

6th Meeting of Trainers
“Tools for Effective Training, Therapy and Research”
Brussels, Belgium – September 30th -October 2nd, 2011

Book of Abstracts

European Family Therapy Association
Training Institutes Chamber

www.efta-tic.eu

European Family Therapy Association Training Institutes Chamber

BOARD

Chair

Mony Elkaïm

Institut d'Etudes de la Famille et des Systèmes Humains - IEFSH, Belgium

Elkaïm Formations, France

Secretary

Phil Kearney

Clanwilliam Institute, Ireland

Treasurer

Michel Maestre

Institut PSYCOM, France

Members

Nevena Calovska Hertzog

Association of Systemic Therapists, Serbia

Rodolfo de Bernart

Istituto di Terapia Familiare di Firenze, Italy

Edith Goldbeter-Merinfeld,

Institut d'Etudes de la Famille et des Systèmes Humains - IEFSH, Belgium

Mauro Mariotti

Istituto Modenese di Psicoterapia Sistemica e Relazionale, ISCRA, Italy

Co-opted Member

Peter Stratton

Chair of EFTA Research Committee; Academic and Research Development Officer, AFT, U.K.

Acknowledgements

The EFTA-TIC Board wishes to thank
Institut d'Etudes de la Famille et des Systèmes Humains - IEFSH, Belgium
for the Book of Abstracts for the 6th EFTA-TIC Meeting of Trainers.

6th EFTA-TIC Meeting of Trainers Programme at a Glance

Friday, September 30th 2011

08.30-09.30	Registration & Sign-up for workshops and social programme
09.30-10.00	Welcome
10.00-10.45	Warm-up Process
10.45-11.00	Coffee Break
11.00-12.30	Keynote Presentation
12.30-13.30	Lunch Break
13.30-15.00	Parallel Presentations/ Workshops
15.00-15.30	Coffee Break
15.30-17.00	Parallel Presentations/ Workshops
17.00-18.00	Inter-Workshop Exchange
18.15-19.15	Visit to <i>Art Nouveau</i> house (of architect Victor Horta) – 1 st Group
19.15-20.15	As above – 2 nd Group

Saturday, October 1st 2011

09.00-10.30	Parallel Presentations/ Workshops
10.30-11.00	Coffee Break
11.00-12.30	Parallel Presentations/ Workshops
12.30-13.30	Lunch Break
13.30-15.00	Parallel Presentations/ Workshops
15.00-15.30	Coffee Break
15.30-17.00	Parallel Presentations/ Workshops
17.00-18.00	Inter-Workshop Exchange
20.00	Belgian Dinner

Sunday, October 2nd 2011

09.00-10.30	Parallel Presentations/ Workshops
10.30-11.00	Inter-Workshop Exchange
11.00-11.15	Coffee Break
11.15-13.00	Closing Session (Incorporating the EFTA-TIC General Assembly)

Abstracts

Friday, September 30th 2011

Friday, 13:30-15:00 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institute: Groupe d'Étude des Systèmes Humains (GESH) &
Université du Québec à Trois Rivières, Canada

Title: "Jeter des ponts et ouvrir de nouveaux possibles en formation."

Presenters: Linda Roy & Jean-Pierre Gagnier

Abstract: Inspirés par les défis des contextes de pratique au Québec et par nos expériences partagées en formation et en oncologie, nous proposons une réflexion critique sur les contributions distinctes et complémentaires de l'Université et des écoles de formation. Deux lieux de formation à la fois essentiels et non suffisants. Il nous faut faire alliance pour offrir une formation à l'intervention sachant:

- 1) reconnaître la richesse des savoirs issus de la recherche et de la pratique;
- 2) prendre en compte la personne de l'intervenant et sa participation au système thérapeutique;
- 3) soutenir l'ouverture à la collaboration interdisciplinaire;
- 4) garantir une supervision de qualité;
- 5) demeurer attentifs aux exigences et conditions réelles de pratique en libéral et en institution.

Institute: Elkaïm Formations, France

Title: "Neuroscience and family therapy."

Presenter: Anne Chouhy

Abstract: Nowadays, the field of psychotherapy cannot remain uninformed about the evolution of knowledge acquired by neurobiology regarding the complex world of the human brain. In this context, which place can Family Therapy have in the panorama of the "neurobiological well informed psychotherapies"?

In this paper I will propose different ways of viewing connections between family therapy and neuroscience and specifically, I will describe three different possibilities to ground the family relations theory and clinical practice in the neuroscience domain, working through the contributions of Joseph LeDoux on the "Emotional Brain"; Allan Schore on "Affect Regulation"; Eric Kandel on the phenomenon of "Synaptic Plasticity" and Antonio Damasio's thinking about "Homeostasis" and the biological regulation of survival.

Workshops

Institute: Cardiff Family Institute, University of Glamorgan, U.K

Title: "Co-construction of 'self and team' in live and simulated supervisory, therapeutic and learning practices - a practicing of 'with-ness' in approaching EDIN."

Presenters: Kieran Vivian-Byrne, Billy Hardy & Mary Morris

Abstract: In our practices here at The Family Institute we notice ourselves becoming ever more interested in capturing the energy of the 'live'. By bringing together a more embodied awareness of what we do with others (take in, give out, construct etc.) we create with our co-learners and clients a more vibrant 'praxis' (the dynamic combination of action and reflection). We notice that this attendance to the moment creates in those moments, a greater potential for meaningful transformation. In our therapeutic practices and in our learning practices, we endeavour to co-create contexts, where the 'moment' is privileged and more available to us, our co-learners, and our clients. This is a practice in 'witness'.

In this workshop we would like to invite colleagues to join with us in co-creating a context for conversation where a 'live' reflection on those moments from our practices can be brought for celebration, wonder and better understanding.

We will share how in specific terms these ideas are being woven into our practice processes at The Family Institute, as therapists-who-teach-therapy.

Institute: Focus Systemic Studies, Israel

Title: Exploring the "New Family Paradigm" for therapy and training.

Presenters: Haviva Ayal & Sara Evanir

Abstract: *"All the happy families are similar to each other. The unhappy families are unhappy in different ways."* (Leo Tolstoy, Anna Karenina)

To paraphrase Tolstoy we can say: "All biological families are similar but blended families are different and each one is unique and complex in its own way".

The blended family was described until recently as a small problematic subgroup in the general dysfunctional Family Group.

However, based on statistics, it is expected that by the middle of the 21st century most children in the USA and probably in the whole western hemisphere will live in families where their parents, brothers and grandparents will not be related to each other through primary biological relationships.

This is the "New Family" which includes different variation of familial ties (blended, same gender, one parent, adopted and biological children living in different setups across time and geography.).

It is time for a Paradigm Shift in our definition of what we call The Family.

This is also a time for a paradigm Shift in what we call Family Therapy, followed by changes needed in Training Family Therapist.

We propose that the new paradigm will include identifying and exploring of:

- "open narratives" about fast and continuous changes
- Transformation of concepts such as belongingness, boundaries and hierarchy
- The "New Tribe" that is not based on biology, territory or common history
- Transforming the concept of family cohesion based on common past into one based on common horizon

The workshop will include experiences for training family therapists to work within this new paradigm.

Friday, 15:30-17:00 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institute: Antistixi, Greece

Title: "Medusa's Head"

Presenter: Eleni Karagianni

Abstract: In the ancient Greek myth, Perseus is called upon to kill Medusa, the horrifying gorgon with a head of snakes for hair.

Medusa is a repulsive and ugly creature, yet according to other versions, majestically attractive: just as vanity is alluring and guilt terrifying.

Medusa petrifies anyone who glances at her, which is why the goddess of wisdom Athena, offers Perseus a symbolic shield, the mirror of truth. Only through this mirror can Perseus see the face of the gorgon without being petrified.

Full of symbolism the ancient Greek myth, as it describes the advancement of humankind, from the recognition of guilt to self-awareness, from petrification to salvation.

In the fascinating journey of psychotherapy, the client must face the risk of petrification, as he is called upon to see in an objective light the truth about himself.

Recognition of guilt leads to the assumption of personal responsibility and to the liberation of self-awareness.

In parallel, the involved therapist develops continuously through the mirror of truth of the therapeutic relationship, as he sifts through his obscurities and evokes his potential surpassing superficial techniques which lead to petrification.

Institute: Society of Family Counselors and Therapists, Russia

Title: "Social identity crisis in Russian young families."

Presenters: Elena Chebotareva & L.L. Mikaelyan

Abstract: The main tasks of marriage are creating a community based on mutual identification, shared intimacy, and at the same time - setting boundaries protecting each partner's autonomy. When couples are just beginning to live together, this problem is most acute. This process is often accompanied by social identity crisis.

We conducted a comparative study of couples at different stages of relationships: romantic relationships, young families without children and families with toddlers. Social identity crisis was diagnosed in 18 from 20 young families, while in other groups in no more than 20% of couples. In general, young families have significantly more pronounced imbalance of closeness-distance in partners' relationship.

Social roles structure in young spouses representations is much less clear, less consistent between the spouses, their willingness to take on certain roles are often diverges from the partner expectations; emotional sphere is separated from domestic, there are a lot of conflicts in role field. Partly this can be explained to some Russian cultural tradition.

According to M. Kun, T. Makpartlend test, 50% of respondents young couple did not indicate any social role, 40% - 1-2 role, while the other two groups, usually stated from 5 to 9 social roles. Thus this test may be a reliable tool for express diagnosis of social identity crisis in family relationships.

Workshops

Institute: Istituto di Terapia Familiare di Firenze (ITFF), ITF de Bologna & ComeTe Empoli Italy

Title: "New images for family therapy training."

Presenters: Rodolfo de Bernart, Cristina Dobrowolski, Nicoletta Bucchi, Giancarlo Francini, Conny Leporatti & Tullia Toscani

Abstract: The ITFF is well known for its interest in working with images. After having shown "Collage" in Barcelona TIC Event , Conjoint Family Drawing and Movies in Rhodes TIC Event, Photographic Genogram in Glasgow EFTA Congress,, again Collages In Paris EFT Congress, Music and Rhythm in Toulouse TIC Event, Internet in Krakow TIC Event , and Image of Art, Toys and Sandplay, Drawings, Movies and Photos in Psychoncology in Florence Sc.Pres. for the Board, we would like to introduce some new tools. Thinking to how much the work on the person of the therapist can be important in a model of training, we are considering the importance of the personal therapy of the student, the use of Metaphoric object during the training (and at the end of it during an experience of residential week end which concludes the process of training), the use of Google Earth to create a Virtual Journey back Home "a la Bowen", and the use of Images of Art in Training Groups.

Institute: Institut d'Etudes de la Famille et des Systèmes Humains (IEFSH), Belgium

Title: "The use of resonances between the training group and a presented case in supervision."

Presenter: Edith Goldbeter

Abstract: I will present a way of training that uses part of the trainees as supervisors of a trainee presenting a case to the training group.

The rest of the group is invited to observe the process and the emergence of enmeshed resonances between the different subsystems: therapeutic subsystem presented by the trainee, supervisory subsystem, etc.

This workshop will include a practical live exercise.

I will use the group of participants as a training group and give a live example.

Saturday, October 1st 2011

Saturday, 09:00-10:30 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institute: Université de Picardie Jules Verne Amiens, France

Title: "The interdependent reciprocal nature of psychoanalytic theory to/and systemic practice."

Presenter: Michel Wawrzyniak

Abstract: **Transfers** are a genealogy of the way of being in the world. They reveal to us that, largely, we are in the world as we were received there, as we received it. In the **transfer described by FREUD**, we take things as we have already taken them. During the analysis, we relive what we have already lived. But there is another transfer which comes first because it took place before, in childhood, and we call it internal transfer: we do to ourselves what has already been done to us.

From a phenomenological point of view, we can notice that the way in which we were received in the world forms our way of receiving the world and of receiving ourselves in the world. It forms the place where we receive what happens to us. These ways of doing things which are one's own are often taken by the subject for his being. What happens also is a sliding movement from an ontological point of view to a genealogical one. The psychoanalysis of transference leads to make the inverse sliding movement, from ontology to genealogy and, in this case, from the phenomenology of the transferential expression to the phenomenology of the received impression. In the transferential expression, this impression is unconscious. The analysis of the here-and-now offers us, after all, one particularly precious tool of access to this transferential genealogy.

Institute: Slovenian Institute for Psychotherapy, Slovenia

Title: "Synergetic management of personal and professional growth process of students in the systemic psychotherapy training group (with the support of Synergetic Navigation System)."

Presenter: Miran Možina

Abstract: Teaching / learning which is based on the principles of complex self-organizing systems can open new possibilities and resources for more effective learning. Of crucial

importance are resonance effects between the dynamics of the student and the dynamics of the teaching process or other meaningful system environments (outside or even within the student). By this, teaching is the continuous realization of the boundary conditions for self-organizing processes of the student's mental and neural systems. Actually, this understanding is not metaphorical but has a very concrete meaning since internet-based feedback systems are available to measure and analyze the present states of self-organizing processes (so called Synergetic Navigation System). This technology has specific benefits to the student as well as to the teacher. Psychotherapy training becomes an evidence-based and theoretically founded management process of the student's dynamics. The base of the data driven evidence is the actual change process, not only the results of controlled outcome studies. First results of the research in the systemic psychotherapy training group support this "real time monitoring" approach.

Workshop

Title: "Practical approaches to building an engagement with research into training."

Presenter: Peter Stratton, Chair of EFTA Research Committee;
Academic & Research Development Officer, AFT, UK

Abstract: This interactive workshop will develop its ideas from Peter Stratton's earlier presentation. We will start by formulating a statement of the orientation to research, and the basic competences, that we want the next generation of family therapists to have. Then we will be sharing the experiences of participants who have taught research in their institutes. This will provide a context to start reviewing the ways in which our aspirations for engaging trainees with research might be met. We will discuss practical impediments such as the lack of research expertise among trainers and formulate a proposal to TIC about the forms of support that would be needed to upgrade the existing level of research training across our membership.

Karam, E.A. & Sprenkle, D.H. (2010). The research informed clinician: A guide to training the next-generation MFT. *Journal of Marital and Family Therapy*, 36: 307-319.

Institute: Institut Provincial de Formation Sociale, Belgium

Title: "The use of psychodrama tools in systemic training."/
"Utilisation des outils psychodramatiques au sein de la formation systémique."

Presenters: Catherine Barreau, Bernard Filleul and Chantal Nève Hanquet

Abstract: Psychodrama tools are able to create a context, within systemic training, for change to emerge. This method can only work if a secure setting is created. Participants will be experiencing using dramatized scenarios, clinical situations (supervision) as well the handling of tools (simulation). The workshop will propose playing different manners of creative scenarios, the social atom, role reversal, doubling, soliloquy and sculpting. The material comes from the experiences of the participants. It is within this frame that we will discuss how these tools are used for training in systemic therapy and systemic training.

Saturday, 11:00-12:30 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institute: Ergastirion of Systemic Thinking and Training, Greece
Title: "Creative fantasy. Creating a new context of communication."

Presenter: Panagiotis Chrysos

Abstract: The aim of this paper is to present a therapeutic process focused on the rotation between two different communication contexts – the traditional "adult" communication context and the "child" creative one. The main goal of this therapeutic process is to give the clients - sometimes the therapist as well – the possibility to escape from one-dimensional, rigid narratives of life and to favour the emergence of new stories and new evolutionary paths. In the "**adult communication context**" the therapist can achieve the active listening and enter into the clients' internal and external dialogue - that means into their ideas, words and emotions about themselves and the systems that they're part of. However, in this particular context sometimes it is inevitable to "deactivate" the linear prejudices and promote the family resources. In the "**child creative communication context**" creative fantasy and timeless are the elements that dominate. So within it, it is possible for the person to exist beyond social and family myths and linear prejudices. The transition process from the one context to the other is succeeded through the use of symbolic items, which they arouse curiosity in the therapeutic system and provide the possibility for an evolutionary step to be made.

Institute: Society of Family Counselors and Therapists, Russia

Title: "Pets as elements of the family system."

Presenter: Anna Varga

Abstract: In our clinical practice with families that owning companion dogs with behavioral problems we noticed that these pets played certain roles in families. We analyzed the roles of pet as an element of the family system. Myths and narratives of 35 families about pets are analyzed and we also took the genogrammes.

The Stages of Family Life Cycle on which the pet dog appears and leaves the family are specially indicated.

Our analyses revealed:

1. The pet dog are included in family nonverbal communicative patterns and functions as an element of the family system.

2. As an element of a family system the dog supports the homeostasis as any other in the family and can play at least three roles – the triangulated member, the substitute and the agent of separation.

The illustrative cases are discussed.

Workshops

Institute: IEF COSTRE, Italy

Title: "The navigation with the couples. A treatment protocol."

Presenters: Anna Eugenia Squitieri & Maria Laura Vittori

Abstract: To conduct a good, fruitful, psychotherapy of the couple we must have effective tools because the route is difficult and calamitous.

We imagine this process like a journey by sea: the couple sails from a shore of disappointment to land on a shore of new possibilities, so a logbook is essential to record the facts and the emotions of the cruise.

We define three intermediate points in this navigation:

1. The equipment (analysis of);

2. The inexpressible desire (analysis of); 3. The new internal and external coordinates (to recalculate the route).

We use the three-generational family genogram of each member to analyze the initial equipment.

We help each member to express his (her) deeper desire like an eight-year old child, son of his original family.

Then we explore the disappointment, originated by this unfulfilled desire.
We help the couple's members to define a new fulfillable desire, to calculate a new route.
Each member records the contents expressed by the other on the logbook.
This tool improves the mutual perception in the couple and makes the crew more close-knit.
Shipboard operations become more effective.
The future becomes free from the shackles of the past.

Institute: Institut d'Etudes de la Famille, France
Title: "Transforming the emotion into a therapeutical tool."

Presenter: Eric Trappeniers

Abstract: The systemic approach is often conceptualized in terms of the function of a symptom within a human system or a family structure.
Now, what allows positive change to arise is the way in which the emotion and the experience is used by the professional as therapeutical tools. During this workshop, Eric Trappeniers will demonstrate how to welcome emotions as hypotheses of interventions.
Through a taped supervision session he will show how to help the student in training to distinguish the emotion from the relationship in order to build a valid and effective hypothesis of work. Then leaning on his model, «the experiential systemic approach», Eric Trappeniers will reveal how the experience, creativity and self-resourcefulness of the trainee are major tools enabling the student to discover the emergence of new perspectives.
Finally, Eric Trappeniers will show how to analyze, in a systemic fashion, the student's emotional feelings as a precious and powerful way to transform what can be experienced as a handicap into a constructive asset.

Saturday, 13:30-15:00 Oral Presentation Sessions and Parallel Workshops

Oral Presentations

Institute: Centre d'Etudes de la Famille et des Systèmes (C.E.F.S.), Belgium
Title: "La première famille du thérapeute en formation : réflexions sur les modalités de rencontre et de témoignage des membres de la famille d'origine des étudiants dans le groupe de formation".

Presenters: Alain Ackermans and Chantal Van Cutsem

Abstract: Réflexions sur les modalités de rencontre et de témoignage des membres de la famille d'origine des étudiants dans le groupe de formation. Lors de la formation, des réflexions fréquentes émergent au sein des groupes quant aux liens entre les familles rencontrées et les familles des étudiants. Depuis de nombreuses années, le Centre d'étude de la famille et des systèmes a choisi de prendre en considération ces réflexions en travaillant avec chaque étudiant la transmission des valeurs et des ressources au sein de sa famille d'origine. Préalablement dans le groupe de formation, de nombreux moments particuliers ont déjà été réservés au travail du génogramme photographique, aux moments clés du cycle vital et à la construction de blasons en rapport avec la clinique de l'étudiant. En dernière année de formation, la parole est donc donnée à plusieurs membres de cette famille d'origine, choisis par l'étudiant, à l'occasion d'un entretien unique, en présence du groupe de formation. Les membres présents abordent grâce à leur témoignage le récit de la spécificité de leur système familial d'origine et la transmission générationnelle des valeurs. Le cadre de référence du travail de famille d'origine s'inscrit ainsi dans un processus dynamique et évolutif durant le temps entier de la formation. Cette mise en perspective ouvre de nombreuses dimensions du roman familial de l'étudiant qui se trouve enrichi par le récit de la famille. Les aspects cognitifs, émotionnels et relationnels de cette expérience de formation vont nous permettre de rencontrer les générations qui ont précédé le parcours et le choix professionnel de chacun avec l'aide du contenant du groupe de formation qui favorise cette élaboration dans un cadre d'apprentissage. Les liens entre la place de l'étudiant dans sa famille et son positionnement dans sa clinique sont soulignés et enrichissent son identité thérapeutique.

Institute: IPEC (Institut Pluridisciplinaire d'Etudes de la Communication), France

Title: "Un modèle de co-animation en formation."

Presenters: Jean-François Ampélas, Bernadette Herman and Jean Pierre Piquemal

Abstract: We propose to present the way we organize our systemic approach teaching sessions as part of our training organization IPEC, Forcalquier, France.

We are a team of 7 trainers, all systemic family therapists from different professions (psychologists, psychiatrists, special educators) who have followed different systemic approach training programs.

A special feature of our training program is that we always act in pairs. Moreover, during training sessions, the pairs are constantly changing.

This mode of training has the advantage of:

- establishing a dynamic process ;
- being consistent with the systemic model: students enjoy the unique style of each instructor, but also their specific relationship ;
- alleviating the expertale position of trainers because each needs the other ;

- offering a look "meta" about the process since at the arrival of a new trainer, there is a summary of what was discussed the day before.

We will present our model of co-intervention, trying to show in our oral communication, the way we move toward interactivity in training.

Workshops

Institute: IS CRA, Italy

Title: "Relational Style Profile: an opportunity to evaluate and increase the couple's resilience."

Presenters: Mauro Mariotti, Achille Langela, Nicoletta Scaltriti, Valeria Campanella, Davide Natale and Sabrina Parmeggiani

Abstract: The institute for systemic and relational psychotherapy of Modena IS CRA has a long tradition of collaboration with important university, as the Cattolica of Milan, University of Bologna, GTU, UCSF and the Alliant University.

In the last two years, Iscra decided to empower its research activity. It has created research groups that work about several themes:

1. The transformative function of systemic relational instrument in psychotherapy.

This research aims to microanalyze the first, the middle and the last consultation sessions with couples or families.

The research goal is the analysis of the inquiry instrument and systemic techniques identified as typical instruments of the systemic approach.

The students write down the whole session, and resume the official history of the couple or family, then they compare the official history with the one that the therapist offers in the last session, in order to understand if the story that the therapist suggests has transformative influence and is a "better formed story".

2. Rsp: relational style profile.

Rsp is a structured interview that assesses the couple structural coupling ability.

Coupling ability is intended as the set of attributes that influences both the stability and the ability to change of the couple according to different situations and life cycle.

The systemic principles inspire the whole structure of the interview; from this point of view, the couple is much more than the addition of two persons.

This research aims to describe the attributes of the couple as a complex unity.

Students take part of the whole research process, from the initial idea to the final out of the project.

Then, according to individual abilities, they implement the research project.

The workshop will focus then on a quick presentation of the RSP, the participants will experience what happens in a research group Iscra, with the opportunity to discuss the research.

Institute: AGAPE Life Care Foundation, Romania
Title: "Therapeutic conversation under the microscope: exploring inner dialogue through video-review."

Presenters: Ágnes Kónya and Zoltán Kónya

Abstract: The therapeutic conversation can be seen as a sequence of actions and verbal expressions performed by both the client and the therapist. Our experiential exercise is designed to explore the way in which the therapist's inner conversation (TIC) reflects and shapes the outer conversation. It combines the theoretical notion of the TIC with the practices of role-playing and utilization of the video in training to help trainees develop their awareness of the TIC and of the mutuality of the client-therapist interaction.

Saturday, 15:30-17:00 Parallel Workshops

Institute: Elkaïm Formations, France
Title: "The use of 'pictural resonances'."

Presenter: Mony Elkaïm

Abstract: Dr. Elkaïm will present a tool for effective training and therapy that he calls "Pictural Resonances". He will ask the participants of the workshop to draw something which represents for them a difficult situation they are encountering in psychotherapy or training. He will use the analysis of these drawings that he approaches as "resonances", to give to the trainers a new tool for training and therapy.

Institute: SHINUI, Israel
Title: "How to become a powerful mover of change in family therapy and training."

Presenter: Noga Nabarro Rubinstein

Abstract: Becoming a *"Powerful Mover"*©* of Change Processes in the therapeutic system is never easy but is an essential part of advanced therapy and training in family therapy. Dr. Nabarro will briefly present one major principle of her "Change Focused Therapy"©™ approach.

Spontaneity and Design (or planning) are two essential contradictory processes and their co-existence at any one moment in therapy seem paradoxical. However, like the Yin & Yang in eastern philosophy, there are opposites which cannot exist without the other in good therapy. In contrast to the earlier stages of therapy training, advanced family therapists must develop the "Art of being prepared to be caught unprepared". In order to do this they must learn to combine openness to spontaneous events, feelings, ideas etc. with an ability to respond by swiftly designing effective interventions. Combining **Spontaneity and Design in the same process is far more than simply improvising** and greatly enhances the resourcefulness of the therapist.

Through experiential exercises, role-play simulations, video clips and discussion, the presenter will demonstrate ways of how to combine "in the moment" spontaneous responses with exact planning and design, turning them into change-focused, interesting and surprising therapeutic interventions.

Institute: MDFT Academy, the Netherlands & Belgium

Title: "An account of Multidimensional family therapy (MDFT) in Europe - practice, research and training.

Presenters: Kees Mos & Kris van Gerwen

Abstract: MDFT is a family based outpatient treatment programme for adolescent problem behaviour (including substance abuse, delinquency, truancy). Key to MDFT is the assumption that each major domain in the life of an adolescent may contribute to the incidence and persistence of behavioural problems (through risk factors) and may help in resolving such problems (through protective factors). The life domains include the youth itself, parent, family, friends and peers, school and work, and leisure time. In about 6 months, the therapist carries out, in rapid succession, therapy sessions with the adolescent alone, with the parents alone, with the family (youth and parents), and sometimes with representatives from systems outside the family (friends, school, probation office, etc.) present. The therapist sets out to improve life domain conditions for the adolescent and the family in an outreaching fashion. MDFT views family functioning as instrumental in creating new, developmentally adaptive lifestyle alternatives for the adolescent. Skills training includes substance use relapse prevention, family communication, and parenting.

From 1985 onwards, MDFT has been tested with success in different adolescent populations, doses and treatment delivery settings in the USA (11 randomized controlled trials [RCTs]). I will report the first few outcome data of the INCANT trial, which was conducted in Belgium, Germany, France, the Netherlands and Switzerland in a for European family therapy unique multi-site, transnational RCT, involving 450 adolescents/families.

As of 2008, Europe has its own programme to train and certify therapists and teams in MDFT functions (therapist, supervisor), which is coordinated by MDFT Academy in Leiden. There are now close to 50 teams in Europe. I will give an overview and, furthermore, will outline how we carry out training programmes and implement MDFT quality assurance measures.

Teams in training often make suggestions for application of MDFT in new treatment settings. MDFT is flexible, and we try to meet such demands. We now have draft modules for serial inpatient – outpatient application of MDFT, starting for instance during detention or residential youth care, with outpatient follow-up treatment. These and other innovations will be discussed.

Sunday, October 2nd 2011

Sunday, 09:00 – 10:30 Parallel Workshops

Institute: Istituto EMMECI s.c., Italy

Title: “Research on the prevention of recidivism among sexual delinquents and therapeutic groups with systemic approach. The resonances of the therapist towards this kind of crimes.” / “Recherche sur la prévention de la récidive chez les délinquents sexuels et groupes thérapeutiques à orientation systémique. Les resonances du thérapeute vis à vis de ce genre de crimes.”

Presenter: Beatrice Borghesio

Abstract: This work addresses the problem of forced treatment for people who have committed crimes of a sexual nature. It outlines different types of sexual crime and targets for therapeutic intervention systems and network for such cases. We present the material produced in the treatment groups by sex delinquents during the evolution of the same groups, where you can see in particular the emotional changes observed when they have to resort to analogical language. They stress the need to work flexibly with these subjects are forced to undertake a course of rehabilitation. Within a therapeutic relationship that evokes resonances very marked.

Institute: Association for Family and Couple Psychotherapy – IASI
(Institutul Pentru Cuplu Si Familie), Romania

Title: “Beside the normative levels of training.”

Presenter: Elena Ceuca

Abstract: Beside the normative levels of training, we can imagine lots of different levels more or less irrespective of the administrative norms. The trainee accomplishes her/ his becoming as a family therapist all along these levels being aware or not so aware. If all eyes gaze the normative levels, there is less obvious what is happening at more personal levels. Knowing more about this could make the journey safer, enjoyable and enriching. This is how I came to imagine a developmental model for the becoming of a family therapist. The model was inspired by the developmental theory and also by family life cycle theory. In the first part, an oral presentation, the lecturer presents the model as an instrument aimed to assist trainees for deeper understanding of their becoming as therapists and to assist trainers in adjusting the training. The model was build up, until now, based on empirical observations, questionnaires and focus group. The second part is more an experiential work-shop. We will use an exercise combining metaphor and circulating paper technique and afterwards a guided conversation. Both parts are aiming to enhance shared experience of the participants from double position: ex- trainees and present trainers. And to reflect on the limits of the proposed model.

Institute: The Family Psycho-Social Institute (FPSI), Bulgaria

Title: “A powerful art-therapeutic technique for work with couples. Possibilities for its application in training. The most frequent interactive mechanisms the technique reveals, when applied within a post-communist social context.”

Presenters: Jenia Georgieva, Roumen Georgiev and Diana Alexieva

Abstract: The presenters are family and couple therapists and trainers, who also have had training in art therapy (one of them is at present Secretary of Bulgarian Association of Art Therapy, BAAT).

During the workshop we will invite two volunteers and demonstrate a powerful art-therapeutic technique, specially devised for work with couples. The deep mechanisms of interaction that come to the surface through it will be analyzed by the group. A tangible sense will be created of the possibilities this tool poses for effective training, giving the trainees a direct glimpse into the process and helping them to swiftly grasp the limitedness and the artificial quality of individually oriented terms, diagnoses and approaches. We will share our

experience with the application of different variations of the technique. As well as some observations of the most common problem-maintaining mechanisms in partners' relations, that come up, when this type of work is done within the social context we live in: the context of a post-communist country, which, regrettably continues to effect specific interactive tendencies, even 22 years after 1989 transformation.
