

Working with Families: Intervention Skills & Techniques

2-Day

Program Description

We cannot *not* work with families. The influence of family on who we are, what we do, and who we become is ubiquitous and inevitable. But how do we work with families effectively? What is a useful framework for family work, and what do we actually do in a family session? Join us for a fun, fast-paced, experiential workshop where you will learn tangible, well-tested concepts and methods for working with families. This workshop utilizes interactive discussion and experiential activities to introduce family systems theory and practice family intervention skills and techniques. Participants will receive an overview of the over-arching philosophy and approach behind the systemic, strategic, and structural methods for treating families developed by Dr. John T. Edwards. Join us for an inspiring, hands-on experience that will build your confidence in the art and science of working with families.

Program Objectives

Upon completion of this workshop, participants will be able to:

1. Describe the *ReSPECT Model* for initial family sessions;
2. Explain how to engage families in therapeutic change;
3. Explain how to leverage family when working with problematic substance use and addiction;
4. Demonstrate how to use a *Family Map* and *Systems Hypothesis* to perceive and present cases;
5. Facilitate *Family Sculpting* to assess and intervene;
6. Discuss how to effectively move the target of intervention from a single identified patient to the family system;
7. Define and describe multiple-family group therapy;
8. Explain the philosophy and theory behind Dr. John T. Edwards' systemic approach to treating families.
9. Utilize other family interventions as time permits (e.g., Guardrail, Circle Method, Alter Ego, New Talk).

Target Audience

This workshop benefits counselors in the field of human services who are committed to working with families to help clients achieve their dreams, aka, treatment goals.

Sample Agenda: This 2-day workshop offers a total of 12 continuing education hours.

Day 1

Begin Time	End Time	Description
9:00 AM	10:30 AM	Part 1 – 90 minutes
10:30 AM	10:45 AM	Break - 15 minutes
10:45 AM	12:15 PM	Part 2 – 90 minutes
12:15 PM	1:15 PM	Lunch – 60 minutes
1:15 PM	2:45 PM	Part 3 – 90 minutes
2:45 PM	3:00 PM	Break - 15 minutes

3:00 PM	4:30 PM	Part 4 – 90 minutes
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Day 2

Begin Time	End Time	Description
9:00 AM	10:30 AM	Part 5 – 90 minutes
10:30 AM	10:45 AM	Break - 15 minutes
10:45 AM	12:15 PM	Part 6 – 90 minutes
12:15 PM	1:15 PM	Lunch – 60 minutes
1:15 PM	2:45 PM	Part 7 – 90 minutes
2:45 PM	3:00 PM	Break - 15 minutes
3:00 PM	4:30 PM	Part 8 – 90 minutes

Contact Hours:

12.0 hours

Faculty

Michael McGuire is employed by the University of North Carolina at Chapel Hill School of Social Work as a Clinical Assistant Professor and the Director of the Substance Use and Addiction Specialty program. He is licensed as a Clinical Social Worker (LCSW), Marriage and Family Therapist (LMFT), Clinical Addictions Specialist (LCAS), and is a Certified Clinical Supervisor (CCS). His areas of expertise include: adolescent and family development, childhood trauma, substance use treatment, experiential learning, military families, Motivational Interviewing, Feedback Informed Treatment, clinical supervision, implementation science, ethics, and workforce development. Michael worked as a clinical director of a comprehensive treatment agency and recently returned from Germany following a three-year excursion working with American military families stationed abroad. He enjoys extreme skydiving, deep-ocean treasure hunting, and molecular biology, and Michael was recently voted The World's Most Interesting Person.