

Part of our Contextual Therapy
Certificate Program
See the program brochure
on our website!



Family & Play Therapy Center
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Contextual Therapy 802: Therapeutic Methods & the Therapist in Context

THEORY FOCUS: Split Loyalty
PRACTICUM FOCUS: Therapy with Mixed-Race Families
Includes six hours in Multicultural Competence

September 2011–May 2012
3 hours once a month — 30 hours total

Dates: 2011 — Sept. 8, Oct. 6, Nov. 3, Dec. 1
2012 — Jan. 5, Feb. 2, March 1 & 29, April 26, May 24
Time: Thursdays once a month, 9:30 AM–12:30 PM ET
Instructor: Dottie Higgins Klein, LMFT, RPT-S, AAMFT-S
Tuition: \$750 *See payment and deposit information on reverse.*

See feedback
from past
participants
online!

See CE chart
and tuition info
on reverse!

Prerequisite: This course is open to psychotherapists who have taken at least one beginning course in Contextual Therapy at any location, and are familiar with the terminology covered in the introductory course.

Contextual Family Therapy, developed by Ivan Boszormenyi-Nagy, offers a highly ethical, three-generational approach to successfully making concrete interventions with family members who are feeling stuck. Working with families is often the most challenging part of being a therapist, and this course offers a solid, ethical modality for helping people. Therapists who are seeing children and teens find that it provides an exceptional framework for parent meetings and for parent-child dyadic interventions. In addition to applying concepts to their client families, therapists are encouraged to use the theories to reflect on their own lives.

Theory Focus: Split Loyalty

Of particular focus is Nagy's concept of Split Loyalty, and its impact on family members of all ages. He said that one finds split loyalty at the root of suicide, and in fact, it underlies a wide range of self-harming behaviors and emotional states that are of grave concern to the therapist and to family members. Examples include: addictions; hopelessness and living with self-harming feelings; family cut-offs; oppositional behaviors; children being asked to choose one parent or family system over another, as may happen in custody battles connected with divorce or foster care.

First day—Thursday, September 8th: We will watch a segment of a wonderful, engaging interview of Ivan Nagy with William Doherty, that took place in 1992, at the AAMFT Conference. We will see Dr. Nagy's humor, hear about his history fleeing Hungary, and watch very interesting segments about the development of Contextual Family Therapy, and in particular about the development of loyalty as central to his work.

Video Tape of Dr. Nagy: "I would like to call you Mother." For two other classes of the course, we will view this live, unedited Ivan Nagy therapy session, which involves four generations, including a psychotic mother and a delinquent adolescent. It includes hearing both sides, acknowledging strengths, mistrust, blaming, and invisible loyalties. It is from the AAMFT Master Series. We will view it in two parts and discuss it.

In April, 2012, Haim Horowitz, premier Contextual Therapist, will join our class to discuss Chapters 21 and 22 from our required course text. These are entitled "Applications of Contextual Therapy: The Making of a Contextual Therapist", and "On Meaning between the Generations".

ABOUT THE INSTRUCTOR

Dottie Higgins Klein LMFT, RPT-S, AAMFT-S, received her Master of Family Therapy degree from Hahnemann University. She is a Supervisor for the American Association of Marriage and Family Therapy (AAMFT) and a Registered Play Therapist Supervisor for the Association for Play Therapy (APT). Dottie studied with Ivan Boszormenyi-Nagy and his colleagues, and she has been practicing Contextual Family Therapy for thirty years.

Practicum Focus (4 classes): Therapy with Mixed-Race Families (Includes six hours in Multicultural Competence)

Each year the Contextual Therapy Course explores in depth a challenging aspect of being a therapist. According to Laszloffy, graduate schools have not helped therapists to learn concretely how to be culturally sensitive when working with families of mixed racial identities. "Most clinical training programs adequately promote awareness, but it is much more challenging to also promote sensitivity."*

Our treatment of this richly faceted issue will be in three parts:

1. We will view, and discuss in depth, video segments of live sessions from the ongoing therapy of an engaging biracial couple. We will be able to pause the video at crucial moments in order to integrate Contextual Theory and methods of practice.
2. There will be a live session with the couple in person, in the classroom.
3. We will have a panel of mixed race clients and therapists who will be invited to share honestly both positive and negative experiences they have had in the area of therapists' cultural sensitivity.

* 'Therapy with Mixed Race Families', by Laszloffy, p.276 in *Re-Visioning Family Therapy*, McGoldrick & Hardy, eds., Guilford, 2008.

Required Text

- *Between Give And Take: A Clinical Guide To Contextual Therapy*, by Ivan Boszormenyi-Nagy and Barbara Krasner, chapters 9–21.

Recommended Text

- *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*, by Bonnie Badenoch.

This book presents how recent research has demonstrated that various therapeutic practices increase neural integration. Such practices include: gathering genogram information early in treatment, which helps establish empathic right brain resonance, between therapist and client, that continues as the client's narrative unfolds (Siegel); awareness of the impact of intergenerational legacies on the person in therapy; adopting a stance of mutipartiality across the generations, instead of blaming any one generation. A theme throughout the book is the importance for therapists to do their own deeper work in order to be able to compassionately hold the pain for their clients' "inner community", through both verbal and non-verbal attunements. "The more deeply rooted we are in middle prefrontal integration, the more capacity to steadily hold our patients' disintegrative upsets will expand, because our implicit perceptual biases will have the opportunity to be held themselves by the wisdom of our integrative circuits." (p.33) All of these practices are such integral parts of Contextual Family Therapy that, although not specifically intending to address it, *Being a Brain-Wise Therapist* provides a useful explanation of why Contextual Family Therapy is such a powerful healing modality.

Sept. 2011–May 2012: Contextual 802																
TUITION	Deposit Due w/ Reg. 150.00	CREDIT HOURS AVAILABLE	Contextual Therapy Certificate Program	30 hr.												
	Due 09/01/11 150.00		PA Social Work Board for LSW, LMFT, & LPC*	30 hr.												
	Due 11/01/11 150.00		Mental Health Hours	30 hr.												
	Due 01/01/12 150.00		Certification renewal for the American Nurses Credentialing Center	30 hr.												
	Due 03/01/12 150.00															
TOTAL \$750.00		<small>* PA Social Work Board CEs may transfer to other states. Check with your state social work board. No fee for PA SW CEs.</small>														
<i>Other payment arrangements are available. Please call for more information.</i>																
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<p>Course Withdrawal & Payment Policies:</p> <p>(a) If participant withdraws earlier than four weeks prior to the first day of a course, then participant will receive a full refund of the paid deposit, minus a \$25 withdrawal fee.</p> <p>(b) If participant withdraws within four weeks before the first day of a course (but earlier than one week prior to the first day), then participant will receive a full credit in the amount of the paid deposit to be applied to future courses and seminars at the center, minus a \$25 withdrawal fee.</p> <p>(c) If participant withdraws within one week before the first day of a course, then the deposit is forfeited.</p> <p>(d) Following the first day of a course, all payments are due as scheduled, and participant is responsible for payment of entire course tuition. Tuition is not reduced on account of missed class days.</p> <p>(e) A 1% late fee for past-due balances will be assessed at the end of each month, based on the amount past due on the last day of the month.</p>																

To register, please call us at 215-844-4321 ext. 1.

We accept payment by Visa, MasterCard, Discover, & American Express, as well as by check.