



## **Bower Place Knowledge and Training**

**Work directly with clients in the Bower Place Complex Needs Clinic**

**Partner with senior practitioners in a dynamic learning environment**

**Variety of qualification levels and training options**

**Accrue PD Points**

- **Postgraduate**
- **Supervision**
- **Short Course Specialisation**
- **Professional Development Workshops**
- **Knowledge and Training Membership Portal – Bower Systemic**

**Diverse integrated knowledge and training methodology**

**Practical block intensives**

**Online knowledge and theory assessments**

## **Bower Place - Institute for Systemic Change.**

**An organisation that turns on the politics and psychology of inequality and difference at the heart of all complex child, adolescent, adult and family problems, symptoms and their resolution.**

**The Bower Place approach to change is innovative and informed by contemporary neurological, social, cognitive and information science.**

Bower Place is a psychology, family therapy, counselling and research centre for the development of expertise and knowledge about the management and treatment of child, adolescent, adult and family matters. We are primarily a teaching clinic where students work directly in the Bower Place Complex Needs Clinic, a service for complex, co-morbid, child, adolescent and adult mental health, disability and child protection matters. Bower Place works therapeutically with clients who have been raised within the care system, many of whom are disadvantaged, cognitively challenged or present with significant cultural, language or religious differentials. In recent years the Complex Needs Clinic has experienced an increase in referrals of refugees and people of diverse language, ethnic and religious backgrounds. We now work in English, Farsi, Dari, Arabic, Dinka and Russian, and Mandarin.

Since 1986 Bower Place has developed methodology to integrate theory and practice from a range of sources in an entirely original way. The Bower Place Method is a multi-theoretical methodology for working with system and problem complexity. It is informed by systemic practice and family therapy, developmental theory, change theory, neurobiology and a deep understanding of inequality. Complementary to this is BowerNote (Robinson and Sanders, 2017, in press), a comprehensive and contemporaneous notes protocol that translates the Bower Place Method into direct practice. The Bower Place Method with BowerNote is a protocol for addressing complex co-occurring problems in the context of complicated service delivery systems. This includes regulatory and funding bodies as well as the mental health, justice, correctional, disability, education and child protection systems. Our focus is on the family as the context in which problems and symptoms are often generated and perpetuated. We also incorporate the relationship with the wider institutional system and the inequality this brings. The disadvantages of gender, race, ability and position shape people's lives and underpin the symptoms and problems they present.

Students located in the Complex Needs Clinic, with any and all levels of experience, work with senior practitioners with a degree of autonomy matched to their skill level, tertiary knowledge and ability to follow the Bower Place therapeutic protocols. Programmes located at Bower Place span Vocational Education through to the two-year Graduate Diploma in Family Therapy accredited with the Australian Association of Family Therapy (AAFT). Bower Place has a raft of training and professional development possibilities and offers in-house workshops, guest presenter workshops and workshops at the specific request of agencies.

## **Bower Clinical**

Family Therapy and Systemic Practice is an approach to understanding and changing human symptoms and problems that attends to the inside and outside world of the person and the relationship between the two. It incorporates the wider system and the endemic inequalities due to gender, race, advantage and ability which shape lives and the underpin difficulties which present in therapy. The focus is on family as the context where problems may be generated in the past and perpetuated in the present. By working with the patterns of interaction between family members and their world, symptoms can be understood and resolved.

Family therapy and systemic practice as practiced at Bower Place is premised on the Bower Place Method which draws together theory and practice from a range of sources, incorporating original knowledge.

### **Who can we help with systemic practice and family therapy?**

When we hear the term *family therapy* it conjures up a picture of Mum, Dad and two children sitting with an earnest therapist looking angrily at each other. Family therapy is much more than just addressing family conflict and disharmony. It is a valuable approach for therapeutic work with children, adolescents and adults in families and social groups of all configurations and types. Family therapy and systemic practice addresses the constraints to change and can produce the cooperation necessary for most other therapeutic approaches to succeed.

Testimony to this are two recently published reviews by Carr (2018a, b) in the Journal of Family Therapy. The first presents evidence for the effectiveness of systemic interventions with the families of children and adolescents and supports the effectiveness of systemic interventions for sleep, feeding and attachment problems in infancy; recovery from child abuse and neglect; conduct problems, emotional problems, eating disorders, somatic problems, and first episode psychosis (Carr, 2018a). Similarly, a review of the evidence for adults demonstrates the effectiveness of such approaches for relationship distress, psychosexual problems, intimate partner violence, anxiety disorders, mood disorders, alcohol problems, psychosis and adjustment to chronic physical illness (Carr, 2018b).

### **Australian Association of Family Therapy (AAFT) - membership confers the following benefits**

- \* Free or reduced cost admission to professional development events throughout Australia
- \* Networking with like-minded colleagues
- \* AAFT news
- \* Online access to resources and blogs
- \* Subscription to the Australian and New Zealand Journal of Family Therapy

For further information visit <https://www.aaft.asn.au/>

## Emotional Dysregulation

Bower Place offers specialist services to children, adolescents, families, carers and other support workers to improve their lives, in a purpose-built therapeutic space. Children unable to self-regulate either by acting *out* or disappearing *in* now form a significant proportion of clients seen in the Complex Needs Clinic. Traditional therapy rooms are largely designed around adults and do not suit the needs of emotionally dysregulated children and their families. Such facilities may actually fuel dysregulation. Recognizing this, Bower Place has created a purpose-built space for emotionally dysregulated children and their families. Its design has been guided by a theoretical understanding of the needs of this client group, especially in terms of light, space and sound and has been informed by feedback from younger clients who will access this space. We want this to be a safe, bounded space, with room to move and with a range of activities that appeal to children and young people. It is also a place where families can meet in a relaxed fashion to address relationship issues which impact on their children. In our experience, meeting the needs of all ages enhances the capacity of the youngest in the family to explore the factors which fuel their struggles and develop the capacity to address these supported by those who love them.

Supervision, professional development and workshop opportunities are available for practitioners seeking knowledge, training, further development and CPD points.

## First Languages

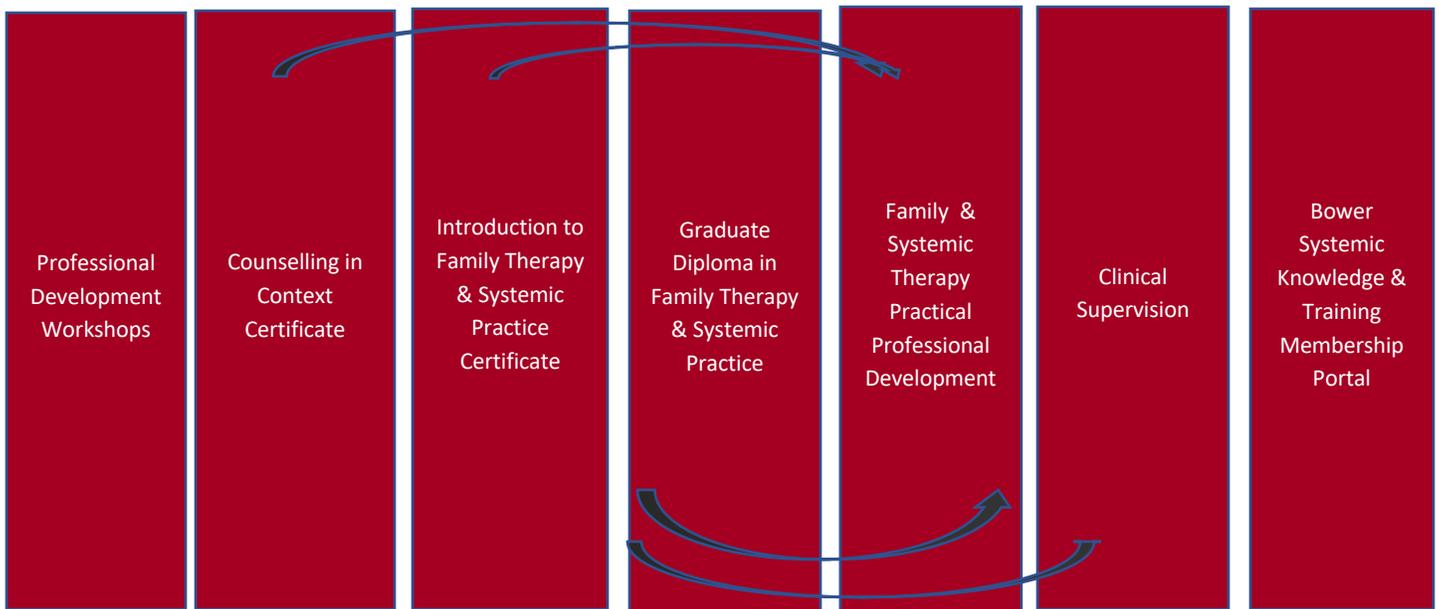
Language is a fundamental inequality. Bower Place is dedicated to conducting therapy in the first language of the client. The management of inequality in the therapeutic process is central to the Bower Place Method. Inequality in this context is understood to be *political*, about *problems* and *psychological*. Clients and students with English as their second language are deeply impacted by all three. *Political* inequality refers to the relationship between the citizen (the client) and the state (the practitioner). Language warps that relationship and disadvantages the client. *Psychological* inequality refers to the client's or student's capacity to understand, process and remember information expressed in the language of the practitioner; and their capacity to express their deepest feelings, thoughts, beliefs and emotions in the language of the practitioner. When the client's English is limited, and the practitioner does not speak the language of the client it is usual to engage an interpreter to mediate language. Language is more than just translatable words. A person's first language carries the nuance of anger, pain, solace, loss, attachment and love that are the cultural and emotional life of that person way beyond the limits of translation.

Bower Place has developed a different solution to the problem of inequality and first languages. Practitioners and Clinical Assistants who speak Farsi, Mandarin, Arabic, Turkish, Dinka, Russian, French and Serbian as their first language work directly in the client's first language. This extraordinary process is guided a senior practitioner and managed by the Bower Place Method and BowerNote protocols. The concurrent use of word and image in the form of the ecogram, timeline and notes allows all present to actively engage in the therapeutic process. This preserves the nuances of culture about problems and symptoms primarily present in the client's first language and allows for a richer dialogue about inequality and better tailored advice about the client's request, symptom or problem.

Supervision, practical professional development & workshop opportunities are available for practitioners and professionals throughout Australia and overseas seeking knowledge, training, further development, PD and CPD points. This can be conducted in multiple languages.

Bower Place facilitates International Internships for Masters and PhD students at Universities across the globe. Fees are negotiated separately with each University and based upon each student's time, support, supervision and clinical requirements.

## Bower Place Knowledge and Training Opportunities



**Professional Development Workshops** by Bower Place practitioners and national and international presenters on a range of topics relevant to a family therapy and systemic approach to complex, comorbid family and relational issues.

**Counselling in Context Certificate** has two annual intakes and is a 16-week qualification with a blended mode of practical training specifically working with clients and online knowledge and theoretical assessments.

**Introduction to Family Therapy and Systemic Practice (Theory and Observation)** is a 10-week course equipping students with a knowledge base that prepares them to apply for General Membership of the AAFT, having demonstrated an interest and training in the practice of family focussed work.

**Graduate Diploma in Family Therapy and Systematic Practice** is a 2-year post graduate qualification accredited with the AAFT. On completion, with an additional 50-hours supervision and 500-hours work experience, students are eligible to apply to join AAFT as a Clinical Family Therapist and identify themselves as such.

**Family and Systemic Therapy Practical Professional Development** in negotiated blocks of hours, days or weeks of supervised, practical professional development working directly with clients in the Complex Needs Clinic.

**Clinical Supervision** for professionals to enhance their knowledge of family therapy and systemic practice, accrue CPD points, gain practical workplace experience or supervision to AAFT Clinical Membership or Australian Association of Social Work (AASW) - Mental Health Social Work status.

**Bower Systemic - Knowledge and Training - Membership Portal** - Bower Systemic provides access to original knowledge, information and resources for professionals, practitioners and service delivery agencies and individuals, couples and families.

# Bower Training

## Graduate Diploma in Family Therapy and Systematic Practice

This 2-year post graduate qualification is accredited with the Australian Association of Family Therapy (AAFT). On completion, with an additional 50-hours group or individual supervision and 500-hours clinical experience, students are eligible to apply to join AAFT as a *Clinical Family Therapist* and identify themselves as such.

Students participating in the *Bower Place Graduate Diploma in Family Therapy and Systemic Practice* work with Bower Place Complex Needs Clinic clients on a Wednesday evening. Sessions are facilitated by a first and second-year student together with continuous and direct oversight by educators, Melissa Minney, Program Director, AAFT Clinical Member and Clinical Psychologist and Catherine Sanders, Bower Place Director, AAFT Clinical Member and Clinical Psychologist. Catherine meets all new clients as part of the first session and participate in sessions as required.

On completion of this course students should be able to:

- Identify the central theoretical tenets of a systemic approach to family therapy
- Describe the relationship between a systemic approach and the personal, relationship and ethical difficulties experienced by clients
- Describe the way in which a systemic approach is applied to individuals, couples, families and wider systems
- Apply theory of systemic practice to work with a range of presenting problems and family arrangements
- Have developed an understanding of their own personal responses to human difficulties as a result of experiences in their family of origin and life experience and be skilled at managing and utilising their resources.

### How much contact time does the qualification entail?

Option 1: First and second year completing the online work while attending the Complex Need's Clinic each Wednesday evening from 5.00pm – 7:30pm

Attend 1 x Friday afternoon 2.00pm-5.00pm workshop a month in first year (10 workshops) and the second year (10 workshops) – a total of 20 workshops in 2-years.

All knowledge and theoretical assessment work is completed online on a weekly basis during the student's own time through the duration of the course.

Option 2:

First and second year complete online work with week-long block placements at Bower Place in order to complete required practical hours.

### Block Placement

Block Placements are specifically designed to accommodate interstate and rural students. However, spaces may be available for local students who are unable to attend Wednesday evenings. Block Placements consist of 4 x 35 hour (one-week) placements per year over 2-years, in the South Australian school holiday breaks.

Attend 1 x Friday afternoon 2.00pm-5.00pm workshop per month in first-year (10 workshops) and second-year (10 workshops) - 20 workshops in total. Workshops are organised to coincide with block placement weeks and when this is not the case workshops can be accessed online and students complete associated assessment tasks.

All knowledge and theoretical assessment work is completed online

## **Course Content**

### **Unit 1: Introduction to Key Concepts in Family Therapy**

Students are introduced to the key theoretical concepts underpinning systemic family therapy through readings and assignments. This unit is conducted online providing maximum flexibility.

Online - 20 hours

### **Units 2 and 3: Family Therapy and Systemic Practice; Professional Practice Workshops**

This unit involves attendance at workshops presented at Bower Place which cover a range of topics addressing individuals, couples and families through a systemic theoretical perspective. Each workshop is conducted by Bower Place senior practitioners. The 2-year program offers 20 workshops, 10 of which are offered in the first year and the remainder in the second year of the course.

20 x 3-hour Workshops over 2 years - 30 hours/Unit (60 hours)

### **Unit 4: Observation of Clinical Practice**

Students are introduced to the Bower Place Complex Needs Clinic as observers where they begin to understand the practical application of theoretical concepts addressed in Unit 1 and the protocols which guide clinical practice. They are inducted into the processes and procedures of the clinic and team and actively participate in the pre and post session discussions which link theory to practice.

20 hours - Wednesday evenings between 5.00 p.m. – 7.30 p.m.

### **Unit 5: Supervised Clinical Practice**

Students' progress from observers of clinical practice to active participants in the room with clients. Each session is conducted by a first- and second-year student and supported by experienced practitioners. Students are required to participate at a level commensurate with their level of skill and theoretical sophistication. Students work with their peers participating in briefing and debriefing sessions, developing observational and analytic skills and designing intervention. Feedback is provided by teachers and peers.

38 hours

Wednesday evenings between 5.00 p.m. –7.30 p.m.

### **Units 6, 7 and 8: Supervised Clinical Practice**

These units require a more full and active participation in the Complex Needs Clinic. Students are expected to progress from the supported role taken in Unit 5 to actively managing their own cases, both in room and outside. Educators continue to maintain a strong supervisory role but expect greater levels of skill, initiative and participation. Some students at this level work as co-therapists with less experienced students.

3 x 38hrs (114 hours) - Wednesday evenings between 5.00 p.m. – 7.30 p.m.

## **What can I expect from the Bower Place Complex Needs Clinic?**

The Complex Needs Clinic is a teaching clinic and students participating in the Graduate Diploma in Family Therapy and Systemic Practice work with Bower Place clients on Wednesday evenings or during block placements. As students in this program are qualified practitioners, most of whom are working in the field, sessions are facilitated by a first and second year student with direct oversight by an educator and Catherine Sanders, the Program Director and Clinical Psychologist. Catherine Sanders will meet new clients as part of the first session and participate during sessions, as required.

## **When does this course commence?**

The course begins in February of each year - applications will be accepted now.

An interview is required before an application is accepted.

## **What are the entry requirements?**

### **Entry Requirement Checklist – Graduate Diploma in Family Therapy and Systemic Practice**

Candidates seeking entry to this course must be able to complete the checklist below and provide evidence of ALL of the following:

- Minimum entry level qualification Bachelor Degree or equivalent as defined by the Australian Qualification Framework
- Currently working in the field/industry
- Relevant vocational experience in counselling and/or family therapy

Applicants for family therapy and systemic practice training programs who wish to become Clinical Members of AAFT meet the requirements listed above. They are presumed to have a knowledge and skills base in the social and health sciences or relevant field. Family therapy and systemic practice courses build on these acquired skills and extend into family therapy and systemic practice competencies.

Please note an interview is required before an application is accepted.

## **What is the cost of the course?**

\$12,500\* Fees are able to be paid in instalments throughout the duration of the 2 year qualification. Please note that it is a \$500.00 non-refundable deposit is required before the commencement of the course. A 10% late fee will apply if fees are not paid in full within 14 days of completion of the course. Certificates of completion will not be issued until all assignments and fees are up to date.

## **Clinical Supervision**

**Clinical Supervision** for professionals to enhance their knowledge of Family Therapy and Systemic Practice, accrue CPD points, practical workplace experience and additional supervision towards AAFT Clinical Membership or AASW Mental Health Social Worker status.

### **What Clinical Supervision opportunities are available?**

1. Professional Practice and Development Supervision can be booked by the hour for professionals seeking direct oversight from an accredited supervisor for workplace professional practice and development.
2. Group Supervision for work teams for direct case oversight.
3. Clinical Supervision towards AAFT Clinical Membership or AASW Mental Health Social Worker status by block placement or weekly sessions working with families.

**Professional practice and development and group supervision can be conducted across Australia or overseas via live streaming technology.**

### **1. Professional Practice and Development Supervision**

Sessions are able to be booked by the hour for professionals seeking direct oversight from an accredited supervisor and/or to fulfil professional accreditation and affiliation criteria.

Catherine Sanders (Clinical Psychologist & Family Therapist) and Malcolm Robinson (Social Worker, Family Therapist & Mediator) are both accredited supervisors available to work professionally with individuals to facilitate exploration of client work and reflective practice.

Single or reoccurring appointments are available at the cost of \$200 per hour. Payment on the day is required.

### **2. Group Supervision**

Group Supervision for work teams requiring direct case work oversight by accredited supervisors (Catherine Sanders or Malcolm Robinson as above).

Single or reoccurring Group Supervision sessions are available at the cost of \$300 per hour. Payment arrangements can be negotiated when making bookings.

### **3. Clinical Supervision towards AAFT Clinical Membership or AASW Mental Health Social Worker status**

Block Placement: (over 2 week duration) – by negotiation

### **Who would be suited to this course?**

Students working towards AAFT Clinical Membership and/or AASW Mental Health Social Worker status.

## **What can I expect from the Bower Place Complex Needs Clinic?**

Bower Place CNC is a teaching clinic and students participating in the Bower Place Supervision program work with Bower Place clients on a Monday afternoon or during block practical professional development. As students in this program are qualified practitioners who have also completed an accredited Family Therapy Course, client sessions are facilitated by students (under supervision) with oversight by a Bower Place senior practitioners. Bower Place practitioners meet with clients and participate in sessions depending on the requirements of clients and students.

## **When does this course commence?**

The course begins at various times through each year - applications will be accepted now.

## **What are the entry requirements?**

### **Entry Requirement Checklist – Supervision**

Candidates seeking entry to this course must be able to complete the checklist and provide evidence of ONE of the following:

- Completion of the Graduate Diploma in Family Therapy and Systematic Practice at Bower Place or
- Completion of a Family Therapy Training Programme accredited by AAFT

An interview is required before an application is accepted.

## **What is the cost of the course?**

\$2500\*

\* Please note that it is a requirement that we receive a \$250.00 non-refundable deposit before the commencement of the course. Fees can be paid in instalments through the duration of the course. A 10% late fee will apply if fees are not paid in full within 14 days of completion of the course. Certificates of completion and supervisor reference will not be issued until all theory work, assessments and fees are up to date.

## **Counselling in Context Certificate**

**Counselling in Context-** A 16 week (over 2-terms) blended mode of practical training working with clients combined with online knowledge and theory assessments.

Bower Place offers a Certificate in Contextual Counselling which provides students with all knowledge and theory assessments delivered online. This allows the student to control the pace and structure of their learning, while choosing when and where they study. The practical component of the course is run either weekly, or in a block depending on the student's requirements.

This course is innovative and unique in that it provides students with practical client experience in specialised clinical practice in the Complex Needs Clinic. This practical learning and experience is ongoing through the course and allows students to apply the theories of counselling they have learned online to real life counselling sessions. All sessions are closely supervised by a professional practitioners.

### **Who would be suited to this course?**

People who are interested in a career in human services and counselling, or who may currently be working in professions where counselling skills are required such as education, medicine and health.

### **How much contact time does the course entail?**

Option 1: 16-weeks (over 2-terms) completing the online work while attending the Complex Needs Clinic each Tuesday evening from 5.00pm – 7:30pm

Option 2: 16-weeks (over 2-terms) completing online work and then block placements at Bower Place to complete required practical hours. Block Placement consists of one week-long block placement (38 hours)

### **What are the entry requirements?**

#### **Entry Requirement Checklist – Counselling in Context**

Candidates seeking entry to this course must complete the checklist below and provide evidence of ONE of the following:

- Currently working or volunteering in the human services field
- Relevant vocational experience in counselling
- Completed a Diploma or equivalent as defined by the Australian Qualification Framework.

An interview is required before an application is accepted.

### **When does the course begin?**

The course has two intakes per year, in February and July.

Applications will be accepted now.

### **What can I expect from the Bower Place Complex Needs Clinic?**

The Complex Needs Clinic is a teaching clinic where clients see practitioners at a reduced fee and students observe and participate in sessions. As a student, you will either be observing or completing tasks set by our educators in a separate room or actively participating in the therapy session with the practitioner working with the client. You will be required to take notes, work towards the clients' goals and complete case notes following the session, in your own time. This is a very unique way to learn as sessions are available for review and immediate feedback is provided by peers and practitioners.

### **What is the cost of the course?**

\$3,500.00\*

\*Please note that it is a requirement that we receive a \$500.00 non-refundable deposit before the commencement of the course. Fees can be paid in instalments through the duration of the course. A 10% late fee will apply if fees are not paid in full within 14 days of completion of the course. Certificates of completion will not be issued until all assignments and fees are up to date.

## Introduction to Family and Systemic Therapy Certificate

**Introduction to Family and Systemic Therapy:** A 10-week course that provides students with a knowledge base that equips them to apply for General Membership with the AAFT, having demonstrated an interest and training in the practice of family focussed work.

The 10 weeks of theoretical knowledge are accompanied by 10 sessions in the Complex Needs Clinic. Each session is focussed around key concepts of family therapy and systematic practice.

Assessments will be conducted during client contact time to connect the theoretical content to practical work and observations that reflect each week's topic.

Knowledge and training is referenced to the Bower Place Method and also covers key family therapy concepts

### Who would be suited to this course?

This course is suitable for those wishing to apply for General or Professional Membership of AAFT

Students eligible to apply for the Graduate Diploma in Family Therapy and Systemic Practice following the completion of the Introduction to Family Therapy Certificate receive credit for Units 1 and 4 of the Graduate Diploma in Family Therapy and Systemic Practice qualification.

**Professional Membership:** Professional practicing therapists or counsellors with a degree in Health Science, Social Science, Education or equivalent, registered with AHPRA, PACFA and/or have membership of a professional association who does not meet requirements for Clinical Family Therapist may be eligible to apply for Professional Membership upon completion of this course. The applicant must satisfy the AAFT committee that they meet the criteria for Professional Membership determined by the Committee of Management.

**General membership:** General Membership is open to any applicant who does not meet the requirements of Clinical Family Therapist or Professional Membership but has relevant training in the practice of family focused work. Applicants must satisfy the committee that they meet the criteria to be a General Member as determined by the Committee of Management.

### What are the entry requirements?

#### Entry Requirement Checklist – Introduction to Family Therapy and Systemic Practice

Candidates seeking entry to this course must complete the checklist below and provide evidence of ONE of the following:

- Practicing therapists, counsellors and teachers
- Completion of a TAFE SA Diploma qualification or vocational placement facilitated at Bower Place

An interview will be required before applications are accepted.

### **When does the course begin?**

4-intakes per year at the commencement of each school term (South Australian).

Applications will be accepted now.

### **What is the cost of the course?**

Full Fee - \$1750\*

Partial Scholarships available to Bower Place Diploma Alumni and TAFE SA (students who have studied at Bower Place) Diploma Alumni - \$500\*

\* Please note that it is a requirement that we receive a \$250.00 non-refundable deposit before the commencement of the course. Fees can be paid in instalments through the duration of the course. A 10% late fee will apply if fees are not paid in full within 14 days of completion of the course. Certificates of completion will not be issued until all assignments and fees are up to date.

## **Family and Systemic Therapy Practical Professional Development**

**Family and Systemic Therapy Practical Professional Development** - Bower Place fee for service practical professional development opportunities take place under supervision in the Complex Needs Clinic. This clinic consults to complex, multi-system, co-morbid difficulties with referrals from education, health, justice and welfare systems. Clients present with a wide range of mental health, relationship and individual difficulties.

Each participant establishes individually tailored goals to provide relevant professional development and meet their learning plan. These may relate to a specific system (e.g. school, health), group (e.g. family, couples), skill area (e.g. interviewing, intervention) and symptom or problem category (e.g. eating disorders, childhood behaviour problems). All clinical work is supported by theoretical material and discussion.

Senior practitioners, Malcolm Robinson (Social Worker and Family Therapist) and Catherine Sanders (Clinical Psychologist and Family Therapist) work closely to provide an integrated practical and theoretical learning experience tailored to the participants' skill level and personal goals.

Bower Place implements an applied approach to learning through therapeutic, clinical and counselling practice skills. All participants are able to access resources, clinical session recordings, articles and published works whilst working within a supportive team. Opportunity is available to reflect on personal style, experience, approach and benefit, whilst accessing individualized supervision.

### **When does the course begin?**

Practical Professional Development contact times and duration are negotiable and tailored to your learning plan, current skill level and professional development goals.

Practical Professional Development hours are able to be scheduled in day, week or month blocks.

## **What does Practical Professional Development include?**

Practical Professional Development hours include pre-reading and competency assessments for participants requiring CPD activity points.

## **What are the entry requirements?**

### **Entry Requirement Checklist – Family and Systemic Therapy Practical Professional Development Certificate**

Candidates seeking entry to this course must be able to complete the checklist below and provide evidence of ONE of the following:

- Minimum entry requirement is successful completion of the Bower Place Introduction to Family and Systemic Practice (Theory) Certificate.
- Completion of the Bower Place Counselling in Context Certificate
- Current registration and participation in or completion of the Bower Place Graduate Diploma in Family Therapy and Systemic Practice
- Current or graduated Bachelor or Masters students in a related human services field (Social Work, Psychology, Behavioural Science, Counselling, Psychotherapy)

An interview is required before an application is accepted.

## **What is the cost of the course?**

The cost is calculated on the basis of placement time and format.

Practical Professional Development hours are available at the rate of \$170 per day (7.5hours) or \$850 per week (38 hours) block booking\*

\* Please note that it is a requirement that we receive full payment prior to each placement day.

\$170 per day session bookings. Students booking week blocks will be charged for the total full week block whether all days are attended or not. Certificates of completion will not be issued until all fees are up to date.

## Professional Development Workshops

Senior Bower Place practitioners and national and international guests present workshops on systemic practice and family therapy.

Practitioners at Bower Place have extensive experience in working with complex systems and families. **Bower Knowledge and Training** is presented through the lens of individual, symptom and system complexity. Bower Place has the technological and physical means to offer

- Face to face workshops at Bower Place
- In situ workshops
- Live streamed workshops
- Online workshops
- Professional Development tailored to meet team and organisational needs
- Case consulting and intervention

### Who would be suited to these Bower Place workshops?

- Practitioners, service delivery agencies, regulatory and funding bodies.
- Professionals requiring CPD to maintain industry association membership or registration
- Bower Place and TAFE SA ( who completed qualifications at Bower Place) Alumni
- Students currently studying human services related qualification
- Organisations and human services practitioners dealing with complex matters
- Individuals, couples and families to access ideas and information

### How much do workshops cost?

Cost varies according to workshop format, duration, location, technology and participant numbers. For further details visit the Bower Place website for further details, email [info@bowerplace.com.au](mailto:info@bowerplace.com.au) or call (08) 8221 6066

## Face to Face Workshops

Face to face full day workshops are held at Bower Place 9.30am – 5.00pm throughout the year. Workshops may include a combination of knowledge, theory and practical clinical observations or case examples.

Bower Place Practitioners are able to present on location; for work and community groups or university lectures upon request.

**Guest Presenters** - Workshops by invited national and international guest presenters are congruent within Bower Place's conceptualization of the organisation as one that deals with clinical practice, knowledge and training.

### Who would be suited to these guest presenter workshops?

- Practitioners, service delivery agencies, regulatory and funding bodies.
- Organisations and families dealing with complex matters

## Live Streamed workshops

**All Bower Place consulting and workshops can be live streamed into any location in Australia or overseas.**

Workshops can include theoretical research and knowledge and live practical therapeutic consultations. Workshops are facilitated in two distinct sections, a theoretical presentation, enhanced by a practical live case demonstration. Live-streaming technology allows workshops and therapeutic sessions to be conducted at Bower Place and securely streamed to your location where it can be explored and unpacked with participants.

Bower Place has the necessary protocols and permissions in place to protect client privacy.

Workshops can cater to individual organisational needs and time requirements.

## Online Workshops

**The Complexity Series – Available Online or Face to Face**

- Topic 1: A theoretical frame for understanding and working with complex cases
- Topic 2: Working with complex children and families
- Topic 3: Working with complex adolescents and families
- Topic 4: Working with complex adults and families
- **BowerNote and The Bower Place Method**

**Who would be suited to these online workshops?**

- Practitioners, service delivery agencies, regulatory and funding bodies.
- Organisations and families dealing with complex matters

## Professional Development Workshop Topics

**Emotional Dysregulation – A neuro-systemic approach to therapy with emotionally and behaviourally dysregulated children, adolescents and families.**

Having worked with many children whose capacity to self-regulate is severely compromised a body of expertise has been developed at Bower Place. This includes an understanding of the origins of such behaviours and skills to map the pattern which produces and perpetuates such extreme dysregulation. Underpinned by the Bower Place Method, primacy is given to the political dimension where questions of authority and responsibility are defined and enacted. Our focus is on both prevention and intervention, working individually, with families and the wider system. The work on the 'inside' focuses on clinical aspects of emotion regulation, cognitive functioning, and social wellbeing. The work on the 'outside' addresses intra-familial interactional patterns, relationships with the wider system the psycho-social disadvantages that produces inequality and acts to constrain change, and the politics within and outside of the family.

## **Child Responsibility / Adult Authority – How to strike the balance?**

When working with children and their families, professionals are often confronted with questions about how to strike a fair balance between the rights of the child and support for the proper authority of adults who care for them. This workshop provides a framework for assessing and intervening in situations where adult's authority is continually questioned, leaving children vulnerable and adults impotent. Based on the Bower Place Method and informed by principles of non-violent resistance, the approach helps practitioners clearly differentiate lines of appropriate authority and responsibility which are maximally protective. It proposes intervention that reinforces equitable division of responsibility between adults and children commensurate with the role of the adult and developmental stage of the child.

## **Burnout**

From burnout to engagement: A workshop promoting a mentally healthy workplace. The workshop addresses topics such as:

- What is burnout and how do you know if you are at risk.
- Strategies for preventing burnout and promoting resilience and engagement, within the individual and within the wider system.
- Where and how to seek additional support.

## **Mediation Skills**

A workshop designed for professionals where mediation skills are applicable to their work roles. The workshop addresses the required processes and protocols for mediation skills and topics such as the benefits to mediation, inequality, conflict, emotions and difference, first languages and cultural diversity, neutrality and escalation.

## **Addictions - Gaming, Gambling, Substances and 'S...'**

Humans are uniquely designed for addiction - to be addicted to something even if they haven't found that something yet - addiction is a fact of life not an aberration. This workshop addresses factors such as meaning, cessation, location of authority and responsibility, causation, constraint, and neurobiological and socio-relational congruence. Detailed strategy for changing the addiction is addressed.

## **A Theoretical framework for Understanding and Working with Complexity**

A family systemic approach to understanding and working with complexity which emphasises understanding the politics underlying complex matters and the appropriate alignment of authority with responsibility to effect change.

### **Working with Complex Children and their Families**

The content of this presentation is divided into four lenses: Politics, Space, Development and Time. We explore what we mean by complex when applied to children and their families and how we might locate the different forms of complexity within the Bower Place Model. These may include complicated family arrangements that occur with stepfamilies or children in care, or difficult behavioural or emotional symptoms including sexualised, aggressive or anxious presentations. When a school or the child protection system is added to the mix difficulties are further exacerbated. The challenge for practitioners and how we may become stuck will be addressed. We explore the practical skill needed to work effectively with these matters. The course content includes significant amount of clinical material.

### **Working with Complex Adolescents and Their Families**

Complex adolescents and their families will be addressed through four lenses: Politics, Space, Development and Time. We will identify the forms of complexity presented by this group and how we might explore these through the lens of the Bower Place Model. Presenters will discuss how to work with adolescents with behavioural and relationship issues which may be played out on a background of neurobiological challenge (e.g., Autism Spectrum Disorder, ADHD, Intellectual Disability) in a fractured socio-relational world. These issues may be complicated by family conflict, trauma, and mental health issues. The challenges presented to practitioners by this age group and how the therapeutic process may be immobilised will be discussed and the specific skills to address these will be outlined. Course content will be supported by clinical case examples.

### **Working with Complex Adults and Their Families**

Working with complex adults and their world will be addressed across the four lenses of the Bower Place Model: Politics, Space, Development and Time. The Model will be used to structure information about complexity as it is applied to adults and their families and different forms of complexity identified. The course material will include clinical examples.

### **BowerNote and Bower Place Method**

BowerNote is a specialised service delivery and clinical practice protocol and process developed by Bower Place to address and deal with complex clinical matters where there are co-occurring problems in the context of complex service delivery systems, regulatory and funding bodies.

### **Other workshop topics include:**

- Comorbidity complex case management
- Couples Therapy
- Ecogram and Family of origin
- Older adults and their family
- Resistance and the therapeutic relationship
- Schools, children and their families
- The family life cycle
- Working with violence and the couple relationship
- Men as clients
- Disability and Family Therapy
- Eating Disorders

## The How Do I? – Online Series

A series of half-hour live streamed presentations. Professionals and organisations are able to purchase as many *How Do I?* sessions as required. Other topics by negotiation.

- How do I draw an ecogram?
- How do I ask a question?
- How do I explore feelings with children?
- How do I ask about violence in the family?
- How do I explore family dynamics with children?
- How do I fashion and work with a request?
- How do I manage criticism of a family member?
- How do I explore spirituality?
- How do I engage disinterested family members?
- How do I disagree with a parent about their approach to children?
- How do I say something difficult?
- How do I disagree?
- How do I explain something?
- How do I make a difference?
- How do I notice and amplify change?
- How do I hold the client accountable?
- How do I tell the client they are wrong?
- How do I draw a timeline with one client?
- How do I draw a timeline with a couple?
- How do I draw a timeline with a whole family?
- How do I explain attachment?
- How do I explain anger?
- How do I explain love?
- How do I explain adolescent development?
- How do I explain differentiation?
- How do I explain trauma?
- How do I explain identity?
- How do I explain power?
- How do I draw an ecogram with a couple?
- How do I explain sexuality?
- How do I invent the future?
- How do I explain change?

# Bower Knowledge

## Bower Systemic Knowledge & Training Membership Portal

Bower Systemic – Knowledge and Training enables Member's access to information and resources for professionals, practitioners, service delivery agencies and individuals, couples and families.

Bower Systemic is a portal dedicated to the electronic publication of

- Bower Note and The Bower Place Method – a specialised service delivery and clinical practice protocol and process developed by Bower Place to address and deal with complex clinical matters where there are co-occurring problems in the context of complex service delivery systems, regulatory and funding bodies.
- Specialist knowledge and training about systemic practice and family therapy for practitioners, service delivery agencies, regulatory and funding bodies.
- Generic professional and personal knowledge for organisation and families dealing with complex clinical matters with co-occurring problems.

### Who would be suited to the Bower Place Knowledge and Training membership portal – Bower Systemic?

- Practitioners, service delivery agencies, regulatory and funding bodies.
- Professionals requiring Professional Development Points to maintain industry association memberships and/or registration
- Bower Place and TAFE SA Alumni - who have completed qualifications at Bower Place
- Current students studying a human services related qualifications
- Organisations and human services workers dealing with complex matters
- Individuals, couples and families to access ideas and information

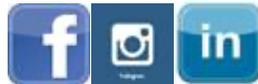
## Director's Notes

Subscribe via the Bower Place website [www.bowerplace.com.au](http://www.bowerplace.com.au) to receive free weekly Director's Notes, written and presented by Bower Place Director, Clinical Psychologist and Family Therapist Catherine Sanders. Catherine details current practice ideas, research summations and all things clinical, knowledge and training at Bower Place.

**Bower Place Knowledge and Training provides the chance to learn from senior and experienced practitioners in the field whilst building practical skills and knowledge. Truly an invaluable learning and development opportunity for all levels of professionals - new graduates to the most seasoned, in Australia and all over the world.**

**For all bookings and enquiries in regards to Bower Place Knowledge and Training please call (08) 8221 6066 or email [info@bowerplace.com.au](mailto:info@bowerplace.com.au)**

**[www.bowerplace.com.au](http://www.bowerplace.com.au)**



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## **Confidentiality**

All training participants will be required to sign confidentiality agreements, and these MUST be adhered to at all times.

## **Department of Human Services Clearances**

All participants registered in Bower Place training qualifications, certificates, theoretical and practical professional development must meet the qualification and/or legislative requirements set by industry standards. These are core requirements for eligibility to work in specific industry areas and to gain professional memberships to practice in some industry sectors.

Current Criminal History Checks (Child Related, Disability & Vulnerable Persons) conducted through the Department of Human Services (DHS) are required.

## **Safe Environments for Children and Young People Training (formerly Child Safe Environments)**

Bower Place training participants are to have completed training in Identifying and responding to children and young people at risk (Safe Environments for Children).

## **Workplace Health and Safety**

All training participants must understand their workplace health and safety obligations and safety requirements under the:

- Workplace Health and Safety Act 2012 (South Australia), which imposes obligations on people at workplaces to ensure workplace health and safety.
- Workplace Health and Safety Regulation 212 (South Australia) that describes what must be done to prevent or control certain hazards which cause injury, illness or death.
- Codes of Practice, which are designed to give practical advice about ways to manage exposure to risks common to industry.
- All workers must be able to participate in Risk Assessments, Incident Reports and Hazard Identification.



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