



Snapshots

from The Bouverie Centre's
2023 Annual Report, Now



Director's introduction

Professor Jennifer McIntosh

Welcome to Snapshots, showcasing the contributions of the Bouverie Centre in 2023; continuing our story of growth and change, together with what never changes – our values, purpose and mission. Please enjoy these insights into our world-class work in family therapy services, research and training. We hope they encourage your curiosity and prompt you to connect with the Bouverie Centre in the coming year.



If you'd like to read the full Annual Report, you can do so at our website, via this link to the [**Bouverie Centre's Annual Report 2023: Now.**](#)

On behalf of the whole Bouverie family,

A handwritten signature in dark ink, appearing to read 'J McIntosh'.

Professor Jennifer McIntosh, PhD, AM
Director, The Bouverie Centre

We acknowledge the Wurundjeri People of the Kulin nation as the traditional owners/ custodians of the land on which we work. We recognise their continuing connection to land, water, and community. We pay our respects to Elders past and present and to the emerging leaders of the future.

Who we are

The Bouverie Centre is an integrated Practice-Research-Translation Centre of La Trobe University. We are also the funded state-wide provider of specialist family therapy services to families and of specialist systemic training across mental health and allied fields.

Established in Melbourne in 1956, the Bouverie Centre is Australia's largest family therapy organisation. At our core, we strive to sustain a culture of quality and innovation that grows systemic knowledge, fosters expertise, and makes family therapy a timely and worthwhile investment for families in distress.

Our pillars



All four functions are supported by our dedicated family therapy practice, teaching and research teams, and each centrally involves our First Nations staff.

Our purpose

We believe healthy relationships lie at the heart of social and emotional health. Every stage of life, all cultures and circumstances matter to our work, and create the context for change. Within each family's context, we create opportunities with families to develop well in the face of acute and chronic distress and shape their ability to care for themselves and others during challenging times.

We are guided by a deep systemic research focus and a determination to translate our new knowledge into action. Our research team offers end-to-end enrichment of all we do with and for families in need. We partner with government and with multiple services in allied health and mental health sectors, at state and national levels. We help to form and answer tough questions central to providing family sensitive practices. Our extensive training programs in systemic practices then helps to support practitioners in implementing evidence-enriched practices within their context of responding to the needs of families and communities.





Our research

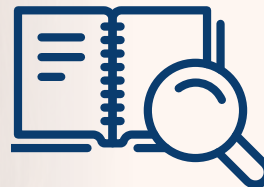
In 2023:



57 published papers and books/chapters, conference papers and technical reports



18 partnered externally funded projects



08 completed systematic reviews for industry and government partners

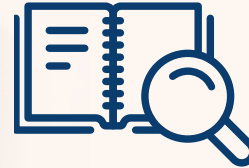


La Trobe University funded a **First Nations post-doctoral Research Fellow** and two **First Nations PhD students**, to be recruited into the Bouverie Centre's team in 2024.



Our research

Beyond 2023



We are mid-completion of a critically important project into increasing safety in the face of family violence, during Family Court processes. This is an ARC funded project, **in partnership** with **Relationships Australia, South Australia** and the **Family Courts of Australia**.



We always welcome new projects, and the chance to co-create new knowledge in the family and systemic space.

Interested in working with our integrated research team?

Contact our Director of Research,
Assoc. Prof. Sandra Kuntsche: s.kuntsche@latrobe.edu.au.



Our family therapy service

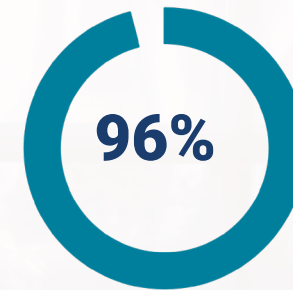
Each year Bouverie is funded as a demonstration service to develop and test specialist family centred practices and to work directly with 200 families experiencing distress related to a member's mental health, alcohol and/or drug misuse, or trauma. We have specialist teams who see First Nations families and LGBTQ+ families.

In 2023:

The **big news** was this: Our **Walk-In Together service** was fully established. This provides a same day telehealth family session, with 2-3 specialist family therapists. Our evidence on the effectiveness of **this service continues to grow**.



65 families attended our Walk-in Together service.



In our annual survey, **96% of families** said they would recommend the Bouverie Centre's Family Therapy Program to other families in need.

Interested in an internship with our Walk-In Together team?

We'll be inviting partnerships from multiple services where brief, rapidly available family work can make a big difference. Contact Martin Pradel, Team Leader of the Walk-In Together service at m.pradel@latobe.edu.au

AND there's more!



In 2024, look out for **our new family pathway**, called **Gateway**. Learning from our lessons with the *Walk-In Together* project, we are investing heavily in a new front end for all families who contact us, starting with – you guessed it – a rapidly accessed Walk-In Together single session.



Our Clinical Research

In 2023, our research team helped us to track the progress of families through our clinical service. Here's some of what we learned...



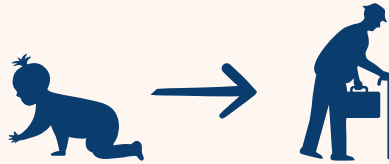
221 families

attended family therapy

=



711 individual members



We saw family members from
age 1 to 87 years

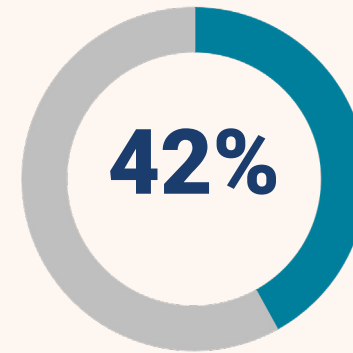


Families seen came from **61 local government** areas within Victoria

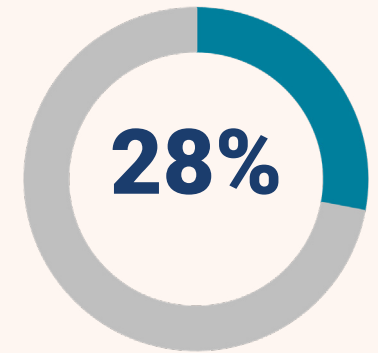


This amounted to **over 1,100 therapeutic contacts**

Most families reported a serious mental health challenge.



Adult family members



Child or adolescent family members



116 families are now sharing their experience of attending family therapy and life after by joining the *Bouverie Family Stories* research community. Watch this space for more!



Clinical Innovation & Cultural Safety in Action

Working with Women in Prison

Following the success of the initial three-year project (2020-2023), the Bouverie Centre's **Strengthening Connections** for Women in Prison program continues to be offered at Dame Phyllis Frost and Tarrengower Prisons.

The three-level program (group, individual and family sessions) is delivered by Indigenous and non-Indigenous staff, and is designed to:

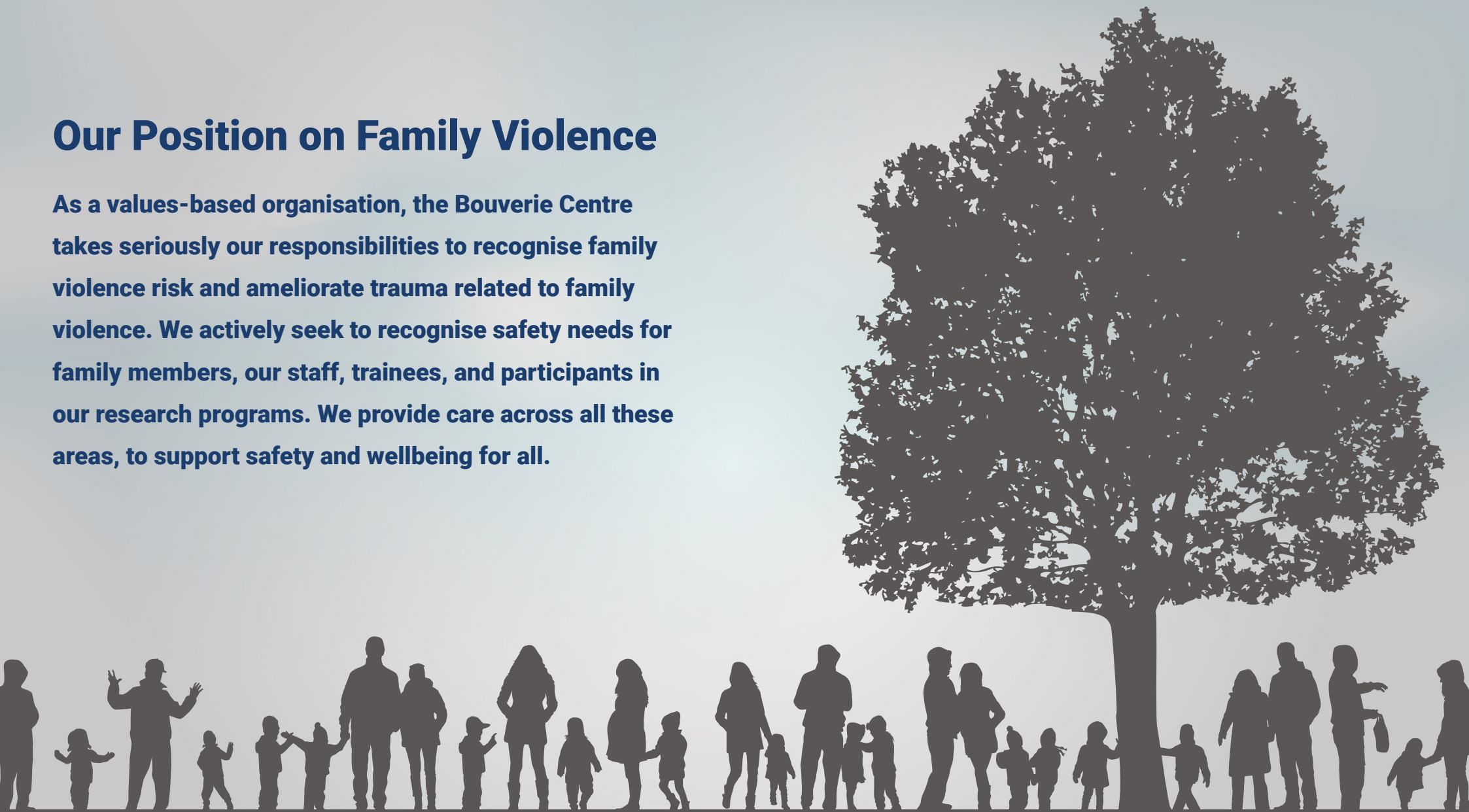
- assist women in custody strengthen healthy connections with family and others
- increase successful re-integration from prison back to the family unit
- decrease the risk of re-offending.

Like to know more about this innovation in systemic practice?

Contact Ellen Welsh e.welsh@latrobe.edu.au

Our Position on Family Violence

As a values-based organisation, the Bouverie Centre takes seriously our responsibilities to recognise family violence risk and ameliorate trauma related to family violence. We actively seek to recognise safety needs for family members, our staff, trainees, and participants in our research programs. We provide care across all these areas, to support safety and wellbeing for all.



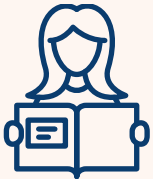


Our Practice and Service Development

In 2023:



2,275 participants completed at least one online learning course.



2,300 people trained in person at the Bouverie Centre.



Nearly **500** people completed our *Guide to Genograms* within one month of its launch - free for all Victorian health care sector workers.

Workforce development workshops

Dive into our evidence-based learning, designed for both online and in-person learners. It's time to level up your skills in family therapy and systemic practice!



See our 2024 calendar here
<https://bit.ly/BCPROFDEV>



Want training for your organisation?

Contact us to learn more about our other in-person and bespoke training options.



+61 03 8481 4800



bouverie.training@latrobe.edu.au



We drove our “Rolls Royce” training program out of the shed! Meet Family Therapy Foundations – our fully re-vamped, interactive course, a fabulous update on the four day in-person program we ran for decades. This new course can be completed fully online, in-person, or blended.

It explores the core principles and skills of family therapy and has so far been extremely well received.



“I have learned so much and feel very inspired to put it into practice in my work with clients.”
~ Course participant

Interested in our courses?

Head to **our professional development website here**, and we look forward to seeing you in 2024....

Our online training suites

Family Therapy Foundations

Single Session Thinking

Single Session Family Consultation

Single Session Thinking:
Families with Children
and Youth

My Early Relational
Trauma Informed
Learning (MERTIL)

LGBTIQ+ Family Matters

Mini MERTIL:

An introductory course to the
full MERTIL

Quick guide to
Genograms

No Bullshit Therapy





Department of Health Workforce Development Plan

Each year, the Bouverie Centre and Victorian Department of Health co-design activities to build workforce capacity in family practices.

In 2023:

- partnering with a regional Adult Mental Health 'Local' to create a better family inclusive service
- developing training resources to improve dissemination of family practices
- a PhD scholarship focussed on workforce capacity building for family inclusion
- a rapid evidence review of relationally-based approaches to trauma
- supporting the Aged Care and Alcohol and Other Drug sectors in working with families.



Further to our active input into the Royal Commission into Victoria's Mental Health System, we will deliver new and significant projects in the mental health sector to:

- support the development of the growing Lived and Living Experience Workforce
- train practitioners from Child & Youth Mental Health Services and the Child and Family Health and Wellbeing locals to work with families
- provide clinical supervision training for Allied Health Clinical Educators.



Workforce Capacity Building in Action

The Bouverie Centre is an active player at the design table of mental health reform, bringing our systemic view of mental health to specifically address the needs of families in the mental health system.

In 2023, we:

- co-ordinated and conducted the Victorian program **FaPMI (Families where a Parent has a Mental Illness)** across **22 adult mental health** and **wellbeing services**
- led the implementation and evaluation of *Single Session Family Consultation* (with a FaPMI lens) across metropolitan and regional services
- completed a three-part study of the identification and support for **young people with caring responsibilities** in the context of adult mental health and wellbeing services, and alcohol and other drug services
- provided expert advice to the national mental health sector via several key governance groups, and through contributing to the Department of Health's mental health workforce capability framework: *Our workforce, our future*.



Our Family and Systemic Practice Training

In 2023:



Engaged and trained over **3,000 professionals** from a diverse range of settings: **nursing, maternal and child health, social work, psychology, youth work, psychiatry** and more.



94% to 96% of participants reported being either “satisfied” or “extremely satisfied” with the content, presentation and relevance of our trainings and courses.

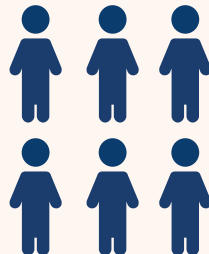
Trainee's locations



10%
Rural



30%
Regional



60%
Metropolitan

Feedback from Trainee



You all are awesome, and I feel so blessed to be able to train with you in person! It is empowering for me, my professional practice, and in my personal interactions. You do training to a very high standard; I've always really enjoyed it and find Bouverie very easy and professional to deal with.

In 2024, we will continue to work on translating new knowledge of family workforce developments into expanded capabilities for the mental health system. **If you'd like to keep updated on this space**, contact Assoc. Prof. Brendan O'Hanlon at b.ohanlon@latrobe.edu.au.



Our Academic Program

The Bouverie Centre is an accredited provider of Family Therapy training, with world class programs delivered through the School of Psychology and Public Health, La Trobe University.



28 students successfully completed the Master's degree.



25 completed the Graduate Certificate in Family Therapy/First year of the Master of Clinical Family Therapy.



Survey data shows our courses scored above both the School of Psychology and Public Health and the La Trobe University averages for overall student satisfaction.



We will welcome our **17th** First Nations Cohort in 2024, to complete the Graduate Certificate in Family Therapy, First Nations.

If you'd like to learn more about our world-class Master's program, acknowledged for its innovative approaches to teaching

Contact Robyn Elliott r.elliott@latrobe.edu.au





Our Post-Graduate Bouverie Alumni Program

New to Bouverie in 2024 is our fast-growing Post-Graduate Program. This offers small group supervision to graduates of our Masters program, and also a Community of Practice Forum, for anyone who has completed our family therapy training, including:

- Family Therapy Foundations course
- Graduate Certificate in Family Therapy
- Graduate Certificate in Family Therapy: First Nations
- Master of Clinical Family Therapy

These are vibrant spaces for Bouverie alumni to connect, collaborate and share their next stage of learning and passion for working with families and for systemic practice.

Like to know more?

Contact our Post-Graduate Coordinator, Nella Charles
n.charles@latrobe.edu.au.



Save the date - 15 November 2024

for our 13th Annual Bouverie Alumni and Friends Celebration. Stay up to date by subscribing to our Bouverie Connect eNewsletter [here](#)

Global Knowledge Exchange



It was great to be back on trains and planes, talking in person with our global colleagues after a pandemic inspired hiatus.

In 2023 team members:



Attended conferences in **Ireland** and **Italy**.



Established a new knowledge and teaching exchange program between the **Bouverie Centre** and **Tavistock Clinic, London**.



In 2024, Bouverie staff will present at the forthcoming International Family Therapy Conference, **Japan**.



And, with our strong history in *Single Session Thinking*, our eyes are also on the SST conference in **Chicago** in 2025.

We're excited to be part of the growing global conversation on family therapy. Keep an eye on our newsletter and socials for conference highlights.



We hope you enjoyed the Bouverie Centre's snapshots of 2023. We're proud of the growth we've achieved in the past 12 months and our ability to remain aligned with our values, mission and purpose.

If you'd like to read about our work in more detail, you can download the [**2023 Annual Report, Now.**](#)

We believe creativity lies in relationships, actioned through conversation, compassion and the courage to encounter complexity. We never work alone. So, we hope we've piqued your interest in our work across our research, clinical, training and academic pillars.

We encourage you to connect with us and share in our curiosity and commitment to improving the systems and practices at the heart of empowering families' wellbeing across all areas of mental health.



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Twitter (X): <https://twitter.com/BouverieCentre>



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