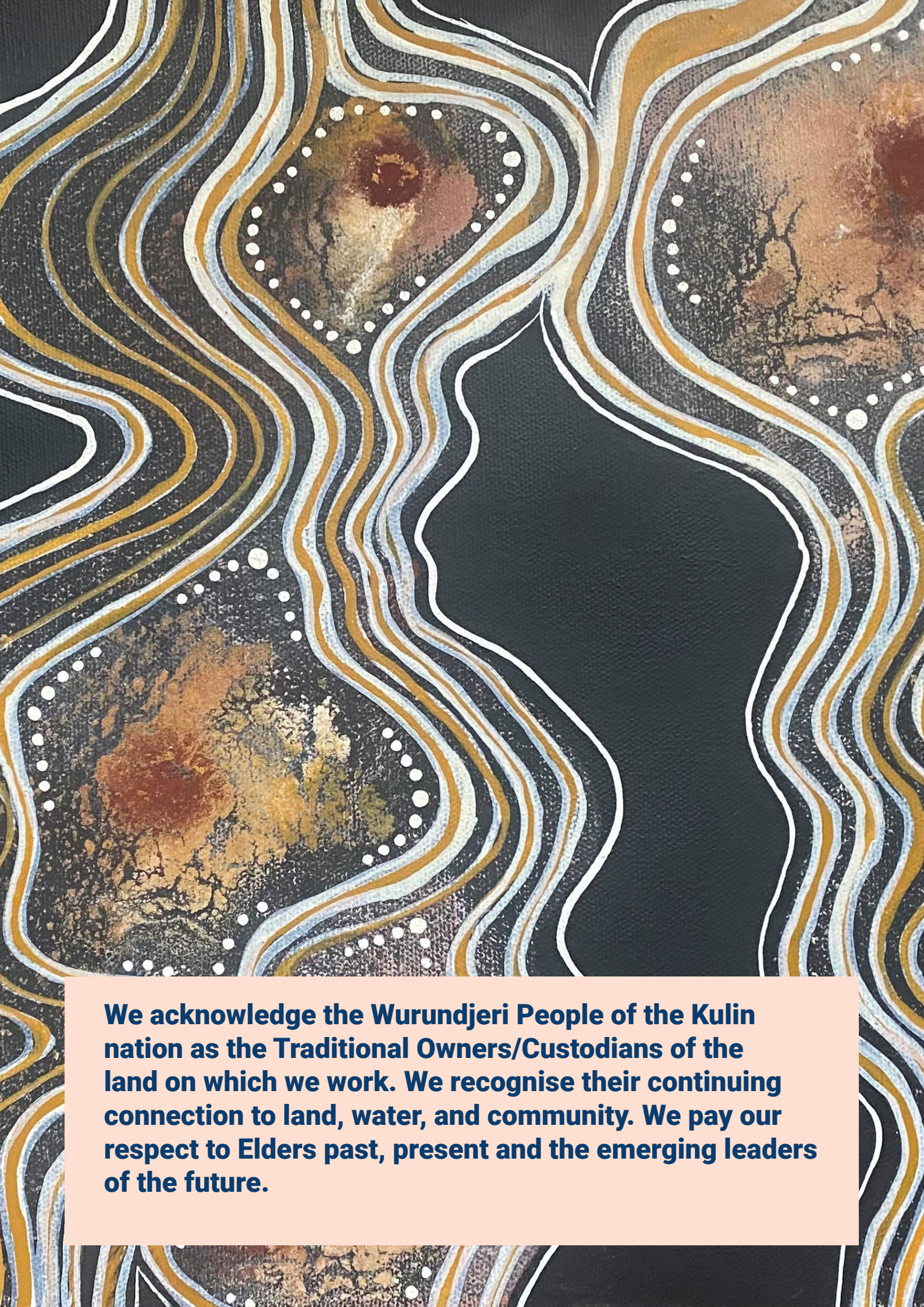


The Bouverie Centre *NOW*



2023 Annual Report





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 respect to Elders past, present and the emerging leaders of the future.



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Director's introduction



Professor Jennifer McIntosh

Welcome to our 2023 Annual Report, called *Now*. It's a story about both enormous growth and change at the Bouverie Centre, together with what never changes about our values, as reflected in our purpose and the way we do things, now.

We are an integrated Practice-Research-Translation Centre of La Trobe University, and the funded state-wide provider of specialist family therapy services to families and of specialist training across mental health and allied fields. Established in Melbourne in 1956, the Bouverie Centre is now Australia's largest family therapy organisation. Indeed, we're told



by our global colleagues that we are the largest such organisation in the world. Not that this matters. We are and always have been focused on values-driven practice, sustaining a culture of quality and innovation that grows systemic knowledge, fosters expertise, and ultimately makes family therapy a timely and vastly worthwhile investment for families in distress. With a growing multi-cultural and diverse staff group and clientele, we keep it real on the inclusivity front. The emotional and spiritual safety of families, staff, partners and stakeholders matters deeply to us, as does care for the planet.

Our purpose

We continue to believe that healthy relationships lie at the heart of social and emotional health. We create opportunities with families to develop well in the face of acute and chronic distress, to shape their ability to care for themselves and others, and to manage challenging times. Our research helps us discover more about how relationships and circumstances affect these abilities at all stages in life, across cultures, and circumstances. We work together with communities, services and government to co-create meaningful findings that translate into support for the wellbeing of individuals and families.

Our pillars

The Bouverie Centre has four integrated functions supported by devoted programs and integrated specialist teams:



Our functions are grouped in program areas, staffed by leaders in Family Therapy practice, teaching and research. These functions are further resourced by specialist teams, including our First Nations Team, Digital Operations, Production and Communications, and Service Support. Two reference groups provide ongoing input across our four functions: Diversity & Belonging, and Family Violence. The Centre has an Advisory Group, made up of Industry, Government and University professionals, a Family Advisory Group made up of families who have completed therapy with the centre, and a First Nations Advisory group made up of Elders, and Industry and University advisors.





Our directions

Strategic directions can be a yawn, that's true. But we worked hard as a whole organisation to craft a set of five guiding priorities and directions. Here's what we're all about in the 2023-25 period.



OUR PRIORITIES

STRATEGIC DIRECTIONS

Nurture national & international partnerships to advance knowledge sharing and translation

1. Earn national and global leadership in the practice, research, teaching and translation of family therapy and systemic practices.
2. Be the partner of choice across our practice, research and translation activities.

Lead from our values-based foundations as an integrated learning organisation

3. Through friendly professionalism, further develop our integrated, values-based, learning organisation in-order-to make a positive difference.

Be an employer of choice, enhancing individual & team growth

4. Be an employer of choice, by offering meaningful and enjoyable work, and facilitating healthy relationships that promote individual and team growth.

Advance evidence-based family and systemic practices

5. Co-evolve innovative, accessible, evidence-based practices with Lived and Living Experience at their heart.

Maintain healthy systems that support our work

6. Optimise business systems commensurate with an expanding organisation.



We work as a team on tasks that move these nice words off the page and into reality. And there's been extraordinary progress in all areas. In essence, we walk the talk of this simple diagram: The Bouverie Centre of 2023 onward is devoted to integrated practice-research-translation, in our local, state, national and global neighbourhoods.



Practice excellence in action



Our integrated practice-research model is rapidly bearing fruit.

As a state-wide Clinical Demonstration centre, we are a specialist family therapy service for families experiencing mental ill health, and/or substance misuse, for LGBTIQ+ families, and for families affected by other forms of trauma, who have sought help elsewhere, without success. Part of our mandate is to develop, test and help others to implement innovative family-centred practices in the mental health field.

We serve the families who seek our support, through care and with evidence. After three years of careful research, we are well on the way to a new tiered clinical service model. We've tested this tiered service approach, and 2024 will see that in action, through our new Gateway program, featuring our rapid response online *Walk-In Together* service with the option of Multi-Session Family Therapy for those who need ongoing support. Spoiler alert... only half of our families elect further sessions after completing the powerful and timely Walk-In Together intervention. Our snapshots will tell you all about that process, our research, and our forthcoming workforce packages to train and support other mental health and family services seeking real solutions to their accessibility and waitlist challenges.



Family Advisory Network

2024 will bring our new Family Advisory Network together. This is a reference group of families who have completed therapy with the Centre. They will be supporting our practice-research-translation work. Watch this space as we all learn together, and soon also move into the very exciting space of forming our Children's Advisory Network.

Partnering with industry and government

We value our multiple connections with other training institutes, and with government and Industry partners. This year, that's included research partnerships with Beyond Blue, Department of Defence, NSW Department of Health, and Victorian Department of Health. With the Victorian Department of Justice and Community Safety, our clinical and research teams have worked integrative wonders to create and test evidence-based family therapy innovations in the Women's Prisons of Victoria (see the snapshot on *Strengthening Connections*). We've helped these industry leaders test their practice assumptions and realise policy ambitions that translate to huge differences in the wellbeing of vulnerable families.

Membership of statewide consortia

2023 was a big year of collaboration for the Bouverie Centre, as a member of the successful consortia established to guide the new service, Transforming Trauma Victoria, and the Collaborative Centre for Mental Health and Wellbeing. We have been active players at the design table of each, and through this, continue to enact our purpose of calling attention to a systemic view of mental health, and specifically the needs of families on the interface of the mental health system.

Our program also provided expert advice to the mental health sector through our representation on key governance groups and by contributing to the Department of Health's mental health workforce capability framework, *Our workforce, our future*.

Generating new knowledge, generously!

We have continued to publish generously (57 outputs in 2023 alone). More important perhaps, we translate that work into formats accessible to families and practitioners alike. We want everyone to know what we did, why and what we found, and invite both their feedback and input into the next piece of research we do. There's a lot of good intent these days about co-design and consumer participation. We truly believe we are changing our research from the ground up, working alongside lived experience experts and industry partners, teaching them skills of research, seeking robust feedback, and learning literally all the time.

See *Our Research* for the details.



Letting the global fresh air in

Anybody else been reminded this year of the joys of long-haul economy travel? We have a new knowledge and teaching exchange program between the Bouverie Centre and the Tavistock Clinic, London, that promises to nurture and expand our academic, training and clinical supervision spaces.

We are back on trains and planes. 2024 will bring reciprocal visits with colleagues from Japan, through presentations by Bouverie staff at the forthcoming International Family Therapy Conference, and a visit from a Japanese research team, to collaborate on whole-of-family risk screening. Following our strong history in Single Session Thinking (SST) our eyes are on the SST conference in Chicago, 2025. And more...

Feed your curiosity... connect with the Bouverie Centre

Now entering my second year as Director, it's been a privilege to draw these stories together for you. I stand back and see a rich, vibrant and powerful tapestry, that reaches back and forward in time.

I hope you enjoy the stories here, that they encourage your curiosity, and prompt you to connect with us in the coming year. Come and be in conversation with us, through professional development, our new post-graduate community of practice, a specialist academic qualification in family therapy, a clinical internship, an innovation project, our family advisory network, bespoke research translation in your workplace, or any number of our research opportunities.

Interested? Come and connect with us soon.

Cheers, on behalf of the Bouverie Team

Prof. Jenn McIntosh, PhD, AM.
Director



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.

This high-level position statement reflects our understanding of and organisational response to family violence. This document informs operational guidelines across our training, academic, clinical and research domains, and is a living document, regularly reviewed to reflect current knowledge and practice.

The Bouverie Centre:

1. Acknowledges the pervasiveness and profound impact of family violence for individuals, families and communities. It contributes to compromised mental health, developmental and economic outcomes, and social and relationship instability within families;
2. Is committed to the prevention of family violence whenever possible and to enabling the safety and wellbeing of family members across their life course;
3. Understand family violence in its full and complex socio-ecological context, including gender, culture, intergenerational trauma, structural inequalities and attitudes that drive family violence. We recognise the additional risks and impact of family violence for diverse communities including LGTBQA+ and First Nations peoples;
4. Is informed by lived and living experience, enabled by respectful partnerships with families, communities and service systems, and aligns to the Victorian Multi-Agency Risk Assessment Framework (MARAM) and relevant legislation;
5. Is focused on early detection of risk, nuanced response, and repair of family violence related trauma, across our clinical, training, academic and research platforms;
6. Seeks to enhance knowledge about and responses to family violence, and to translate this learning through our clinical, academic, and practice development programs, for the benefit of all;
7. Recognises that family violence can affect our staff in their own lives, with both personal and professional impacts. We support their safety and wellbeing through sensitive response and care.



Our Research

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

18 partnered externally funded projects

08 completed systematic reviews for partners including the Victorian Government Department of Health, the Australian Defence Force, the Mental Health Complaints Commission and Beyond Blue



The Research program is a central part of the Bouverie Centre's mission to deliver evidence-based, best-practice service for families in need. Being an integrated practice-research organisation, research is deeply embedded in our clinical work as well as the workforce training and education we provide. The team of eight dedicated research staff and four PhD students works closely with our clinical and workforce experts to ensure that the Bouverie Centre's service is informed by the latest scientific evidence. The team also monitors, evaluates and is constantly improving our work in promoting healthy relationships in families, organisations, and communities. All family therapists at the Centre carry a small research load too, so time is devoted across the organisation to knowledge generation and sharing.

In addition to our internal projects, the team also collaborates with industry and government partners, nationally. Our capacity to provide rapid or systematic reviews of evidence on family services, mental health and allied areas is a valued asset for our partners. In the past year, we've worked on 18 externally funded projects. We've completed and published eight systematic reviews for the Victorian Department of Health, the Australian Defence Force, the Mental Health Complaints Commission and Beyond Blue. These reviews allow the integration of up-to-date scientific evidence into program growth and transformation and policy development. The research team further has specialists in both quantitative and qualitative research methods,





allowing elaboration of existing databases or in-depth knowledge gain by listening to those with lived experience. In our recent project on Young Carers, we were thrilled to mentor a young person with lived experience throughout the project, learning a great deal from them, and in turn teaching review and interview skills in research methods.

2023 outputs, awards, and rewards

We've been somewhat busy! The team's effort and reputation are reflected in multiple ways, including:

- 2023 publications: 57 papers and books/chapters, conference papers and technical reports (see Our Publications in the appendix)
- success with competitive grants from the Australian Research Council
- finalist in the Engagement Australia awards, for Outstanding Engagement in Research Impact in our ARC Linkage project, Family Violence Triage in Family Courts: Safety, Efficacy and Benefit (ARC LP210100181). Prof. McIntosh's study of parents and children in the family court system sits in a unique partnership with the Family Courts of Australia and Relationships Australia (SA) in a world-first effort to build an evidence base for safety enhancement and prevention for families at high risk of violence.
- Dr. Anna Booth was awarded the Early Career Researcher of the Year at La Trobe University, in the School of Psychology and Public Health.

Looking back, 2023 was a very rewarding year for the research team.





Enhanced First Nations research capability

Building on the groundwork laid in 2023, in 2024 we are thrilled to be recruiting a First Nations post-doctoral Research Fellow and two First Nations PhD students, to enable Bouverie to learn and integrate Indigenous ways of knowing into all of our research. We are excited about this potential space, and deeply appreciate the investment La Trobe University is making to enable us to realise this vision, also a key part of our Reconciliation Action Plan. This new research team will form over the year, supported by our research team, with a spiritual home within the First Nations team.

Our research into policy work

The Bouverie research team invests heavily in state and federal partnerships that drive family wellbeing practice and policy developments. We offer three different review methodologies to ensure their critical work in this space is informed and underpinned by the highest-level evidence. Beyond internal technical reports, we publish as much as possible in open access spaces, to ensure the learning doesn't sit in the digital filing cabinet, and instead informs mental health service and family practice globally. The term "co-design" is often bandied about. In this space, we've developed a way of working that makes this real, at every step of the project. It's an area of work we love.

Here are some examples of our recent partnership work:

Our partnership with Beyond Blue:

Our research team conducted two rapid systematic literature reviews, examining the efficacy of brief digital mental health interventions for young people, and then for adults. We looked at the growing international evidence for this approach, starting with tens of thousands of papers, and combing through to find the best evidence fit for adding value to the development of the Model of Care, now underway at Beyond Blue.

Like to hear more about this?

Contact Dr. Jessica Opie: j.opie@latrobe.edu.au



Our partnership with the Victorian Department of Health:

In the *Young People with Caring Responsibilities: Time for Action* study, our team provided state of the art evidence regarding the identification and support of young people who care for a family member or friend struggling with mental health or alcohol and other drug related problems. To do this, we led a rapid systematic literature review and ran multiple consultations with young people, family members and mental health practitioners. We worked with a young person with caring responsibilities from the Satellite Foundation, who informed the work and who in turn learned new research skills. The result? A solid evidence base for the Department of Health to progress policy on behalf of young people whose lives are deeply intertwined with supporting a family member with complex mental health needs.

Like to hear more about this?

Contact Dr. Mohajer Hammed: mohjaer.hameed@latrobe.edu.au

Our partnership with the Australian Defence Force:

In 2023, we published the last of a four-paper series for the Australian Defence Force, on the mental health and socio-economic wellbeing of families who have a deployed military member. This was a ground-breaking series of papers, highlighting both the added risks that military parents and their children face during the deployment stage, and the opportunities for support and prevention.

Like to hear more about this or find out how to partner with us on policy relevant research?

Contact Prof. Jenn McIntosh: jenn.mcintosh@latrobe.edu.au

Our higher degree research program



As a practice-research centre, our aim is to understand and enhance social and emotional health in context, across all life stages and generations, through the promotion of relational health, and healing of relational trauma. We collaborate, share knowledge and prioritise research translation to better equip communities, organisations and workforces to support the wellbeing of families.

We seek to better understand:

- how challenges such as trauma, mental illness and social marginalisation affect diverse families and family relationships
- how family processes and family relationships contribute to health and wellbeing, particularly among marginalised and vulnerable populations
- what practices and models promote health and wellbeing in families confronting complex challenges
- how service systems can be best supported to deliver care that effectively addresses the needs of individual service users and those close to them.

Our clinical and training services and partnerships offer significant opportunities for higher degree research students.

Like to ask about our PhD programs?

Contact Dr. Mohajer Hammed: mohjaer.hameed@latrobe.edu.au



Research spotlight on the infant and family therapy



Be sure to check out the December 2023 edition of the Australia and New Zealand Journal of Family Therapy, co-edited by Bouverie's Dr Jessica Opie and Prof. Jenn McIntosh. The invited papers are on the theme of *Family Therapy and Infant Mental Health: Exploring the Potential Space*.

For this Special Issue, we sought perspectives on the contributions of the infant to their family's development, including recovery from intergenerational trauma, and the contribution of the family to the infant's relational security. It features a series of 12 invited papers from a diverse group of professionals, including Indigenous and non-Indigenous family therapists, academic family therapy teaching staff, and developmental psychology and systemic researchers. The papers collectively spotlight the invaluable contributions that infant mental health and family therapy approaches provide, while highlighting the untapped potential at their intersection.



Translating our research for family consumers



We work hard to ensure our research is available to our families, in user friendly ways. For all the research we do in family related fields, we produce a plain English summary.

Below is a good example. This was a complex, three-part investigation with a fairly technical title in its published form and content designed for the scientist-practitioner community:

McLean, S. Booth. A., Schnabel, A., Wright, B. and McIntosh, J.E. (2021). Exploring the efficacy of telehealth for family therapy through systematic, meta-analytic and qualitative evidence. *Clinical Child and Family Psychology Review*. Jun; 24(2):244- 266. doi: 10.1007/s10567-020-00340-2.

Epub 2021 Jan 25.

Here is how we translated that for families:

FAMILY THERAPY ONLINE: Does it Work and What's it Like?

In recent years, due to COVID-19 or other reasons, you may have accessed mental health support online. This is called Telehealth. The Bouverie Centre is Australia's leading family therapy practice-research centre, so we wanted to learn more about how well Telehealth is working for families and therapists, and what we can do to improve these experiences.

What did we find?

- We found that Telehealth was just as effective as face-to-face family therapy in many situations.
- Sometimes, Telehealth can even be better than face-to-face therapy. It is easier to access for families who live in rural parts of Australia, and for families with one parent who may not have time to travel to their nearest therapist.
- Online therapy can also feel less intimidating for some, and they may feel comfortable to share more with their therapist.
- From this research, the Bouverie Centre has made recommendations to improve the experience of families using Telehealth.
- We've recommended that training is provided to therapists and support to families on how to use Telehealth platforms and what to do if problems arise.

Telehealth won't work for every family, so we've suggested that therapists use some key criteria to help families understand when it will be effective, and when it might not. Perhaps you'd like to add your experience to our research? Be in touch with us on

With our new Family Advisory Network on board, we'll be co-creating many new ways of shaping our research and sharing its outputs. These are exciting times in the research heart of the **Bouverie Centre!**

Our workforce training research



The Bouverie Centre runs extensive training in family and systemic practices, designed to support practitioners across a range of professional sectors in responding to the needs of families, communities, and workplaces. How extensive? During 2023, the Bouverie Centre 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). We reached metropolitan (60%), regional (30%) and rural (10%) areas.

Especially popular in 2023 were our self-paced online courses, followed by in-person and guided live streams and/or blended training. Post-COVID, we are nothing if not flexible in the way we co-design and deliver our training.

Importantly, given our research function, all training includes embedded pre- and post-reflections which, with consent, become invaluable data for us to better understand the pathways of effective training and implementation, for each sector we engage. In 2023, we published our workforce training evaluation framework, which included outcome, process, impact domains, integrated quantitative and qualitative data on implementation, organisational enablers and barriers, and practitioners' perspectives on outcomes (see Our Publications appendix).

In 2022-2023, since the inception of this framework, the vast majority of our trainees (96%) donated their data to our workforce data pool. Moreover, 72% consented to be contacted for future related research – so watch this space as we track progress across a year and more, post-training.

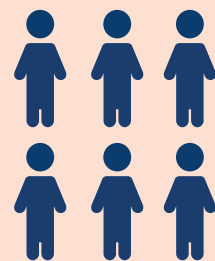
Trainee's locations



10%
Rural



30%
Regional



60%
Metropolitan



Here are two things we're most proud of:

1. Trainee satisfaction

Across all our trainings, satisfaction is very high.



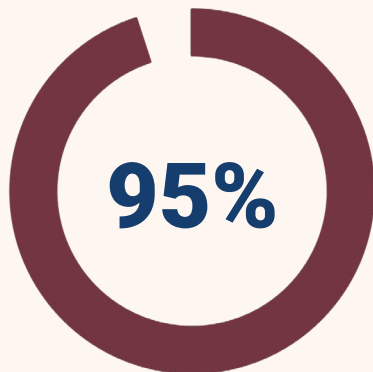
Learning experience



Course content



Presenter's expertise



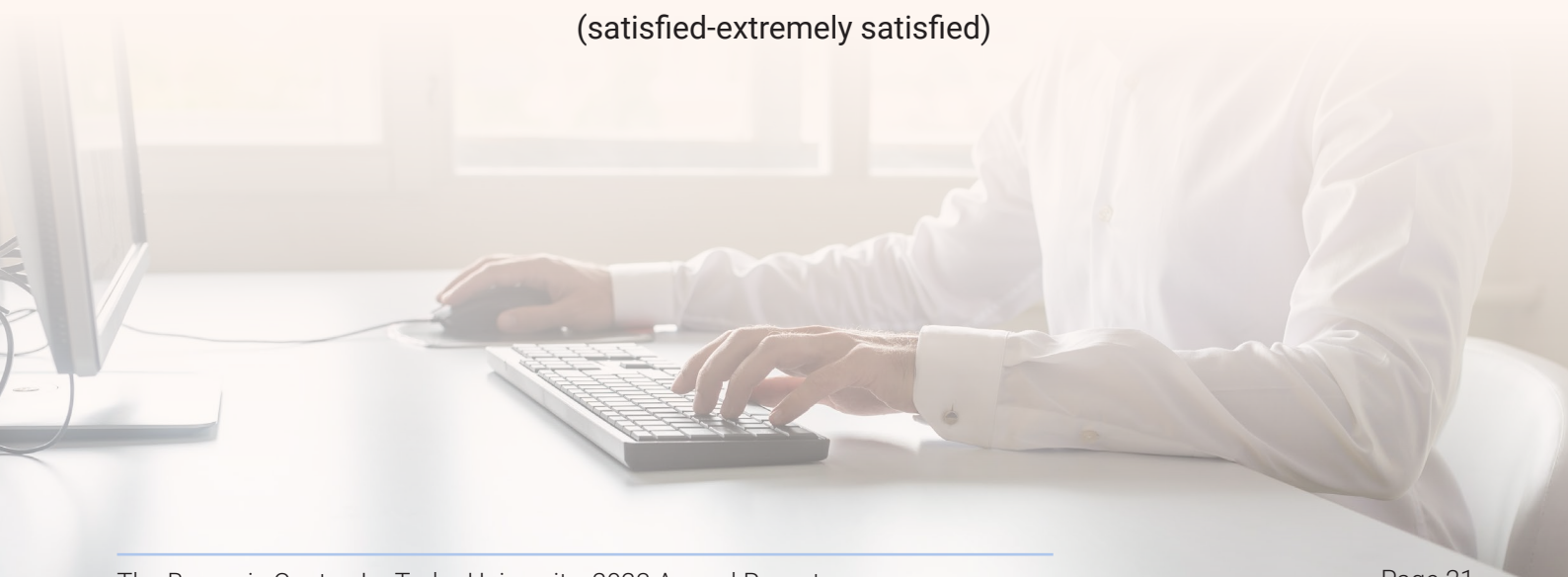
Relevance of course to current work



Readiness to implement techniques and skills

Post-training satisfaction %

(satisfied-extremely satisfied)



Trainees' testimonies and written feedback



“

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.

“

Thank you for a very well-structured online course experience (Single Session Thinking, and SST with Families, Children and Youth) with thoughtful use of assessment, and bringing to life the session map with young families. Best online courses I have done in a long time.

“

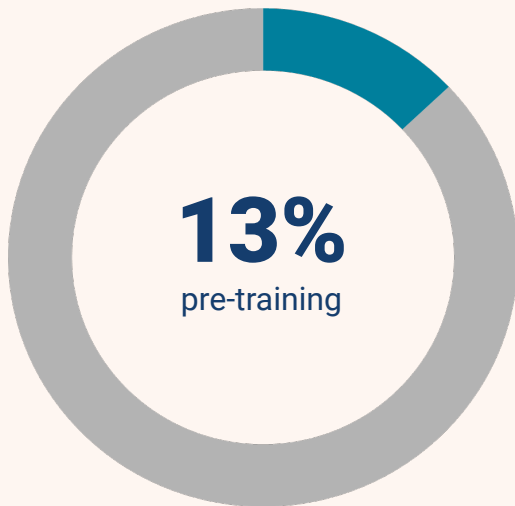
Family Therapy Foundations is a brilliant online course. Actually it's gold standard. Every hour was entirely worth it. I learned so much and getting watch Bouverie therapists at their craft was a real privilege. It left me with a new dream, to become a family therapist.

Our workforce training research



2. Participant confidence and capacity before and after training

In terms of confidence and capacity rated before and after training, trainees show sizeable change. For example, in our Single Session Thinking (SST) training (with over 700 participants) we found a whopping difference in the number of participants who felt they could confidently manage a session within the framework of SST (13% pre-training vs 90% post-training).





Our Clinical Services

221 families attended family therapy
(711 individual members)

96% of families said they would
recommend the Bouverie Centre's Family
Therapy Program to other families in need

More than **100 new** families
joined the Bouverie Family Stories' research
community

Overview



The Clinical Program is historically the oldest part of Bouverie. It remains foundational to all we do. Each year we are funded to work with 200 families, usually involving more than 700 individual family members. Families eligible for clinical services at Bouverie are those with a member experiencing mental ill health, and/or substance misuse, LGBTIQ+ families, and trauma-affected families who usually need further help after trying other services first.

As a demonstration centre of the Victorian Department of Health and a Practice Research Centre of La Trobe University, our mandate is to critically examine our own ways of working. We learn from these deep dives, develop and test improved pathways, and help other services to implement innovative family-centred practices in the mental health field.

More than 100 families joined the *Bouverie Family Stories* research community in 2023. Engaging these families in follow-up studies is a big part of our integrated-practice research plan in 2024 and beyond.

In our annual survey, we learned that over 96% of families seen in 2023 would recommend The Bouverie Centre's Family Therapy Program to other families in need. So we know our services continue to be of the highest quality. But are they as accessible as they could be? The simple answer is no. At points of peak demand, we, like many services in this sector, encounter problems with a waitlist that does more harm than good. In 2024, we are ready to deploy our evidence-based solution to this. What's that? Read on...





Meet our Walk-In Together service

We've spent the past three years building on our vast experience with Single Session Thinking and Telehealth in family work to develop and test what is now our *Walk-In Together (WIT)* service.

How WIT works

This is a service for families who contact the Bouverie Centre for therapy and on the same day are seen via telehealth by at least 2 and often 3 family therapists. In true Bouverie style, they take part in a single session-inspired conversation. Uniquely, at the end of the session, the family leaves with the case notes taken by the therapists during the session, as a summary of the discussion and a reminder of what each member committed to doing next. Nine specialist family therapists are rostered into our twice-weekly WIT clinic. The operations team behind the clinic includes our researchers, administrative staff who oversee the practicalities of these sessions and digital systems workers who guide data collection.

What we've found about WIT

In 2023, WIT supported 167 family members from 58 families. The age range was 6 to 87! Now that's intergenerational reach. WIT also showed a return on investment: there was no difference 6 months after case closure in perceived satisfaction with outcomes for families who attended WIT versus those in long-term therapy.

This year we published our pilot findings on Walk-In Together¹. We've learned that for many families, this one, timely session is enough to help the family re-mobilise its own resources to better meet the current challenge. We are now testing the comparative efficacy of two versus three therapist models (and yes, two therapists in the room is just fine from the perspective of families, but therapists prefer the small reflecting team approach. Now I hear you say, what about one therapist? Stay tuned).

Medibank has allocated a PhD scholarship to this work, to advance knowledge of the long-term benefits of rapid walk-in services for families, including the health-economic benefits. We are also studying the application of single session thinking to family trauma presentations and more.

¹ Hartley, Eliza; Moore, Lynda; Knuckey, Aaron; von Doussa, Henry... McIntosh, Jennifer. (2023). Walk-in Together: A pilot study of a walk-in online family therapy intervention. *Australian and New Zealand Journal of Family Therapy*. 44/2, p127-144. <https://doi.org/10.26181/23806965.v1>



So, our end-to-end evidence-enriched clinical work continues to grow. We already know we can help more families in this way, within the same funding envelope, and that client satisfaction is strong. We hold a deep belief, and some early evidence too, that walk-in services are the way of the future in mental health and health care contexts with a primary, secondary or indeed tertiary focus on families.

Teaching the specialist crafts of Walk-In Together

We are gearing up to teach and share with industry colleagues this way of working, and to help others implement *Walk-In Together* into their therapy settings. On the cards for the near future are internship opportunities 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. And across it all, we'll be embedding a research lens, focused on lived experience.

Toward our new Family Therapy Gateway

The perils of a long waitlist, the efficacy of rapidly accessible help together with strong emerging evidence of the *Walk-In Together* practice model lead us into 2024 with a new investment in the Bouverie Gateway model.

All families eligible for our therapy service will soon start with a rapidly accessed *Walk-In Together* single session. For those needing more, the pathway through to our multi-session family therapy program will still be open. Our research wheels continue to propel us forward in our Family Stories Study, where we will document how this works for everyone, including younger children.

Interested in *Walk-In Together* or our new Gateway Program?

Contact Martin Pradel: M.Pradel@latrobe.edu.au



Straddling both our Research and Clinical programs, the Bouverie Centre's Clinical Research Program began in 2020 with the aim to embed research into all of our therapeutic services.

We want to:

- understand the context and needs of families who seek our help
- track family progress through our service and beyond, from multiple perspectives
- understand family experiences of therapy and describe continuing developments after therapy
- contribute to the international evidence-base for family therapy.

Family profiles

As is the case every year, between 1st January – 22nd November 2023, we received hundreds of enquiries and requests for our family therapy services in one form or another. We completed 348 intake assessments (we'd see them all if funding allowed! Families ineligible for our therapy services are provided with three referral options, with follow up to ensure the efficacy of those contacts). From there, 221 new families (711 individual members) entered our family therapy program, including 65 families seen by our Walk-in Together service. About one quarter of family members were children under the age of 18. Our families live in 61 different local government areas within Victoria, with some members interstate or overseas.

Over 1,100 therapeutic contacts were made with family members between January and November, with over 700 live family therapy sessions. Most sessions involved two or more members of the family, and just over a quarter of sessions focused on subsystem work.

Families attended about four family therapy sessions on average, ranging from one to ten sessions. The most common number of sessions was one, reflecting the Centre's single session orientation. There was a fairly even split between in-person sessions (49%) and telehealth sessions (51%).

Family therapy services were delivered in response to a wide range of presenting problems, with adult and child/adolescent mental health concerns being the most frequent. The majority (42%) reported a serious adult mental health challenge, and 28% a child or adolescent mental health challenge.



Family feedback

Of the 211 new families seen in 2023, 116 families shared their experience of attending family therapy. Three quarters agreed completely that their session/s effectively addressed the issues they sought assistance for, that the sessions provided clear guidance on navigating and resolving their family's challenges, and that they now felt more confident in addressing future challenges.

The small subset of families who reported less clear progress almost universally attributed that to pragmatic complexities and severe challenges that impeded their progress, rather than dissatisfaction with the family therapy experience. This sentiment was supported by 96.4% respondents stating that they would recommend the Bouverie Centre's Family Therapy Program to other families in need. The quality of service, rapport with clinicians, and the benefit of insights shared during the session/s were mentioned by most.

The Bouverie Family Stories Research Community

The Bouverie Centre invites all family members over the age of five years to join our research community, through informed consent or assent. Qualitative interviews are conducted by the research team. Over the next three years, we will be listening carefully to the stories of family members, 3-, 12- and 24-months after their therapy has ended and sharing our learnings with you all.

Like to know more about our clinical research program?

Contact Zoe Guest: Z.Guest@latrobe.edu.au



Strengthening Connections for Women in Prison

The *Strengthening Connections* project is an exemplar of our practice-research framework. This is a powerful, innovative therapy Family Therapy Service developed and run by a large team at the Bouverie Centre, funded by the Victorian Department of Justice and Community Safety. Following a successful three-year project, *Strengthening Connections* continues to be offered at Dame Phyllis Frost and Tarrengower Prisons.

The three-level program is designed to assist women to maintain or re-engage healthy connections with family and others while in custody, to increase women's successful reintegration from prison back to the family unit and to decrease the risk of reoffending and the likelihood of reincarceration. Through healing and consolidation of close relationships, the aim is to create a more secure environment for the woman to return to upon release.

The project team is a fully integrated research and clinical team, comprising family therapists, academics and cultural consultants, all working together with support from all Bouverie Centre program areas. Our First Nations cultural advisors work alongside our mainstream therapists, whenever an Indigenous woman requests cultural support.





The three-tiered service starts with a group, where we yarn about the “evidence” around what helps women safely leave prison and stay out of prison, and help women to map their relationship networks. Steps two (individual work) and three (family work) of the model are available to women nearing release. The Bouverie Centre offers several “throughcare” places for women, meaning they and their families can continue to strengthen the collective safety net around the woman after release.

Despite the challenges of operating a therapeutic service in a prison environment, *Strengthening Connections* has become a much needed, greatly valued program that provides safe and sensitive psychological support for women to navigate their complex family systems. This novel evidence-based approach equips women with new skills, confidence and relational resilience in order to effectively plan for their release from prison and to maximise their chances of remaining safely in the community, post-release.

Like to know more about this program?

Contact Ellen Welsh: E.Welsh@latrobe.edu.au





Our Practice and Service Development Program

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 launch.



The Practice and Service Development Program (PSD) is the translation arm of the Bouverie Centre, providing training and related workforce development informed by implementation science.

We are passionate about making real change to practice and in turn, to the nature and quality of the services received by the clients of your service. Our approach is informed by systemic thinking and by implementation science. In designing training to fit the unique landscape of each organisation, we aim first to understand the needs of clients and staff, and potential enablers and constraints to the use of a family inclusive practice approach in the service.

The program receives recurrent and project funding from the Mental Health and Wellbeing Division of the Victorian Department of Health to build the capability of publicly funded mental health services in working with families. This includes providing statewide co-ordination of the *Families where a Parent has a Mental Illness* (FaPMI) program, which operates across 22 Area Mental Health and Wellbeing Services, as described separately within this report. The PSD program also offers training to a diverse range of human services on a fee-for-service basis, as well as delivering a professional development calendar for individuals interested in developing their skills in working with families.

Requests for training and related services such as consultation about family and systemic therapies and practice implementation support continue to come from a variety of services. Notable this year were growing requests from school-based mental health services, services from the Family Violence sector and national child and adolescent mental health services.





There was exceptionally strong demand for our highly respected *Clinical Supervision Training*. Given the long waitlist of participants, in 2024, we have doubled our capacity to offer this acclaimed program, which puts an important systemic frame around the supervision process, for practitioners in individually- and family-oriented service sectors. Our **Single Session Thinking** training and the related *Single Session Thinking-Families with Children and Youth* training were also frequently requested. Our most recent addition to our self-paced online training suite, *Family Therapy Foundations* is in high demand. Our Professional Development Calendar also experienced strong patronage. In addition to providing a range of engaging topics for individual practitioners, the calendar serves as a 'shop window' for organisations looking for training for their staff.

In 2023, 2275 participants completed self-paced online learning with us. We also worked face-to-face and via live streaming to train over 2,300 people in person. See Our *Workforce Research* to find out more about our impact.



Powered by our Production and Communications team, Bouverie is now the proud parent to a growing number of online training programs of the highest quality. Our team of talented online course producers worked hard across the COVID era to put Bouverie's award winning training programs online – accessible to all.

Family Therapy Foundations

Our production team is fast earning critical acclaim for Bouverie's latest online offering: **Family Therapy Foundations**. This is a fully revised, updated and refreshed version of Bouverie's well-known and much-loved *Introduction to Family Therapy* training program. This program is available as a self-paced online course, a blended "online + in-practice" program or a fully in-person version. Accessed by over 400 users already, this online course provides a comprehensive introduction to the field of family therapy and has been extremely well received by the therapy community, with users saying it is *"incredibly helpful ...impactful and informative"*.

“

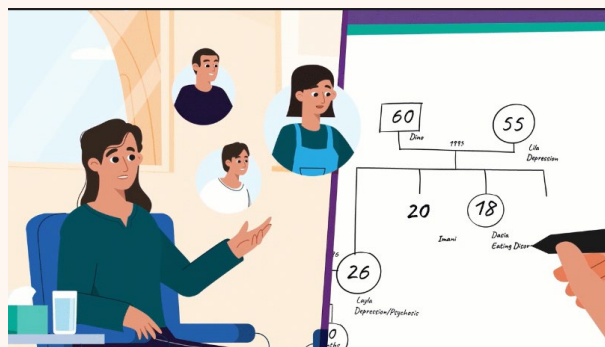
"Thank you for combining theory and practice in such an engaging and professional manner..." "This should be standard practice..."

The course is fully accessible, meeting the exacting WAGC AA and La Trobe University accessibility standards and is suitable for use with screen readers.





Genograms training



In Oct 2023 we launched our *Quick Guide to Genograms* training program, free for all Victorian health care sector workers. This short, highly engaging course teaches when and how to use genograms to describe a client's important relationships and provides a comprehensive list of the most current symbol conventions. Within one month, nearly 500 people had completed it.

Find out more here: <https://events.bouverie.org.au/genogram>

OUR ONLINE TRAINING SUITES

Family Therapy Foundations

Single Session Thinking

Single Session Thinking: Families with Children and Youth

LGBTIQ+ Family Matters

Quick guide to Genograms

Single Session Family Consultation

My Early Relational Trauma Informed Learning (MERTIL)

Mini MERTIL:

An introductory course to the full MERTIL

No Bullshit Therapy

Interested in our training?

Find more here: <https://www.latrobe.edu.au/research/centres/health/bouverie/courses/pd> and contact us here: bouverie.training@latrobe.edu.au

Our Victorian Department of Health workforce development plan



In 2023 the Bouverie Centre and the Victorian Department of Health co-designed a string of activities that constitute our recurrent Service Plan. This included:

- partnering with a regional Adult Mental Health 'Local' to create an exemplary family inclusive service
- developing training resources to improve dissemination of family practices
- scoping and responding to workforce needs in relation to working with families of older people experiencing mental health difficulties
- a PhD scholarship focussed on workforce capacity building for family inclusion
- a rapid evidence review of relationally based approaches to trauma
- supporting the alcohol and other drug sector workforce in working with families.

As a result of our active engagement in the Royal Commission into Victoria's Mental Health System and our reputation for delivering quality training, we will also develop several new significant projects in the mental health sector, to:

- support the development of the 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.

Want to know more about family workforce capacity building?

Contact Assoc. Prof. Brendan O'Hanlon b.ohanlon@latrobe.edu.au





FaPMI: Families where a Parent has a Mental Illness

FaPMI is a Victorian program, coordinated by the Bouverie Centre and conducted through 22 adult mental health and wellbeing services, that focuses on mental health service engagement with the families of consumer parents. The program encourages family inclusion as integral to the recovery of the consumer, provides support for their children's socio-emotional development and aims to enhance the cohesion of the family unit. The Bouverie Centre's research team, in conjunction with the statewide team, drives an active research agenda within the FaPMI program. In 2023, the team led the implementation and evaluation of *Single Session Family Consultation* with a FaPMI-lens across a metropolitan and a regional service. The ongoing research agenda includes a high-level evaluation of family inclusive practices in adult mental health services, through a regular statewide file audit.

The Bouverie research team recently completed a three-part study of the identification and support for young people with caring responsibilities (under 25 years of age) in the context of adult mental health and wellbeing services, and alcohol and other drug services. The findings will guide implementation of better practices, in turn supported by the new State-wide Young Carer Support Coordinator, also situated at the Bouverie Centre.

Want to know more about FaPMI?

Contact Hanna Jewell: h.jewell@latrobe.edu.au.





Our Academic Program

28 students successfully completed the Master's degree

25 completed the Graduate Certificate

Overview



What we do

The Bouverie Centre's Academic program is responsible for the delivery and ongoing development of three Australian Association of Family Therapy (AAFT)-accredited award courses, namely the Graduate Certificate in Family Therapy: First Nations; the Graduate Certificate in Family Therapy, and the Master of Clinical Family Therapy (MCFT). These programs sit within the School of Psychology and Public Health (SPPH) at La Trobe University, with all clinical teaching and direct family work resourced by the Bouverie Centre.

Our students and our process

In 2023, 28 students successfully completed the Master's degree and 25 completed the Graduate Certificate/First year of the Master's program. The 2023 student feedback survey data indicates that our courses scored above both the SSPH and La Trobe University averages for overall student satisfaction across all 3 levels of the training. Students have continued to provide constructive feedback and ideas to enhance the program, including further embedding consideration of current social and diversity issues into the curriculum, more teacher demonstration alongside didactic lecture delivery and a refinement of assessment rubrics. Our Master's program is world class, and indeed we are leading the way on several aspects of teaching. For example, the team's work on the "Stuck Case teaching process" will be presented at the 2024 International Family Therapy Conference in Japan.

There are exciting structural and curriculum program developments in process. For example, in addition to the reflecting team clinic already offered by our third-year students, our second year Masters trainee groups will become an option for families to see when ineligible for the Bouverie Centre's main service.

Global teaching partnership

This year we have spent time liaising with international family therapy teaching programs, to align the Bouverie Centre's offerings in the academic space with new developments globally. We look forward to deepening our connection with the London Tavistock and Portman NHS Foundation Trust. This formal academic partnership will support the Tavistock Clinic's Systemic and Multi-Modal Training team and the Bouverie Centre's Academic team, promote collaboration through regular communication, exchange teaching and visits, and leverage diverse skills and perspectives to enhance the field of Systemic Psychotherapy, also known as Family Therapy. In the publishing space, we hope these discussions will provide a basis for a paper series or special issue, "Conversations on next generation training of the family and systemic therapist".

Reflections to our graduates



Some of the Director's remarks to the 2023 graduating group:

What a pleasure it has been to hear the emerging voices of our next generation of family therapists. Today I take up the metaphor that you yourselves have offered in addressing "The uncharted terrain of our own potential". You indeed are on uncharted terrain, but you now have a map. A map to guide you from the micro to the macro as systemic thinkers.

While many of you have chosen this course to develop your clinical skills, you will go on to further differentiate as practitioners. I hope some of you will end up helping our big systems to find a coherent way through to a new ecology in adult mental health systems, post Royal Commission. Others will lend your minds to important research developments into the future, including those led by the Bouverie Centre. Some will be part of leading services and projects, acting as a secure base for others to gather, reflect and work as a team to break new ground while holding old and valued spaces. I hope you will offer to those contexts a soothing, organised state of mind as a strong systemic thinker.

Of course, I hope you will lend your minds as a secure base to many, many families. You will never hear the same story twice in your clinical careers. Hold gratitude and privilege for the stories you will hear and those you will help to reshape.

Finally, I hope you take your skills back into your own lives, into your family of origin, your family of procreation, and your families of choice. To those places, take your capacity for compassion and curiosity. Take your thinking into your friendships. Take your thinking onto the streets.



So that's a wrap on 2023. It's an exciting time to be at the Bouverie Centre. We are steadying the ship after three years of exponential growth, focusing on core business and practice evolution.

At the same time, some things never change about Bouverie. We walk the talk of being a values-based, research-enriched organisation. We believe in families and helping systems and the cultural tapestries in which they are both embedded. We believe creativity lies in relationships, actioned through conversation, compassion and the courage to encounter complexity. Hence, we never work alone. That's an open invitation to come and talk with us about any of our four functions - research, clinical, training and academic – and the important spaces in between, that join them all into what is now the Bouverie Centre.





Peer Reviewed Journals (Published)

1. **Painter, F. L., Booth, A. T., Letcher, P., Olsson, C. A., & McIntosh, J. E.** (2023). The lived experience of stress for parents in the context of COVID-19–related disruption. *Family Relations*, 72(4), 1511–1531. <https://doi.org/10.1111/fare.12867>
2. **McIntosh, J. E., Opie, J., Greenwood, C. J., Booth, A., Tan, E., Painter, F., Messer, M., Macdonald, J. A., Letcher, P., Olsson, C. A., & ATPG3 MAC Lab and Consortium** (2023). Infant and preschool attachment, continuity and relationship to caregiving sensitivity: findings from a new population-based Australian cohort. *Journal of child psychology and psychiatry, and allied disciplines*, 10.1111/jcpp.13865. Advance online publication. <https://doi.org/10.1111/jcpp.13865>
3. **Opie J, Hooker L, Gibson T, McIntosh J** (2023) My Early Relational Trust-Informed Learning (MERTIL) for Parents: A study protocol for a brief, universal, online, preventative parenting program to enhance relational health. *PLoS ONE* 18(3): e0272101. <https://doi.org/10.1371/journal.pone.0272101>
4. **Opie JE, Vuong A, Macafee A, Khalil H, Pearce N, Jayakody E, et al.** (2023) Practice, governance, and culture characteristics of lived experience organisations, and evidence of efficacy: A scoping review protocol. *PLoS ONE* 18(5): e0283178. <https://doi.org/10.1371/journal.pone.0283178>
5. Tarzia, Laura; McKenzie, Mandy; Addison, Matthew; **Hameed, Mohajer**; Hegarty, Kelsey. Help me realise what I'm becoming": Men's views on digital interventions as a way to promote early help-seeking for use of violence in relationships. *Journal of Interpersonal Violence* JIV-21-1478.R3
6. **Hameed, M., McIntosh, J., McLean, S., Vuong, A., Welsh, E. & O'Hanlon, B.** (2023) Workforce training in family therapy and systemic practices: An evaluation framework and case study. *Australian and New Zealand Journal of Family Therapy*, 00, 1–13. Available from: <https://doi.org/10.1002/anzf.1536>
7. **McIntosh, J. , Painter, F. , Opie, J. , Hameed, M. , Vuong, A. , Dowling, R. , Boh, J. , McLean, N. , Jiang, H. and Booth, A.** (2023) Family Cohesion and Relationship Quality in Defence Force Families: Rapid Review. *Open Journal of Social Sciences*, 11, 56-93. doi: 10.4236/jss.2023.113005.
8. Baloch, S., **Hameed, M.**, & Hegarty, K. (2023). Health care providers views on identifying and responding to South Asian women experiencing family violence: a qualitative meta synthesis. *Trauma, Violence, & Abuse*, 24(2), 794-808.



9. Gartland, D., Nikolof, A., Glover, K., Leane, C., Cahir, P., **Hameed, M.**, & Brown, S. J. (2023). Patterns of Health and Health Service Use in a Prospective Cohort of Aboriginal and Torres Strait Islander Children Aged 5–9 Years Living in Urban, Regional and Remote Areas of South Australia. *International Journal of Environmental Research and Public Health*, 20(12), 6172.
10. **Opie, J.E.**, Esler, T.B., Clancy, E.M., Wright, B., **Painter, F.**, **Vuong, A.**, **Booth, A.T.**, Newman, L., Johns-Hayden, A., **Hameed, M.**, Hooker, L., **McIntosh, J.E.** 2023. Universal Digital Programs for Promoting Mental and Relational Health for Parents of Young Children: A Systematic Review and Meta-Analysis. *Clinical Child and Family Psychology Review*, pp.1-30.
11. Rossen, L., **Opie, J. E.**, & O'Dea, G. (2023). A Mother's Voice: The Construction of Maternal Identity Following Perinatal Loss. *OMEGA - Journal of Death and Dying*, 0(0). <https://doi.org/10.1177/00302228231209769>
12. Dhariwal, A. K., Lui, A., Gordon, S. L., Kristen, A., Boerner, K. E., **Opie, J.**, Mohun, H., Green, K. E., Chapman, A. J. M., Stanford, E. A., Vidler, M. M., & Oberlander, T. F. (2023). Patient-oriented multifamily group-based care for somatization: Narratives from treated adolescents and parents. *Clinical Practice in Pediatric Psychology*. Advance online publication. <https://doi.org/10.1037/cpp0000500>
13. **Opie, J.**, & **McIntosh, J.** Family Therapy and Infant Mental Health: Exploring the Potential Space. Guest Editors' Introduction to Special Issue. *Australian and New Zealand Journal of Family Therapy*, 44(4).
14. **McIntosh, J.**, George, C., & Newman, L. (2023). In Conversation: Transgenerational attachment trauma, the infant, and the family therapist. *Australian and New Zealand Journal of Family Therapy*, 44(4).
15. Elliott, R., **Cousins, C.**, **Opie, J. E.**, & **McIntosh, J. E.** (2023b). A commentary on infant mental health content within the training of family therapists. *Australian and New Zealand Journal of Family Therapy*, 44(4).
16. **Elliott, A.**, **Slater, C.**, **Opie, J.E.** & **McIntosh, J.E.** (2023) First Nations perspectives and approaches to engagement in infant-family work: attending to cultural safety and service engagement. *Australian and New Zealand Journal of Family Therapy*, 00, 1–8. Available from: <https://doi.org/10.1002/anzf.1562>



17. **Opie, J. E., Booth, A. T.**, Rossen, L., Fivaz-Depeursinge, E., Duschinsky, R., Newman, L., **McIntosh, J.**, Hartley, E., Painter, F., Oppenheim, D., Paul, C., Corboz-Warnery, A., Carr, A., Philipp, D., & McHale, J. (2023). Initiating the dialogue between infant mental health and family therapy: A qualitative inquiry & recommendations. *Australian and New Zealand Journal of Family Therapy*, 44(4).
18. Olsson, C., Greenwood, C., Letcher, P., Tan, E., **Opie, J., Booth, A., McIntosh, J.**, & Olsson, C. (2023). Adverse experiences in early intimate relationships and next generation infant-mother attachment: Findings from the ATP Generation 3 Study. *Australian and New Zealand Journal of Family Therapy*, 44(4).
19. **McIntosh, J.**, George, C., & Newman, L. (2023). In Conversation: Transgenerational attachment trauma, the infant, and the family therapist. *Australian and New Zealand Journal of Family Therapy*, 44(4).
20. **Opie, J.**, McHale, J., Fonagy, P., Lieberman, A., Duschinsky, R., Keren, M., & Paul, C. (2023). Including the infant in family therapy and systemic practice: Charting a new frontier. *Australian and New Zealand Journal of Family Therapy*, 44(4).
21. **Booth, A. T., Guest, Z. C., Vuong, A., Von Doussa, H.**, Ralfs, C., & **McIntosh, J. E.** (2023). Child-Reported Family Violence: A Systematic Review of Available Instruments. *Trauma, Violence, & Abuse*. <https://doi.org/10.1177/15248380231194062>
22. Anderson, B. and **Furlong, M.**, 2023. The development of a pilot 'thinking about relationships prompt sheet' within an alcohol and other drugs rehabilitation programme. *Australian and New Zealand Journal of Family Therapy*.
23. **Painter, F.L., Booth, A.T.**, Letcher, P., Olsson, C. A., & **McIntosh, J. E.** (2023). Multilevel impacts of the COVID-19 pandemic: A bioecological systems perspective of parent and child experiences. *Child Youth Care Forum*. <https://doi.org/10.1007/s10566-023-09761-w>
24. Letcher, P., Greenwood, C.J., Macdonald, J.A., **McIntosh, J.**, Spry, E.A., Hutchinson, D., O'Connor, M., Biden, E.J., **Painter, F.L.**, Olsson, C.M. and Cleary, J., 2023. Life course psychosocial precursors of parent mental health resilience during the COVID-19 pandemic: A three-decade prospective cohort study. *Journal of Affective Disorders*, 335, pp.473-483.



25. Bilardi, J., Webb, A., Trieu, V. H., Sharp, G., **McIntosh, J.**, & Temple-Smith, M. (2023). Miscarriage Australia: the use of a human centered design approach to design and develop a website for those affected by miscarriage. *Frontiers in Public Health*, 11, 1128768.
26. Thomson, K.C., Greenwood, C.J., Letcher, P., Spry, E.A., Macdonald, J.A., McAnally, H.M., Hines, L.A., Youssef, G.J., **McIntosh, J.E.**, Hutchinson, D. and Hancox, R.J., 2023. Continuities in maternal substance use from early adolescence to parenthood: Findings from the intergenerational cohort consortium. *Psychological Medicine*, 53(5), pp.2136-2145.
27. Letcher, P., Greenwood, C.J., McAnally, H., Belsky, J., Macdonald, J.A., Spry, E.A., Thomson, K.C., O'Connor, M., Sligo, J., Youssef, G. and **McIntosh, J.E.**, 2023. Parental history of positive development and child behavior in next generation offspring: A two-cohort prospective intergenerational study. *Child Development*, 94(1), pp.60-73.
28. Hegarty, Kelsey, Laura Tarzia, Carolina Navarro Medel, **Mohajer Hameed**, Patty Chondros, Lisa Gold, Simone Tassone, Gene Feder, and Cathy Humphreys. "Protocol for a randomised controlled trial of a healthy relationship tool for men who use intimate partner violence (BETTER MAN)." *BMC Public Health* 23, no. 1 (2023): 1-13.

Book Chapter

1. **McIntosh, J., Opie, J., Booth, A.** (2024). Early Predictors of Infant Disorganised Attachment and Levers for Risk Reduction by Frontline Workforces. In S. Porges, E. Tronick, J. Mitchell, & J. Tucci (Eds.), *Trauma Informed to Trauma Integrated Applications in Practice – Creating sustained relational change in the lives of vulnerable children, families and communities*.

Book

1. **Young, J.** (2023). *No Bullshit Therapy: How to engage people who don't want to work with you*. Taylor & Francis.



Commissioned Technical/Research Reports

1. **Mohajer Hameed, Lara Wallis, Peter McKenzie, Holly Foster & Brendan O'Hanlon** (2023). Lived and Living Experience Workforce Program: Development of Training Evaluation Reflective Survey. The Bouverie Centre of La Trobe University.
2. **Mohajer Hameed, Lara Wallis, Peter McKenzie & Brendan O'Hanlon** (2023). Expanding Post Discharge Support Initiative: Evaluation Scoping and Framework. The Bouverie Centre of La Trobe University.
3. **Mohajer Hameed, Jane Schinas, Hanna Jewell & Brendan O'Hanlon** (2023). Victorian Adult Mental Health Services Organisational Capacity and Activity Report: Families where a Parent has a Mental Illness Program. The Bouverie Centre of La Trobe University.
4. **Mohajer Hameed, Emma Wynne Bannister, Kaaren Dahl, Maggie Toko, Julie Beauchamp, Eliza Hartley, Holly Foster, Jeff Young, Jennifer McIntosh** (2023). Guidelines for trauma-informed mental health complaints resolution in Victoria, Australia: Background research. Mental Health Complaints Commission, Melbourne, Australia
5. **Jessica Opie, An Vuong, Hanan Khalil, Richard Gray, Urooj Raza Khan, Sonia Marchionda, Lara Wallis, Ellen Welsh, Muhammed Nouman, Natalie Pearce, Jennifer McIntosh** (2023). Best-practice guided digital mental health interventions for youth and young adults with emerging symptoms: A rapid systematic review of experimental studies. The Bouverie Centre of La Trobe University.
6. **Opie, Jessica; Vuong, An; Macafee, Alexandra; Khalil, Hanan; Pearce, Natalie; Jayakody, Erandathie; et al.** (2023). Organisational elements and characteristics of consumer run organizations: A scoping review. La Trobe. Report. <https://doi.org/10.26181/23258630.v1>
7. **Hameed, M., Opie, J., Vuong, A., Marchionda, S., Wallis, L., Khalil, H., Painter, F., Kuntsche, S., Jewell, H., Cuff, R., Davidson, S., Martindale, B., Gor, D., Layley, T., McIntosh, J.** (2023). Young people with caring responsibilities: Time for Action. Summary research findings, policy and practice recommendations. The Bouverie Centre, La Trobe University.
8. **Mohajer Hameed, Jane Schinas, Hanna Jewell & Brendan O'Hanlon** (2023). Families where a Parent has a Mental Illness Program: Statewide File Audit Report. The Bouverie Centre of La Trobe University



International

1. **Opie, J. E., Booth, A. T., Rossen, L., Fivaz-Depeursinge, E., Duschinsky, R., Newman, L., McIntosh, J., Hartley, E., Painter, F., Oppenheim, D., Paul, C., Corboz-Warnery, A., Carr, A., Philipp, D., & McHale, J.** Advancing the dialogue between infant mental health and family therapy: a qualitative inquiry. (2023). World Association for Infant Mental Health, Dublin, Ireland.
2. **Anna Booth** (2023). Evaluation of the MI-Village intervention for women and their babies, post family violence. Research presentation. The World Association for Infant Mental Health, Dublin, Ireland.
3. **Felicity Painter**, (2023). Finding a moderating effect of attachment security on childhood exposure to parental stress during COVID-19. Research presentation. The World Association for Infant Mental Health, Dublin, Ireland.
4. **Zoe Guest**, (2023). Caregiving assessment within Tuning into Toddlers. The World Association for Infant Mental Health, Dublin, Ireland.
5. **Jennifer McIntosh**, (2023). The first Australian infant and pre-school attachment cohort data. The World Association for Infant Mental Health, Dublin, Ireland.
6. **Hanna Jewell & Carol Clarke**, (2023). FaPMI research presentation. The World Association for Infant Mental Health, Dublin, Ireland.
7. **Mohajer Hameed, Jane Schinas, Hanna Jewell, & Brendan O'Hanlon** (October 2023). Building capabilities for family work in Victorian Area Mental Health and Wellbeing Services: An implementation trial. Paper presented at Evidence and Implementation Summit, Melbourne, Australia
8. **Painter, F. L., Booth, A. T., Letcher, P., Olsson, C. A., & McIntosh, J. E.** (2023, July 15-19). Multilevel impacts of the COVID-19 pandemic: A bioecological systems perspective of parent and child experiences [conference presentation – poster]. World Association for Infant Mental Health, Dublin, Ireland
9. **Painter, F. L., Booth, A. T., Greenwood, C. J., Opie, J., Letcher, P., Olsson, C. A., & McIntosh, J. E.** (2023, July 15-19). Parent and child wellbeing during COVID-19 restrictions: The moderating role of children's pre-pandemic attachment [conference presentation – oral]. World Association for Infant Mental Health, Dublin, Ireland.



National

1. **Opie, J. & McIntosh, J. E.** (2023, February 24). MERTIL for Parents. Victorian Maternal Child Health Nurse quarterly meeting, Melbourne, Australia.
2. **Lara Wallis, Mohajer Hameed, Peter McKenzie, Holly Foster & Brendan O'Hanlon** (August 2023). Lived and Living Experience Workforce Program: Development of Training Evaluation Reflective Survey. Paper presented at theMHS Learning Network, Adelaide, Australia.
3. **Lara Wallis, Mohajer Hameed, Peter McKenzie & Brendan O'Hanlon** (August 2023). Lived and Living Experience Workforce Program: Development of Post Discharge Evaluation Framework. Paper presented at theMHS Learning Network, Adelaide, Australia.

Local

1. **Peter McKenzie, Lara Wallis & Mohajer Hameed** (2023). Lived and Living Experience Workforce Development Programs. Victorian Department of Health Lived and Living Experience Workforce partnership Forum. Melbourne, Australia
2. **Mohajer Hameed** (2023). FaPMI-focused research and evaluation directions. The Bouverie Centre Statewide Meeting Victoria.
3. **Mohajer Hameed**. Building on a Good Foundation: Progress and Future Developments in Single Session Family Consultation – FaPMI perspective. The Bouverie Centre Webinar.
4. **Mohajer Hameed** (2023). Bouverie Centre Training Evaluation Framework. Centre for Mental Health Learning, Victoria, Melbourne, Victoria
5. **McIntosh, J.** (2023) Exploring the application of child inclusive methodologies to the adult mental health sector. Bouverie Mini Conference, Melbourne, Australia.
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It's 1956

Think early rock n roll. The Bouverie Centre (first known as The Collins Street Clinic) was established as a clinical mental health service for children and adolescents, in Collins Street, Melbourne. In 1956, the Centre was renamed The Bouverie Clinic following our relocation to Bouverie Street, Carlton. The founding director was Geoff Goding – a psychiatrist with social justice running deep in his veins. You can still see that DNA everywhere at Bouverie.

Now we are in the 1970's

Think ABBA. We transitioned from a child psychiatric clinic to the first family therapy centre in Australia, led by a small, dedicated group of social workers, psychologists and psychiatrists. This change was seeded by Dr Goding, after attending the first international conference in family therapy in Greece. The deal was sealed by a visit to our Centre from the acclaimed structural family therapist, Dr Salvador Minuchin (USA) in 1976, who encouraged Bouverie to develop a formal family therapy training program.

Even before family therapy was recognised as a clinical therapeutic framework, we involved the entire family, including fathers, for up to 4 sessions, which was seen as socially radical at the time. We still try to be a little radical...

It's the 1980's

The best dance music era ever? I digress. Our Centre continued with a family-focused approach to helping children and adults with difficulties and began offering a two-year training program in family therapy, supported by the Victorian Government.

In 1984 we moved to Parkville and were renamed the Bouverie Family Therapy Centre. In the late 80's we merged with La Trobe University. An historic agreement was made between the University and the Victorian Government to locate the postgraduate award course (in family therapy) in a clinical public mental health service – making the Graduate Diploma of Family Therapy the first university qualification in family therapy to be offered in the southern hemisphere.



And the 1990's

We added the subtitle Victoria's Family Institute to Bouverie's name and our range of clinical academic courses offered expanded to include the centre's flagship program, Master in Clinical Family Therapy.

From 1996-1998, Bouverie conducted a major state-wide training and service development initiative called Get Together FaST. Working across Child and Adolescent, Adult and Aged Mental Health Services, this firmly put Family Sensitive Practice on the Victorian Mental Health Services agenda and into state government policy. This type of work has continued over the years, with our Centre now offering a range of services to agencies designed to support the implementation of family sensitive approaches to mental health care.

We continued to establish workforce training and development projects with many state-wide services, such as Mental Health, Alcohol and Other Drugs, Community Health Counselling, and Gambler's Help Services. The growth of our practical knowledge base about effective (and ineffective) ways to assist organisations to implement practice change was exponential in this decade.

The 2000's

After occupying four different sites (Collins Street, City 1956 - 1960s, Bouverie Street, Carlton 1960s - 1983, Parkville 1984 - 1996, Flemington Street, Flemington 1996 - 2007), we moved into our current home, a state government funded, purpose-built building in Gardiner Street, Brunswick. The building was officially opened in 2008 by Sylvia Walton AO, the then Chancellor of La Trobe University, and more currently, the President of The Bouverie Centre's Advisory Board. Built to hold about 30 staff, it's now bursting at the seams, with our staff of sixty plus. Renovate or house hunt? That is the question. Soon!

History of the Bouverie Centre

In 2009, we began delivering the now nationally recognised Graduate Certificate in Family Therapy: First Nations, which has been specifically designed for people who are working with First Nations families in community based organisations.

2010 to date

We became recognised as a research centre within the School of Psychology and Public Health at La Trobe University and continue to articulate a fully integrated practice-research model. Our staff work across a number of different service areas including:

- direct clinical services in family therapy
- workforce development, helping services build family sensitive cultures and deliver family inclusive practices
- academic award courses, including mainstream and specialist Indigenous courses
- professional development including online, face-to-face in person and blended workshops and courses
- research and evaluation in relational health, including a vibrant PhD program.





Executive Management Team

Prof. Jennifer McIntosh - Director

Assoc. Prof. Brendan O'Hanlon - Manager, Practice and Service Development

Assoc. Prof. Sandra Kuntsche - Manager, Family Therapy Systemic Research

Julie Beauchamp - Manager, Clinical Services

Colleen Cousins – Senior Lecturer, Academic Program

Penny Wong – Business Manager

First Nations Team

Alison Elliott - Team Leader, First Nations

Julieanne James - Cultural Consultant

Darlene Christenson – Cultural Consultant

Robyne Latham – Cultural Consultant

Service Support Team

Laura Moate - Team Leader, Operations

Sharon Bell - Executive Assistant

Leonard Linesbaum – Coordinator Training Admin

Tessa Petrides - Admin Officer (Clinical)

Amy Baratta – Admin Officer (Training)

Elizabeth Stenmark - Admin Officer (Training)

Geri Zuidema - Receptionist

Susie Connolly - Receptionist

Academic Team

Robyn Elliott – Senior Lecturer

Elizabeth George – Senior Lecturer

Fiona Young - Lecturer

Sandy Jackson - Lecturer

David List - Lecturer

Lesley Trumble - Lecturer



Practice and Service Development Team

Hanna Jewell – FaPMI Statewide Coordinator

Franca Butera-Prinzi - Team Leader, Training

Jane Shinas – FaPMI Project Officer

Andrea Yap - FaPMI Children and Young Persons' Coordinator

Angie Nyland - Workforce Trainer and Project Office

Holly Foster - Senior Project and Procurement Officer

Nick Barrington – Workforce Trainer and Family Therapist

Allie Bailey – Workforce Trainer and Family Therapist

Nella Charles – Workforce Trainer and Family Therapist

Patrick Carroll – Workforce Trainer and Family Therapist

Liz Malone – Workforce Trainer and Family Therapist

Jo Howard - Workforce Trainer

Ron Findlay - Workforce Trainer

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Ellen Welsh – Digital Operations Coordinator



Clinical Team

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Kate Cordukes - Family Therapist and Workforce Trainer
Greg U'Ren – Family Therapist and Workforce Trainer
Tara Schintler – Family Therapist and Workforce Trainer
Karen Story - Family Therapist and Workforce Trainer
Kimberlee-Jade Holley - Family Therapist
Kelly Tsorlinis – Clinical Lead, Prisons
Jess Krummel - Family Therapist, Prisons
Mel Brown - Family Therapist, Prisons
Pemma Davis - Intake Worker
Jacqueline Cleary - Intake Coordinator

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