

# Foundations for Working Systemically

## Course Description

This one day introduction to Systems Theory and thinking aims to orient participants to the conceptual framework underpinning practice for organisations and staff to work systemically with clients and service users.

## What you will learn

The principles of Systems Theory including an explanation of the fundamental ideas of the theory including:

- Exploring relationships
  - Positive connotation/reframing
  - Circularity/feedback
  - Curiosity and neutrality
  - Asking useful questions
  - Hypothesising
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- ◆ Explore how systems work, the structure and functioning within and between systems, and the idea of wider systems.
  - ◆ The difference between linear and circular approaches and the importance of remaining curious to the multiple perspectives on a situation.
  - ◆ To develop skills to respectfully explore a concern and think systemically about the possible explanations. This will be applied to examples from both the work setting and in relation to clients who attend our services.
  - ◆ To employ a relationship focused approach to understanding the interactions between people and a framework around the connection between behaviour, meaning and relationships.
  - ◆ Practice some of the necessary tools utilised for understanding relationship patterns within a system.

## Who is this course for?

This course is for people working in the counselling or social work fields looking to develop their skills in working systemically and to enhance their knowledge and understanding of Systemic Theory. This is an excellent introduction to systems theory and practice if you are considering doing either of the Professional Development courses in Family Therapy or Couple Therapy.

## Details

CODE	DATES	LOCATION
TPW13	Monday 16 November	Cumrae, 7 Blackwood Place, North Parramatta

**Cost** (GST inclusive): **\$165.00**

**Time:** 9:30am to 4:30pm

### To register:

To obtain a registration form for this course visit [www.ifp.nsw.edu.au](http://www.ifp.nsw.edu.au) or email [info@ifp.nsw.edu.au](mailto:info@ifp.nsw.edu.au) or call (02) 8830 0755

