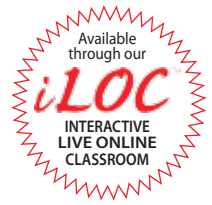


Part of our Contextual Therapy
Certificate Program
See the program brochure
on our website!



Family & Play Therapy Center
6811 Quincey Street
Philadelphia, PA 19119
Phone: 215-844-4321
Fax: 215-844-8877
Web: www.fptcenter.com



Contextual Therapy Introductory Course

for Therapists Working with Families, Adults, Teens, and Children
and for Play Therapists

THEORY FOCUS: 12 Basic Concepts of Contextual Therapy
PRACTICUM FOCUS: Trauma Reality Sandtrays

September 2011–May 2012

3 hours once a month — 30 hours total

See feedback
from past
participants
online!

Dates: 2011 — Sept. 13, Oct. 11, Nov. 8, Dec. 6
2012 — Jan. 10, Feb. 7, March 6, April 3, May 1, May 29
Time: Tuesdays once a month, 9:30 AM–12:30 PM
Instructor: Dottie Higgins Klein, LMFT, RPT-S, AAMFT-S
Tuition: \$750 *See payment and deposit information on reverse.*

See CE chart
and tuition info
on reverse!

Contextual Family Therapy, developed by Ivan Boszormenyi-Nagy, offers a highly ethical, three generational approach to successfully making concrete interventions with family members that are feeling stuck. Working with families is often the most challenging part of being a therapist, and this course offers a solid, ethical framework for helping people with the pain in their lives. In addition to applying concepts to their client families, therapists are encouraged to use the theories to reflect on their own lives.

Course includes:

- Presentation of theory and practice — the goal is to learn how to work through presenting problems with clients of all ages, in ways that accomplish root-level healing.
- Discussion of readings
- Viewing and discussing a historic, professionally produced video of Ivan Nagy doing a consultation with a family
- Application to challenging parenting situations — working with the parent-child dyad for the child's long-term healing.
- Roleplaying of real therapy situations and the possibility of live consultations
- How the field of Interpersonal Neurobiology affirms the theory and techniques of Contextual Family Therapy.
- The theory of Trauma Reality Sandtrays (for trauma and difficult situations) is taught using an excerpt from the forthcoming *Mindfulness Based Play-Family Therapy, Child Development, and Mindful Parenting: Weaving It All Together* (Higgins Klein). The reality tray enhances the experience of family therapy by using the play miniatures to serve as an extension of talk therapy. The experience facilitates direct, honest communication about the issues of real life, breaking through to depths that may not otherwise be accessible with words alone. Reality trays are usually connected with trauma, loss, or a wide range of situations that are challenging for either a child or an adult to fully integrate. *We will spend one class enacting a variety of Trauma Reality Sandtray themes.*
- Trauma Reality Sandtray created by two sisters, adopted from Guatemala: Two classes will be devoted to viewing and discussing video-taped family therapy sessions using sandplay miniatures, of two girls who were adopted from Guatemala at ages nine and six. The older girl was having severe separation anxiety and nightmares and refusing to be in school without the mom. She was afraid her new mom would die, if she left her. These poignant videos capture, through reality trays, a sandstory narrative, the telling of the joys and traumas the girls experienced in both their birth family and their foster care family, where they lived while awaiting adoption. The witnessing by the mom and the therapists of the traumas and the happy times helped the girls to make sense of their life narrative, and led to the development of trust. The theory of using reality trays will be extracted from the videos. *The adoptive mom will attend one class, watch a video with us, and talk with us about her experience and the positive outcome of these sessions.*

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 over twenty-five years.

Required Texts

- *Doing Contextual Therapy: An Integrated Model for Working with Individuals, Couples, and Families*, by Peter Goldenthal
- *Mindfulness Based Play-Family Therapy, Child Development, and Parenting: Weaving It All Together*, by Dottie Higgins Klein

An excerpt from this upcoming book will be provided, including an overview of the 12 basic concepts of Contextual Therapy, drawn from the chapter on Family Therapy. The course includes understanding the stages of play therapy and how family therapy is woven into play therapy.

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.

Contextual Therapy Concepts Include...

The Five Dimensions of Contextual Therapy; Emphasizing Strengths not Pathology; Multi-directed Partiality; Asking Questions and Dialogue; Trust, Love and Care; Fairness – Keeping Relationships in Balance: Giving, Taking and Receiving; Acknowledgment and Empathy; Parentification; Loyalty and Split Loyalty; Constructive and Destructive Entitlement; Scapegoating Family Members and Family Monsters (Is compassion possible?); Exoneration and Forgiveness; Revolving Slate and Concern About Future Generations and Self of the Therapist

Sept. 2011–May 2012: Contextual Intro													
TUITION	<table border="0"> <tr> <td>Deposit Due w/ Reg.</td> <td style="text-align: right;">150.00</td> </tr> <tr> <td>Due 09/01/11</td> <td style="text-align: right;">150.00</td> </tr> <tr> <td>Due 11/01/11</td> <td style="text-align: right;">150.00</td> </tr> <tr> <td>Due 01/01/12</td> <td style="text-align: right;">150.00</td> </tr> <tr> <td>Due 03/01/12</td> <td style="text-align: right;">150.00</td> </tr> <tr> <td>TOTAL</td> <td style="text-align: right;">\$750.00</td> </tr> </table> <p><i>Other payment arrangements are available. Please call for more information.</i></p>	Deposit Due w/ Reg.	150.00	Due 09/01/11	150.00	Due 11/01/11	150.00	Due 01/01/12	150.00	Due 03/01/12	150.00	TOTAL	\$750.00
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DISCOUNTS	<p>Full-Time Student: 10% discount Full-Time Parent: 10% discount Retirement Discount: 10% discount</p> <p>iLOC Online Group Discounts</p> <table border="1"> <tr> <td>Number of Participants</td> <td>2</td> <td>4</td> <td>6</td> <td>8</td> <td>10</td> </tr> <tr> <td>Discount</td> <td>10%</td> <td>20%</td> <td>30%</td> <td>40%</td> <td>50%</td> </tr> </table>	Number of Participants	2	4	6	8	10	Discount	10%	20%	30%	40%	50%
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	CREDIT HOURS AVAILABLE												
	Contextual Therapy Certificate Program 30 hr.												
PA Social Work Board for LSW, LMFT, & LPC* 30 hr.													
Association for Play Therapy*** -- <i>Play Therapy Specific</i> 15 hr.													
Mental Health Hours 15 hr.													
Certification renewal for the American Nurses Credentialing Center 30 hr.													
Act 48 Credits**** 30 hr.													
<p><small>* PA Social Work Board CEs may transfer to other states. Check with your state social work board. No fee for PA SW CEs. ** Fee for CEs for Licensed Psychologists is \$5 per credit, paid directly to PSCP. *** We are an approved provider for the Association for Play Therapy (#96-030). The Play Therapy Specific hours for this course are listed above. Those joining us through our Interactive Live Online Classroom (iLOC) receive APT contact hours. **** Fee for Act 48 Credits is \$5 per credit, paid directly to PSCP.</small></p>													
<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.

The Family & Play Therapy Center is approved by the Association for Play Therapy to offer continuing education specific to play therapy. Our provider number is 96-030. The Family & Play Therapy Center maintains responsibility for the program.