

Dialogical family-of-origin small groups

By Judith M. Brown PhD

1 DAY GROUP SATURDAYS, 2022

DATES: OCT 8, NOV 26, 2022; FEB & APRIL, 2023 (TBA)

4 x 1-DAY GROUPS SYDNEY

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For practitioners, therapists, counsellors, clinicians who seek an increased integration of their personal & professional self, by which to underpin their 'way of being' in clinical practice

*Psychotherapeutic
research into one's
own life story*

*"Is this not the life undertaking of us all ... to become human? It can be a long and sometimes painful process. It involves a growth to freedom, an opening of our hearts to others, no longer hiding behind masks or behind the walls of fear and prejudice. It means discovering our common humanity."
(Jean Vanier)*

Dialogical Family-Of-Origin Small Group Sessions (Sundays)

A series of four x 1-day family-of-origin group sessions over a 6-month period. A maximum of 3 participants are included in each confidential closed group. Participants prepare and bring to the sessions a series of family-of-origin explorations, which are presented to the group within a safe dialogical process.

Each individual experiences psychotherapeutic research on their own life story. Reflective group processes support each person in moving towards an increased awareness, understanding, sensitivity and attunement to their personal and professional self-in their 'way of being' in clinical practice.

*Introductory Course is preferred (various versions),
or to be discussed prior to registration.*



Learning Goals

1. To increase awareness of multigenerational family-of-origin factors as influencing a sense of self.
2. To increase understanding of a sense of self as emerging throughout the developmental stages.
3. To increase sensitivity to a sense of self as influenced by significant past and present relationships.
4. To increase attunement to a process of increased integration to the personal and professional self.



STAGE ONE

Each person in the group prepares to reflect on a genogram of three generations before your position in the family-of-origin, with a focus on relationships between generations.

STAGE TWO

Each person in the group prepares to reflect on a conversation with someone in your life about meaningful relationships or events.

STAGE THREE

Each person in the group prepares to reflect on difficulties, challenges or hardships that they have experienced in their family network and how these situations were faced at the time.

STAGE FOUR

Each person in the group prepares to reflect on their identity as a therapist in the past and the present, as well as their sense of the future.

TRAINING FEE DUE

\$340.00 per group

Part 1: October 8

Part 2, 3, 4: Fee due 2 weeks prior to each group.

Morning/afternoon tea provided. Venue is close to coffee shops for lunch.

LOCATION

Kirribilli Community Centre, 16-18 Fitzroy St, Kirribilli

Venue is within easy walking distance from Milsons Point Station. Parking is also readily available in nearby streets on Saturday and Sundays.

TO REGISTER (below)

Early registration is advised. Numbers are limited in the small psychotherapeutic closed group.

The dialogical process in the closed group format necessitates that each participant commits to attending all four sessions (*).

CANCELLATION POLICY

Part 1 fee required to register for all groups. Cancellation before 6 March entails an 80% refund. Cancellation after first session (*) will entail 20% of total cost of remaining meetings. In the event of illness or crisis, flexibility of dates will be discussed with group.

<https://www.judithbrownfamilytherapy.com/register>



JUDITH M. BROWN PhD

Judith is a Social Worker and Couple and Family Therapist in private practice. She has extensive experience working as a Senior Social Worker in a tertiary level child and adolescent mental health clinic. Since observing Open Dialogue in Finland in 2011, Judith has engaged with, taught and written on the dialogical approach to clinical practice and research. She is internationally trained to supervise & train clinicians in Open Dialogue & dialogical practice. She provides introductory, development and advanced trainings, dialogical family-of-origin groups, and individual and group supervision.

ENQUIRIES: WWW.JUDITHBROWNFAMILYTHERAPYTRAINING.COM