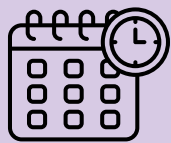


FAMILY THERAPY FOUNDATIONS

Family Therapy Foundations is The Bouverie Centre's re-imagined Introduction to Family Therapy drawing on decades of experience and welcoming diverse practitioners to the field of Family Therapy with an engaging, practice orientation to systems work.

Delivered across 4 workshop days, you will be introduced to the origins of systemic thinking, dive into conceptual developments, and explore contemporary applications to enhance the well-being of individuals, families and communities.



**4-DAY
WORKSHOP**



**IN-PERSON
OR ONLINE**



CPD HOURS



**LEARN MORE
AND REGISTER**

WHAT WILL YOU LEARN?

By the end of this course, you will have:

- Developed a foundational understanding of core concepts and practice skills in Family Therapy
- Explored the origins and evolution of systemic thinking and key Family Therapy approaches
- Applied contemporary Family Therapy principles across diverse practice settings and client presentations

WHO SHOULD ATTEND

This course is ideal for practitioners working with families, individuals, or communities across mental health, social work, education, and allied health sectors. Whether you're new to systemic thinking or seeking to refresh your foundational knowledge, Family Therapy Foundations offers practical tools and insights to enhance your therapeutic work.

WORKSHOP STYLE

Family Therapy Foundations is delivered in a dynamic workshop format that emphasises collaboration, reflection, and experiential learning.

Each day of training is delivered by two of Bouverie's experienced Family Therapist trainers, guiding participants to engage in group discussions, live demonstrations, and structured activities designed to bring systemic concepts to life.

We aim to create a safe and inclusive space for practitioners to explore ideas, share insights, and apply new skills in real time. Whether attending in-person or online, learners benefit from a rich, practice-oriented experience that supports both personal growth and professional development in family work.