


## CFT 809: Contextual Family Therapy — Balance in Motion — Live Online & In Person

<b>Dates:</b>	9 Thursdays, October 2023–June 2024, one three-hour class each month <b>2023:</b> 10/12, 11/9, 12/7 // <b>2024:</b> 1/4, 2/1, 3/28, 4/25, 5/23, 6/20	
<b>Time:</b>	9:00 AM–12:00 PM ET; 6:00–9:00 AM in California; early afternoon in UK & Ireland; early evening in Israel & India; late night/early morning in Australia & Japan	
<b>Location:</b>	LIVE ONLINE through Zoom & 12 spaces ONSITE in Philadelphia	
<b>Instructor:</b>	Dottie Higgins-Klein, LMFT, RPT-S, AAMFT Supervisor, Director of the Family & Play Therapy Center	
<b>CEs:</b>	27 PA SW Board CEs, 3 CEs per class	
<b>Tuition:</b>	Deposit of \$100, followed by 9 monthly payments of \$75, Oct 1 through June 1. (\$25 per hour of class). \$100 deposit is for early registration, now or by Sept 30. After 9/30, deposit is \$150. Total \$775 with early reg. *** <b>25% discount for those who have taken previous CFT courses at FPTC or with other CFT teachers! See below for additional discounts from 10% to 65%.</b>	
<b>Rating:</b>	Last year's CFT 800 course, with 39 participants, received a rating of 4.9 out of 5	

**Book for Class: *Balance In Motion: Ivan Boszormenyi-Nagy and His Vision of Individual and Family Therapy***, opens with an illuminating interview with Boszormenyi-Nagy, which focuses on the development of CFT and highlights a number of the most valuable aspects of this approach.

An emphasis of the book is a framework for CFT that can be used when working with an individual adult, couples, any two or more family members of any age including caring about those who are dead or alive and may not even be in the session.

**Theory:** For the first hour of class we will discuss the theory of Contextual Therapy following the chapters of the book and applying the information to the therapists' client families. The five chapters deal with principles of loyalty, trust, and constructive and destructive entitlement. The book includes a detailed family interview conducted by Dr. Nagy that includes his own line-by-line explanation about his reasons and thinking behind each step, each question, and each intervention in the treatment. Applications in clinical practice are presented in the last chapter.

**Practical Application:** For the 2nd part of class, by using their own genogram, participants will apply Contextual concepts to their own families. Individually each person will identify issues and consider ways to address their own families rooted in the ethical guidelines we are studying. One option is that therapists may choose to share some of this process with the class and to invite support and concrete ideas about how to engage family members for dialogue, exoneration, and healing. (In this part of the course, therapists can choose to share or not to share and this segment will not be videotaped)

**Example of possible issues in families:** Addressing siblings in relationship to aging parents – medical issues, “the Will”; uncomfortable family distance or cut-offs, past or present; split loyalty, and invisible loyalty in families; unfairness issues with couples, children, parents; issues of the Family Life Cycle including raising children and young adults, mid-life crisis, medical illness, forgiveness and exoneration; the importance of ethical decision making.

**Highlights:** CFT 809 is a new course which uses as its text *Balance In Motion: Ivan Boszormenyi-Nagy and His Vision of Individual and Family Therapy* (5 Chapters, 104 pages) Published in English in 1987. This book was written with Dr. Nagy's input and was published in Holland. Dottie, the presenter became aware of it only in the last year.

- In the first and eighth classes, we will view two valuable videos of consultations with Ivan Nagy of a couple struggling with life issues and also including their three teen and young adult children.
- Classes will discuss theory and application through the reading.
- Applying CFT to one's own life is an important part of the teaching and this class offers an opportunity

to do that with support of others.

- Major concepts, including foundation of ethics & dialogue, will be woven into the class theory and practicum.

**CFT Program at the FPT Center:** Between 2002 and 2018, the Family Center offered a series of courses in CFT that focused on unique topics and applications for each year. Many therapists joined these courses year after year, forming a community that shared an understanding of the Contextual approach. Over the years, these members affirmed how it enriched their work. Those who have taken previous CFT courses at the Family Center or with other CFT teachers can take this course with a 25% discount. Contact Jerry for this discount: jerry@fptcenter.com, 215-844-4321, ext 2. There is an Introduction to Contextual Family Therapy Course (CFT 800) for those who have not previously taken a CFT course, I recommend this. **Participant rating for CFT 800 for all 9 classes was 4.9 out of 5.**

**Instructor:** Dottie Higgins Klein LMFT, RPT-S and AAMFT supervisor, is the director of the Contextual Family Therapy Training Program at the Family & Play Therapy Center. Dottie is also clinical and administrative director of the counseling center at the FPT Center. She was awarded the APT Professional training and Education Award for 2015. Dottie studied with Ivan Boszormenyi-Nagy and his colleagues 40 years ago, and for many years thereafter, and she has been personally and professionally dedicated to the continuance of this powerful approach. CFT Guest speakers may be an option.

## CFT 809: Contextual Family Therapy — Balance in Motion

TUITION	Early Reg. Deposit (by 9/30): 100.00	CREDIT HOURS AVAILABLE	
	Deposit after 9/30: 150.00	Contextual Family Therapy Certificate Program	27 hr.
	9 Payments of \$75.00	PA Social Work Board for LSW, LMFT, & LPC*	27 hr.
	Payments charged on first of each month (Oct-June)		
<b>TOTAL tuition \$775.00 (with early reg.)</b>	*The Family & Play Therapy Center is approved by the Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors to offer continuing education for social workers, marriage and family therapists, and professional counselors. The Family & Play Therapy Center maintains responsibility for the program. PA Social Work Board CEs transfer to many other states. Check with your state social work board. No fee for PA SW CEs.		
DISCOUNTS	<b>Former CFT Student: 25% discount* (monthly pmt: \$53.47)</b> <b>Full-Time Student: 10% discount*</b> <b>Full-Time Parent: 10% discount*</b> <b>Retirement Discount: 10% discount*</b> <b>Geographical Discounts: Up to 65% international discount!</b> <b>See registration details online!</b> <i>*Apply only one. Please contact Jerry for Former CFT Student discount.</i>		
	<b>Course Withdrawal &amp; Payment Policies:</b> (a) If participant withdraws prior to four weeks before the first day of a course, then participant will receive a refund of the paid deposit and installments, minus a \$50 withdrawal fee. (b) If participant withdraws within four weeks of the first day of a course, but earlier than one week before the first day, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$50 withdrawal fee. (c) If participant withdraws within one week before the first day of a course or on the first day of a course, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$100 withdrawal fee. (d) Following the first day of a course, participant may not withdraw from the course, and participant is responsible for payment of full course tuition. Full course tuition is not reduced on account of absences. (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.		

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You can register at [www.fptcenter.com](http://www.fptcenter.com), or call us at +1 215 844 4321 ext. 2.

# Professional Community Online

The Family & Play Therapy Center hosts a *Professional Community Online* that offers free membership to all mental health professionals from anywhere in the world.

Membership in this community of mental health professionals will allow you to

- Connect with fellow participants and expand your professional network.
- Discuss clinical questions with other mental health professionals.
- Pick up your schedules and readings, and receive course announcements for our trainings.
- Access our Interactive Live Online Classrom (iLOC), if you are joining us for class online.

Please follow these instructions to create a profile. If you are having any difficulty, we are always happy to answer any questions and to help guide you through the process. Please feel free to call us in the office at 215-844-4321 ext. 1. Thank you!

## How to Create Your Profile in the Professional Community Online

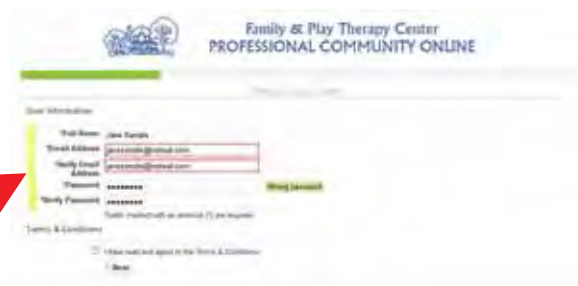
1. Go to our website: [www.fptcenter.com](http://www.fptcenter.com)
2. On the navigation bar across the top, click on the "Community" tab.



3. Click on the "Join Us Now! It's Free!" button.



4. Fill in your full name, e-mail address (2 times), and password (2 times). The email address that you enter here is the one where you will receive notices regarding the community site. This email address will not be displayed, and you may choose a different email below for display in the community.



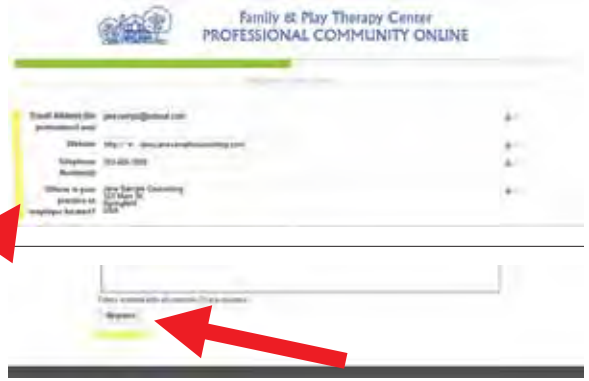
5. Click box to indicate agreement to terms. Click "Terms & Conditions" link to read terms.



6. Click "Next" button.

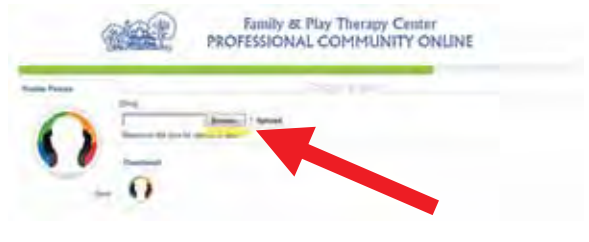


7. Provide information requested. Fields marked with an asterisk are required. The others are optional. We encourage you to provide enough information to give other community members a sense of your background and practice. Please note that the email address that you enter here will be displayed to other members of the community, and it does not need to match the email address that you entered above.

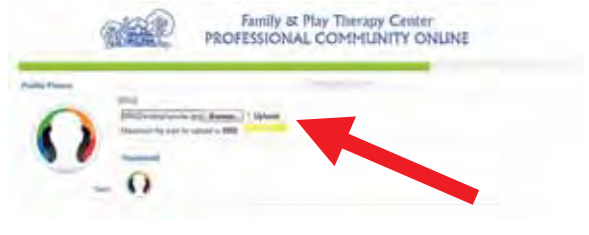


8. When you have completed this information, click the "Register" button at the bottom of the page.

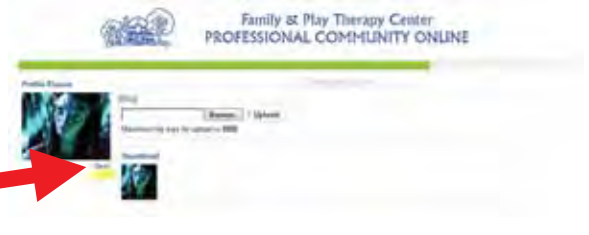
9. Here's where you upload your photo. You may click on "Skip" at the top and upload your photo later, if you don't have one handy. Please keep in mind that a photo on your profile will really allow others in the community to see you as a human being, rather than just a name on a list. In addition, you will only be eligible for certain perks, such as our free seminar attendance drawings, if you have a photo of yourself in your profile. If you are having any difficulty uploading a photo, please let us know, as we are always happy to help!



10. Click 'Browse'.



11. Find and select your photo on your computer. Click 'Upload'. You will see the photo and a preview of the thumbnail that will show up with your posts on the community site.



12. Click 'Next' to complete your registration.



13. Within the next couple of minutes, you will receive an email at the email address that you provided with your password in step 4. The email will contain an activation link. Just click on this link, and your profile will be activated. (If you are having trouble clicking on the link, please copy and paste it into the address bar on your browser.) You are now able to log in to the community site with your email address and password!

NOTE: If you have any difficulty in any of these steps, please give us a call in the office at 215-844-4321 ext. 1, and we'll be happy to guide you through the process!

# **REGISTRATION, DISCOUNTS, & POLICIES**

## **How to Register Online for Courses and Seminars**

**NOTE:** The entire registration process takes place over a secure, encrypted connection in order to ensure the privacy of your information, and we will never share your registration information with anyone else.

### **1. Create a Profile**

In order to register for courses and seminars through our website ([www.fptcenter.com](http://www.fptcenter.com)), **you must have a profile in our community site** (Professional Community Online). If you already have a profile, go on to step 2. If you do not yet have a profile, please click the help button on our website ([www.fptcenter.com](http://www.fptcenter.com)) and follow the instructions for creating a profile. It's free and takes only a few minutes!

### **2. Log in to the Professional Community Online**

Go to [www.fptcenter.com](http://www.fptcenter.com). On the navigation bar across the top, click on the "Community" tab.

### **3. Click on the 'REGISTER' Tab**

Once you are logged into the community site with your profile, just click directly on the 'REGISTER' tab at the top of the screen (NOT the 'View Registration & Make Payments' drop-down menu item below it) in order to start the registration process.

### **4. Select a Course**

Review the listing of courses and select the course you wish to register for by clicking on the title or the 'Register' button.

### **5. Provide Contact Information**

On the first page of the registration process, you will provide your current contact information. This contact information will be used only by us in order to communicate with you, and we will not share it with anyone else. If you are using a discount code (see more information below), then enter it on this page. When you have completed this page, click the 'Next Step' button.

### **6. Review Your Registration Information**

On the next page, please review the contact information and the listing of amount due with registration. If you wish to make any corrections, use the 'Back' button. Otherwise, click the 'Next Step' button to continue.

### **7. Select Your Payment Method**

On this page, please select which payment method you would like to use. If you would like to pay with a credit card (Visa, MasterCard, Discover, or American Express) right away in order to secure your spot in the course or seminar, then select 'Quickbooks Merchant Services'. Your credit card information will be handled with state-of-the-art security and encryption and will not be saved after being processed. If you prefer to pay later, there are several options: Mail in Payment, Call in Payment, and Payment from Agency. Please select the appropriate option. Once you have made your selection, click the 'Next Step' button.

**8. Enter Your Credit Card Information (if applicable)**

If you selected payment by Quickbooks Merchant Services, then you will enter your credit card information on this next page. Once you have completed this page, click the 'Submit' button.

**9. Registration Complete!**

You will receive a message on the screen that your registration has been submitted. You will also receive an email confirmation of your registration and credit card payment (if you made one). If you indicated that you will pay later, please be sure to follow up on that right away in order to be sure that your slot is held.

**IMPORTANT:** The confirmation email will include an attachment of our Ethical and Privacy Agreement. If you have not previously submitted a signed agreement, please print, sign, and return this agreement to us as soon as possible, as it will be required before you attend any course. You may return it by fax (+1 215 844 8877) or by email ([administration@fptcenter.com](mailto:administration@fptcenter.com)).

## DISCOUNTS

In addition to our Early Registration Discount, which will be automatically calculated in your online registration if it is currently available, we also have several other discounts available. We seek to make our courses as accessible as possible to therapists in a range of circumstances. Please note that Early Registration Discounts expressed as a dollar amount refer to the discount from full tuition rate; the discount is applied as a percentage and therefore adjusted based on other discounts applied. Please see specific information and requirements for discounts below.

### **Full-Time Student Discount — 10% discount — Automatically Calculated with Online**

**Registration** — You qualify for the Full-Time Student Discount if you are currently enrolled in a full-time accredited graduate program in a field of psychology, taking at least 3 courses per semester, during the full term of a course at the Family & Play Therapy Center, and if you are paying for the course personally.

### **Recent Graduate Discount — 10% discount — Automatically Calculated with Online**

**Registration** — You qualify for the Recent Graduate Discount if you have graduated from an accredited graduate program in a field of psychology during the year preceding your enrollment in a course at the Family & Play Therapy Center, and if you are paying for the course personally.

### **Full-Time At-Home Parent Discount — 10% discount — Automatically Calculated with Online**

**Registration** — You qualify for the Full-Time At-Home Parent Discount if you are at home for child care and do not have employment beyond seeing up to three clients per week, during the full term of a course at the Family & Play Therapy Center, and if you are paying for the course personally.

### **Retirement Discount — 10% discount — Automatically Calculated with Online Registration —**

You qualify for the Retirement Discount if you are a retired professional from a field of psychology and do not have employment beyond seeing up to three clients per week during the full term of a course at the Family & Play Therapy Center, and if you are paying for the course personally.

### **Geographical Discounts — 10%–65% discount — Automatically Calculated with Online**

**Registration** — If (1) you are a *full-time resident* of a country that is listed in our Geographical Discount Tables (see below) and (2) you hold a **university degree** in a field of psychology, then you are eligible for a Geographical Discount for attending a course or seminar online through our Interactive Live Online Classroom *as an iLOC @ Home participant*. Please see the tables for percentage of discount and discount codes for use in online registration. If your country falls into Group 6 in our Geographical Discount Tables and you are unable to pay the discounted rate, we welcome you to call for information about applying for a need-based scholarship.

## Geographical Discount Tables --- *iLOC @ Home ONLY*

To be eligible for these discounts for attending a course or seminar online through our Interactive Live Online Classroom as an *iLOC @ Home participant*, you must (1) be a **full-time resident** of a country that is listed in our Geographical Discount Tables and (2) **hold a university degree** in a field of psychology. If your country falls into Group 6 in the tables below and you are unable to pay the discounted rate, we welcome you to call for information about applying for a need-based scholarship.

### GROUP 1 – 10% Discount

Andorra	Gibraltar	Macau
Australia	Greenland	Monaco
Austria	Guernsey	Netherlands
Bahamas	Hong Kong	Norway
Belgium	Hawaii (US State)	Qatar
Bermuda	Iceland	San Marino
British Virgin Islands	Ireland	Singapore
Brunei	Isle of Man	South Korea
Canada	Israel	Spain
Cayman Islands	Italy	Sweden
Denmark	Japan	Switzerland
Falkland Islands	Jersey	Taiwan
Finland	Kuwait	United Arab Emirates
France	Liechtenstein	United Kingdom
Germany	Luxembourg	

### GROUP 2 – 20% Discount

Aruba	Faroe Islands	Poland
Bahrain	Greece	Portugal
Barbados	Hungary	Saudi Arabia
Cyprus	Lithuania	Seychelles
Czech Republic	Malta	Slovakia
Equatorial Guinea	New Zealand	Slovenia
Estonia	Oman	Trinidad and Tobago

### GROUP 3 – 30% Discount

Antigua and Barbuda	French Polynesia	Mexico
Argentina	Gabon	New Caledonia
Belarus	Guam	Puerto Rico
Botswana	Latvia	Russia
Chile	Lebanon	Saint Kitts and Nevis
Croatia	Malaysia	Saint Maarten
Curaçao	Mauritius	Uruguay

### GROUP 4 – 40% Discount

Anguilla	Iran	Saint Lucia
Brazil	Kazakhstan	Saint Vincent
Bulgaria	Libya	South Africa
Costa Rica	Montenegro	Turkey
Dominica	Northern Mariana Islands	Turks and Caicos Islands
Grenada	Panama	US Virgin Islands
Grenadines	Romania	Venezuela



**GROUP 5 – 50% Discount**

American Samoa	Cuba	Montserrat
Azerbaijan	Dominican Republic	Palau
Belize	East Timor	Peru
Bosnia and Herzegovina	Ecuador	Serbia
China	Jamaica	Suriname
Colombia	Republic of Macedonia	Thailand
Cook Islands	Maldives	Tunisia

**GROUP 6**

**Option 1: Online Registration Now – 65% Discount**

**Option 2: If your country falls into Group 6 and you are unable to pay the discounted rate, please call us at +1 215 844 4321 to apply for a need-based scholarship.**

Afghanistan	Haiti	Republic of the Congo
Albania	Honduras	Rwanda
Algeria	India	Saint Helena, Ascension and Tristan da Cunha
Angola	Indonesia	Saint Pierre and Miquelon
Armenia	Iraq	Samoa
Bangladesh	Jordan	São Tomé and Príncipe
Benin	Kenya	Senegal
Bhutan	Kiribati	Sierra Leone
Bolivia	Korea, North	Solomon Islands
Burkina Faso	Kosovo	Somalia
Burma	Kyrgyzstan	Sri Lanka
Burundi	Laos	Sudan & South Sudan
Cambodia	Lesotho	Swaziland
Cameroon	Liberia	Syria
Cape Verde	Madagascar	Tajikistan
Central African Republic	Malawi	Tanzania
Chad	Mali	Togo
Comoros	Marshall Islands	Tokelau
Côte d'Ivoire	Mauritania	Tonga
Democratic Rep. of the Congo	Moldova	Turkmenistan
Djibouti	Mongolia	Tuvalu
Egypt	Morocco	Uganda
El Salvador	Mozambique	Ukraine
Eritrea	Namibia	Uzbekistan
Ethiopia	Nauru	Vanuatu
Federated States of Micronesia	Nepal	Vietnam
Fiji	Nicaragua	Wallis and Futuna
Gambia	Niger	West Bank and Gaza
Georgia	Nigeria	Western Sahara
Ghana	Niue	Yemen
Guatemala	Pakistan	Zambia
Guinea	Papua New Guinea	Zimbabwe
Guinea-Bissau	Paraguay	
Guyana	Philippines	

## COURSE WITHDRAWAL & PAYMENT POLICIES

### Course Withdrawal Policy for Academic Term Courses:

*Academic Term Courses are courses that meet over the span of several months on a biweekly or monthly basis. Tuition is composed of (i) a deposit, which must be paid at the time of registration, and (ii) installments, which may be paid according to the schedule described in the course brochure.*

- (a) If participant withdraws prior to four weeks before the first day of a course, then participant will receive a refund of the paid deposit and installments, minus a \$50 withdrawal fee.
- (b) If participant withdraws within four weeks of the first day of a course, but earlier than one week before the first day, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$50 withdrawal fee.
- (c) If participant withdraws within one week before the first day of a course or on the first day of a course, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$100 withdrawal fee.
- (d) Following the first day of a course, participant is committed from completing the course, and participant is responsible for payment of full yearly course tuition. Full course tuition is not reduced on account of absences; however, participant may attend missed classes with no charge during the next time that the class is offered in the recurring cycle of the curriculum.
- (e) A late fee will be assessed for past-due balances and late payments. See our payment plan brochure for details.

### Course Withdrawal Policy for Short Term Courses:

*Short Term Courses are courses and seminars that meet over the span of one to five contiguous days. Tuition is composed of (i) a deposit, which must be paid at the time of registration, and (ii) installments, which may be paid according to the schedule described in the course brochure.*

- (a) If participant withdraws prior to four weeks before the first day of a course, then participant will receive a refund of the paid deposit and tuition, minus a \$50 withdrawal fee.
- (b) If participant withdraws within four weeks of the first day of a course, but earlier than one week before the first day, then participant will receive a refund of paid installments and a credit in the amount of the paid deposit to be applied to future training or supervision at the center, minus a \$50 withdrawal fee.
- (c) If participant withdraws within one week before the first day of a course or on the first day of a course, then participant forfeits either (i) \$150 or (ii) half of the paid deposit and installments, whichever is greater, and will receive a credit in the amount the remaining paid deposit and installments.
- (d) Following the first day of a course, participant is committed to completing the course, and participant is responsible for payment of full course tuition. Full course tuition is not reduced on account of absences.
- (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.

## **Payment Plan for Academic Term Courses**

The Family Center offers a payment plan for Academic Term Courses. Upon registration for the course, registrant pays the deposit. The tuition balance can be paid either in 8 monthly installments starting on September 1, or in a one-time payment on September 1 (or upon registration, whichever date is later). The installment plan is charged by the Center in our administrative office and there is no extra fee for this plan.

## **QUESTIONS?**

If you have any questions, please call us in the office at +1 215 844 4321 ext 1.  
Thank you!

**Family & Play Therapy Center  
6811 Quincy Street  
Philadelphia, PA 19119**

**Tel: +1 215 844 4321**

**Fax: +1 215 844 8877**

**Web: [www.fptcenter.com](http://www.fptcenter.com)**

**Email: [workshops@fptcenter.com](mailto:workshops@fptcenter.com)**