Annual review	Online
Learning modules & discussion groups*: Module 1: The Emotional System Module 2: Differentiation of Self Module 3: Chronic Anxiety Module 4: History and Development of Family Therapy	Online	Learning modules & discussion groups*: Module 5: Nuclear Family Emotional System Module 6: Triangles Module 7: Multi-generational Emotional Process Module 8: Overview of Family Therapy Models (including Key Skills in Family Therapy in-person intensive)	Online
Collaborative learning intensives (2 x 2 days)**	In-person (Sydney)	Collaborative learning intensives (2 x 2 days)**	In-person (Sydney)

*Four 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 in-person for medical reasons.

COMPULSORY PROFESSIONAL DEVELOPMENT (All online)***			
FSI SUPERVISION GROUPS	FSI FAMILY OF ORIGIN GROUPS	PARENT HOPE PROJECT TRAINING	SPECIAL TOPIC WORKSHOPS
Year 1: 1hr introduction + 5 x 2hr sessions Year 2: 1hr introduction + 5 x 2.5hr sessions	Year 1: 1hr introduction + 8 x 2hr sessions Year 2: 1hr introduction + 8 x 2hr sessions	Level 1 Parent Hope Project Training	12 workshop hours made up of: - FSI workshops - External accredited workshops (RPL applied upon request) - Parent Hope Training (Level 2)

*** 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, or get in touch with any questions by email to info@thefsi.com.au or call **0432 530 513**.



Advanced Certificate in Couple and Family Systems Therapy

Student log book

Name: Example Logbook



Program activity - Online	Duration	Date
Orientation session (group)	2 hours	<i>Beginning of Year 1</i>
Review meeting 1 (group)	1 hour	<i>End of Year 1</i>
Review meeting 2 (individual)	1 hour	<i>Ed of Program</i>

Modules - Online	Duration	Year	Trainer
Module 1: The Emotional System	10 hours	<i>Online Modules are made up of:</i> - 3 x 2 hour live online theory and discussion sessions - 4 hours of guided pre-reading - 1 Module Assessment per Module There are four Modules per year and they can be completed in any order.	
Module 2: Differentiation of Self	10 hours		
Module 3: Chronic Anxiety	10 hours		
Module 4: History & Development of Family Therapy	10 hours		
Module 5: Nuclear Family Emotional Process	10 hours		
Module 6: Triangles	10 hours		
Module 7: Multigenerational Emotional Process	10 hours		
Module 8: Family Therapy Models & Social Context	10 hours		

Collaborative Learning Intensives (In-Person)	Duration	Month	Year
Intensives 1 - Day 1 and Day 2	14 hours	<i>In-person (or online by prior agreement):</i> - Skills in applying theory to practice - Student presentations - Collaborative learning activities	
Intensives 2 - Day 1 and Day 2	14 hours		
Intensives 3 - Day 1 and Day 2	14 hours		
Intensives 4 - Day 1 and Day 2	14 hours		
Key Skills in Family Therapy*	14 hours		<i>In-person</i>

*Note if not able to attend *Key Skills in Family Therapy* which is included in core program fees, students may also attend this training externally at their own cost and hours count as 12 hours of workshop hours - www.compassaustralia.com.au

Family of Origin Program - Online	Duration	Year	Trainer / Coach
Family of Origin - Year 1 Research Group	25 hours	<i>Year 1 and Year 2 FOO Groups include 19 live hours plus guided preparation</i>	
Family of Origin - Year 2 Research Group	25 hours		
OR Family of Origin Individual Coaching Stream	(25 hours)		<i>Available upon request</i>

Clinical Supervision Groups - Online	Duration	Year	Supervisor
Year 1 Clinical Supervision Group	20 hours	<i>Includes case presentations</i>	
Year 2 Clinical Supervision Group	20 hours		<i>Includes live supervision of cases</i>

Parent Hope Project Training - Online	Duration	Year	Supervisor
Level 1 Parent Hope Project Training	6 hours	<i>External: www.parentproject.com.au</i>	

Workshops / Reading Groups (18 hours)	Duration**	Year	Presenter
Workshop 1: <i>(please enter title)</i>	E.g. 3 hours	<i>Workshop hours include:</i> - FSI Workshops - External training provided by the FSI - Parent Hope Project Level 2 training (6hr) - Other workshops are considered against accreditation criteria at discretion of FSI	
Workshop 2: <i>(please enter title)</i>			
Workshop 3: <i>(please enter title)</i>			
Workshop 4: <i>(please enter title)</i>			
Workshop 5: <i>(please enter title)</i>			
Workshop 6: <i>(please enter title)</i>			

**Note: 18 hours required in total. FSI Conferences are not counted as RPL.

Individual Research Project	Due date	Date submitted
Individual Research Project: Topic Proposal	31st Oct - Year 1	
Individual Research Project: Final Submission	31st Oct - Year 2	

More information is available in the Student Handbook for the Advanced Certificate in Couple and Family Systems Therapy which is available upon request from the FSI - info@thefsi.com.au. Workshops, FOO Groups and Supervision Groups can be registered for at any time and count as RPL towards the Advanced Certificate up to 8 years prior to enrolment in the 2 Year Core Program. **For any enquiries or to discuss your individual learning pathway into the program please contact the FSI at 0432 530 513 or info@thefsi.com.au**