

🎓 Family Therapy Diploma – 50 Hours (Condensed Batch)

📅 Start Date: 23rd October 2025 ⌚ Time: 7:30 – 10:00 AM (Mon–Sun, Daily) 📍 Mode: Live Online (Recordings Available) 💡 Includes: Practicals, Case Studies, Roleplays, Business Simulations

📌 Total: 20 Sessions × 2.5 Hours = 50 Hours





Course Breakdown (20 Sessions)

Block 1: Foundations & Assessments

Sessions 1–6

Building core understanding of family systems and assessment tools

Block 2: Therapeutic Interventions

Sessions 7–12

Hands-on therapy techniques and intervention strategies

Block 3: Special Populations & Contexts

Sessions 13–16

Working with diverse families and unique situations

Block 4: Professional Practice & Monetization

Sessions 17–20

Building your practice and business skills

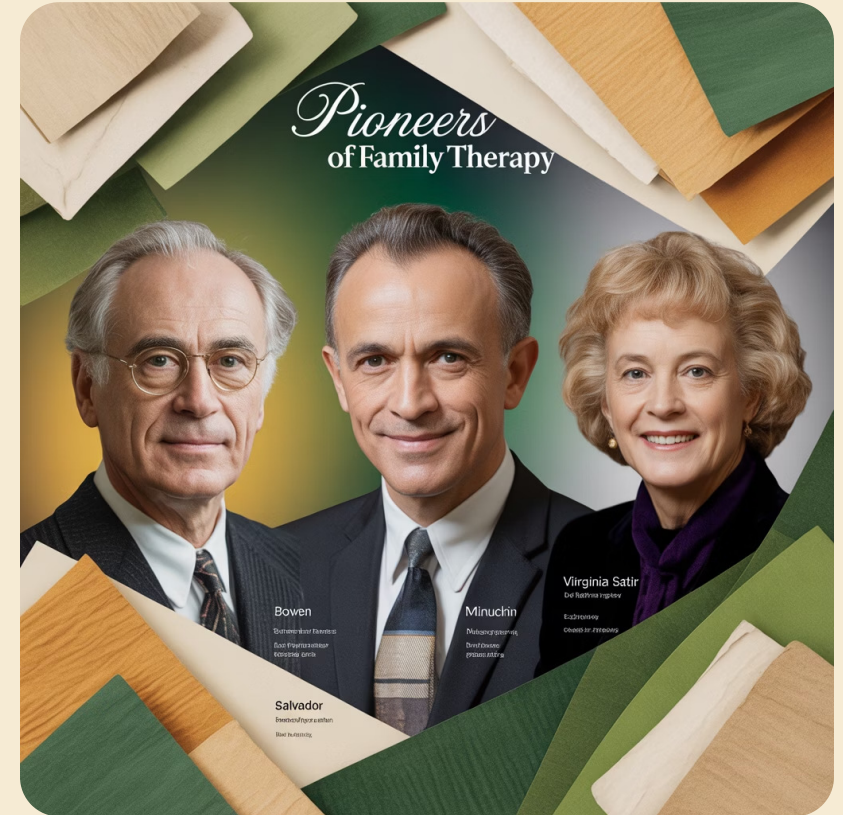


Block 1: Foundations & Assessments (Sessions 1–6)

This foundational block introduces you to the core principles of family therapy, major theoretical models, and essential assessment tools that form the backbone of effective family intervention.

Session 1 (23-Oct): Introduction + Systems & Family Dynamics

- Evolution of Family Therapy, pioneers (Bowen, Minuchin, Satir).
- Systems theory, family roles, homeostasis.
- Case exercise: Mapping your own family system.



Session 2 (24-Oct): Major Models – Structural, Bowenian

Structural Therapy

Structural therapy (boundaries, hierarchies).

Bowenian Approach

Bowenian (differentiation, triangulation).

Practical: Draw genograms for 2 generations.





Session 3 (25-Oct): Strategic, Experiential & Narrative Models

- Haley, Satir, Narrative Therapy externalization.
- Case discussion + Roleplay of Satir sculpting activity.

Session 4 (26-Oct): Family Life Cycle + Multicultural Perspectives

- Stages of family development.
- Impact of culture, religion, gender roles.
- Casework: Intercultural marriage & parent-child conflicts.



Session 5 (27-Oct): Assessment Tools – Genograms, Communication, Conflict Mapping



Family Mapping

Family mapping, parenting style analysis.



Gottman's 4 Horsemen

Gottman's 4 horsemen in couples.



Assessment Toolkit

Workshop: Build assessment toolkit.

Session 6 (28-Oct): Abuse, Substance Use, Case Formulation & Report Writing

⊗ **Critical Session:** This session covers sensitive topics requiring careful handling and professional boundaries.

- Screening red flags for DV, child abuse.
- Addiction as a family disease.
- Case formulation exercise + Report-writing simulation.





Block 2: Therapeutic Interventions (Sessions 7–12)

This block focuses on hands-on therapeutic techniques and intervention strategies. You'll practice real therapy skills through roleplays, demonstrations, and interactive workshops.

Session 7 (29-Oct): Structural & Bowenian Interventions



Therapist Roleplay

Therapist roleplay: Strengthening parental hierarchy.



Differentiation Coaching

Practice differentiation coaching for clients.

Session 8 (30-Oct): CBFT & Solution-Focused Interventions

Cognitive-Behavioural Family Therapy

Thought restructuring in couples.

Solution-Focused Brief Therapy

Miracle question & scaling practice.





Session 9 (31-Oct): Emotion-Focused Therapy

Accessing underlying emotions, breaking negative cycles.

Demo: EFT for marital conflict.

Session 10 (01-Nov): Play & Art Therapy with Families



Creative Interventions

Creative interventions for parent-child pairs.



Workshop Design

Workshop: Design a family art therapy module.

Session 11 (02-Nov): Adolescents, Anxiety, Depression in Families

- Handling rebellion, conflict, & parental over-control.
- Family-based treatment plans for depression/anxiety.



Session 12 (03-Nov): Crisis & Trauma-Focused Family Therapy

⚠ **Crisis Management:** This session prepares you for the most challenging therapeutic situations.

- Sudden loss, abuse, disaster response.
- Simulation: Therapist managing crisis disclosure.





Nourishing Connections, naturally

Block 3: Special Populations & Contexts (Sessions 13–16)

This block addresses the unique challenges and considerations when working with diverse family structures and populations, including modern family dynamics and cultural considerations.



Session 13 (04-Nov): Blended Families, Divorce & Co-Parenting

01

Step-Parent Challenges

Step-parent challenges, custody issues.

02

Mediation Practice

Mediation roleplay with parents.





Session 14 (05-Nov): Domestic Violence, LGBTQ+ Families

Trauma-Informed Approaches

Trauma-informed approaches.

Cultural Sensitivity

Casework: Teen coming out to traditional parents.

Sessions 15-16: Complex Family Dynamics & Modern Challenges

Session 15 (06-Nov): Multigenerational Homes

Sandwich generation struggles. Case example: Family with autistic child.

Session 16 (07-Nov): Migrant/Transnational Families

Working across cultures, teletherapy ethics. Simulation: Running family therapy via Zoom.

