

The Systemic Consultation Centre

Roxanne Garven established the Systemic Consultation Centre in 2004. The aim of the Centre is to deliver training in systemic therapy and family therapy that is contemporary and integrative (appreciating the contributions from the narrative and solution focused approaches) whilst also reflecting the classical ideas of its originators.

Another aim of the Centre is to offer a Low Fee Counselling Service for the community, provided by the Course participants and Roxanne. The low fee service also gives trainees opportunities to work with clients using the systemic approach whilst under supervision.

Roxanne Garven is an accredited Clinical Social Worker and systemic psychotherapist with postgraduate qualifications in Systemic Therapy (U.K). She is on the Board of the Australian and New Zealand Journal of Family Therapy (President 2007-2009).

She has experience of using the systemic approach in a variety of clinical settings, for example, adult psychiatry, child and adolescent mental health, family violence, child protection and drug and alcohol treatment services

Roxanne has led training in systemic practice in the U.K., Spain, and in Australia. She has also introduced contemporary clinical methods (single session therapy, reflecting team practices) into various different workplaces.

Roxanne has completed initiatives to enhance collaborative work practices with families on behalf of the Victorian and Western Australian State Governments. These initiatives involved the drug and alcohol, youth, child and adolescent mental health sectors.



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More detail and information for the above courses are available on the website.

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Training in Family & Systemic Therapy at the Systemic Consultation Centre

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What is Systemic Therapy?

*"Before I treat a patient like yourself I need to know a great deal more about him than the patient can always tell me. Indeed, it is often the case that my patients are only **pieces of a total situation, which I have to explore. The single patient who is ill by himself, is rather the exception.**"*
T.S. Eliot in " The Cocktail Hour" (1940).

Systemic therapy facilitates change by paying attention to the contexts surrounding problems. It therefore works with the patterns of relationships, interactions, and beliefs in people's contexts.

Making a Start – Introductory Courses

- 5-day Intensive course
- 12-Week Course
- 2 day Course

If you can, start with a **5-day intensive course**, which introduces you to the key concepts of systemic therapy with many opportunities for skills practice.

If you are unable to commit to 5 days in a row and prefer learning over a longer time frame, you may want to consider the **12-Week Course**. This course starts with a 2-day workshop followed by weekly training of 3 hours duration.

If time, money and uncertainty about making a commitment to a 5-day or 12 week course are present, you may then want to consider the **2-day Workshop**. These 2 days are part of the 12-week course, and also exist as a freestanding course. It offers a taster as well as enough material to make a working start.

The key to acquiring systemic therapy skills is practice and the more guided practice you can get at the beginning, the better the foundation for future skill development.

Keeping the Momentum

- Staying Systemic Workshops

If, after completing an introductory course, you are wanting to top up and continue developing your systemic skills and knowledge, then signing up for a Staying Systemic course may be helpful.

This is best done when you have had some time to use the ideas after one of the introductory courses.

A Staying Systemic course will build on your experience, give you a chance to reflect in the areas you are finding challenging, and connect you with like-minded colleagues.

Getting serious...

- The Post Graduate Course in Systemic Therapy and Family Therapy- Foundation and Advanced Levels
- Supervised Family Therapy Practice

Post Graduate Course

If you are getting serious about your interest in systemic therapy, and want to immerse yourself in the theory and practice over 2-3 years, and you also want accreditation and formal recognition of your training and level, then this Post Graduate Course, accredited by the Queensland Association of Family Therapy and the Psychotherapists and Counsellor's Federation of Australia, may be the next step.

This course consists of 200 hours per year for the first 2 years, meeting weekly for 5 hours. You'll need a previous qualification in the helping professions and be currently working as counsellor or therapist.

The course requires completion of assignments and clinical practice with clients referred to the centre's low fee counselling service. Sessions are taped and reviewed. Provided articles are read on a weekly basis.

The course content covers Systemic therapy, (post Milan) and includes the study and practice of Narrative and Solution Focused Therapy in the last year.

Similar with the other courses, there is an emphasis on understanding the ideas, and practicing skills development. In addition trainees learn how to participate in reflecting teams.

Supervised Family Therapy Practice

This supervised family therapy practice will suit you if you are looking for consolidation and development of your systemic skills whilst you meet with families referred to the Centre's Low Fee Counselling Service.

It qualifies as the 3rd year for those of you who have completed the 2-year course and need to fulfil 50 hours of clinical supervision for accreditation. The groups are small and the participants have undergone previous training in systemic practice. The group meets fortnightly over 6 months and uses a reflecting team approach.

The teaching approach at Systemic Consultation Centre:

- Learning by doing - exercises, exercises and more exercises before clinical practice with the Centre's clients
- Learning by observing: tapes, live clinical work
- Learning by understanding the theory and its practice implications: weekly reading and group discussion
- Learning in a safe and supportive environment: so you can experiment with new skills, and freely discuss the ideas
- Learning that is light on lectures - with an emphasis on questions and dialogue
- Learning by experiencing multiple perspectives: to understand the influence that positions have on our perspectives from role-play client, to interviewer, to reflecting team member, to observer, to consultant
- Learning with Maps of Practice that integrate systemic therapy with narrative and solution focused therapy – to guide you as you learn
- Learning to go off the beaten track! Creativity, flexibility and doubt are important aspects for therapists
- It has to be Fun - alongside the variety, hard work and practice

Extras

Agency Consultations and On Site Training

SCC delivers variations of the Introductory Courses to agency teams who want to learn together and implement family therapy and systemic practice in their particular context.

After such training, agencies can request regular consultations to maintain and develop their skills.

Individual and Group Supervision- Just ask!

Local and International Presenters

SCC also organises local and international Presenters to talk about their current work ideas and practices.