



# Working with Complex Family Dynamics

**Practical skills for working with complex family structures and dynamics that affect families and individual family members.**

Working with families can be complex and requires a great deal of the therapist by contrast with individual work. These skills and perspectives extend therapy work into a broader clinical dynamic field. This training is designed to give therapists an opportunity to learn systemic concepts when working with family groups and to build clinical confidence.

Participants will be introduced to Systems Theory concepts such as circular questioning and reframing which are central to effective family work. Ari will show how Solution-Focused approaches can be incorporated into a Family Systems model. Participants will also learn how to engage more than one person, how to keep the session balanced and manage various personalities and many of the complex issues that arise.

Training methods will include role plays, group work and case study discussion. The format is designed to be practical with a strong focus on

developing skills to enhance your work with families.

### Learning objectives of this training:

1. Understand when family therapy is appropriate.
2. Understand systemic ideas and the difference between interpersonal work and intra-psychic work.
3. Understand how to engage a family and keep the session balanced.
4. Apply reframing and circular questioning in family work.
5. Manage therapist's anxiety and potential trigger responses to family situations.
6. Feel more confident approaching family work.

Ari has decades of experience as a family therapist and trainer. He generously shares his extensive knowledge, clinical experience and practical approaches and methods throughout the training, that encourages and supports new learning.



**Ari Badaines, Ph.D.** is a clinical psychologist who trained in the United States. In 1980 he obtained a post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he studied Group Therapy, Family and Couple Therapy. Later, he undertook further training at the Institute for Family Therapy in London. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia. He was twice a keynote speaker for the annual conference of Marriage Guidance Counsellors (now Relationships) in the UK. In 2015, Ari led a two-day workshop for the Psychological Society of Ireland on 'Action Techniques with Individuals and Couples' which was so positively received that he has been invited back each year since to present on couples and family therapy. He is renowned as an engaging and popular presenter for PDP and for several European organisations. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

**Morning Session**      An introduction to Systems Theory and Solution Focus Therapy.  
An introduction to circular questioning.  
Case presentations and discussion.  
Ideas about what to do in the first session.

**Afternoon Session**      Practical application of the theory and skills via role plays and small group discussion.  
Opportunity to ask questions about working with families and their issues.  
Evaluation and closing.

***"This highly practical, skills-based workshop will provide practitioners with a grounded understanding in family dynamics and skills to enhance the way you are able to approach these complex human relationships."***

Dr Ari Badaines

**How will you benefit from attending this training?**

- Gain a broad perspective on families and the systems that influence relationships.
- Take away skills for immediate use in your work with both individuals and families.
- Feel more confident as a result of practising new skills in a supportive training environment.
- Address your own fears and resistances to incorporating new techniques.

**Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

**We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

**Here is what people said about Ari's recent training for PDP:**

*"Thank you for one of the most valuable learning opportunities I have ever had! Your passion for what you do is inspiring and I'm grateful for the opportunity to have been part of this training."*

*"Best, most informative workshop so far and just what I needed... Can't wait to put these skills into practice!"*

*"Ari, I loved it - the work... your management and generosity and humour. Thank you!"*

*"Absolutely brilliant (What can I say?!) Thank you so much for the privilege Ari."*

*"I loved the experiential training - please organise more with Ari. I feel he was very much himself and it allows spontaneity and good learning."*

*"This workshop was such a powerful, engaging experience and the skills that I will take from this will be so helpful in my therapy practice. Wonderful, thank you!"*

*"A fascinating workshop. Interactive and experiential, Ari had the ability to keep us engaged and interested and explained in a clear way making sure we 'got it' before moving on. I would recommend Ari's training and will do more with him again."*