williamsroad
Family Therapy Centre
SINCE 1979

Core Ideas of Family & Systemic Therapy

Online - Four-Day Intensive: July 2026

Course Dates

25th & 26th June, and

2nd & 3rd July, 2026

Location

Course will be delivered online

Course Fee

Online price:

AU $880 (GST inclusive)

Contact

Contact the Williamsroad reception for more information:

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*CRICOS registered provider: 00004G
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The most popular course at Williamsroad

Research now clearly indicates that family-based interventions are among the most effective and enduring for a diverse range of problems, especially:

- Behaviour and mood disorders, especially in children and adolescents
- Trauma, grief & loss, and multigenerational trauma
- Addiction & substance abuse
- Mental illness, chronic pain management, chronic illness, and palliative care
- Social withdrawal and isolation
- Effecting systemic change in larger systems such as schools, public services, mental health services, or community groups.

This 4-day workshop will give you an introduction to the ideas & tools of Family & Systemic Therapy.

Topics include:

• Family of Origin, and multigenerational patterns	• Family relationships, stories, rules, and myths
• The Family Life Cycle, and key stages and transitions	• Joining the family system, developing a balanced
• The most useful ideas of Family Therapy	• Family Experience of Crisis and Family Therapy
• Straightforward and complex relational-emotional systems	• Interpersonal dynamics and maximising opportunity for change

This workshop is a prerequisite for the ACU-WRFTC, AAFT-accredited Master of Family & Systemic Therapy* program.

It is also an opportunity for experienced family workers, case managers, health & community practitioners, and individual counsellors/therapists to get an overview of the leading-edge practices in Family & Systemic Therapy. Non-Therapists who wish to learn more about working with family and human systems can also apply.

Key Presenters - Dr Sophie Holmes AM, Peter Quinn, Sarah Doubleday

M.Ed.Psych, PhD, MAPS "AAFT Clinical Member and Supervisor"

Dr. Holmes has over 35 years experience as an Educational & Developmental and counselling Psychologist and Family Therapist. She is the Director of Training for the ACU Master of Family & Systemic Therapy and has been Director of Williamsroad Family Therapy Centre since 1996. Dr. Holmes was the founding secretary to the board of the Psychotherapy and Counselling Federation of Australia (PACFA) and served as its Chair of the Ethics Committee. She is also former president of the Victorian Association of Family Therapists (VAFT) and former AAFT-VAFT Treasurer.