

Requirements for Certificate

Introductory Course (30 hr.) [or a graduate course in CT]

- CFT 601: Introduction to Contextual Family Therapy

4 Core Courses (120 hr.) Core courses may be taken in any order.

- CFT 801: A Framework Rooted in Human Relationships
- CFT 802: Therapeutic Methods and the Therapist in Context
- CFT 803: Dialogue, Loyalty, and Fairness in the Intergenerational Family System
- CFT 804: Intergenerational Balance, Parentification, Trust, and Loyalty
- CFT 805: Family Secrets, Invisible Loyalties, and Ethics in Contextual Family Therapy

Auxiliary Courses (20 hr.) — Examples of past and future courses:

- Looking at Loyalty Ties through the Five Dimensions of Relational Reality — Catherine Ducommun-Nagy (6 hr.)
- Advances in CT and recent applications — Catherine Ducommun-Nagy (6 hr.)
- Applying Contextual Therapy to Adolescents — Leslie Pepitone (3 hr.)
- Adults & Their Aging Parents a Contextual Perspective — Jackie Scharff (3 hr.)
- Couples Therapy — B. Janet Hibbs (3 hr.)
- The Thousand Faces of Parentification — Haim Horowitz (6 hr.)
- Try to See It My Way: Being Fair in Love & Marriage — B. Janet Hibbs (3 hr.)
- Fairness and Couple Relationships
- Fairness in Parent-Child Relationships — B. Janet Hibbs (6 hr.)
- Loyalty Conflicts with Children Who Enter the Family through Adoption or Foster Care — Barbara Krasner (3 hr.)
- Family Life Cycle: A Contextual Therapy Perspective
- Interface of Contextual Therapy & Psychodynamic Approaches — Leslie Pepitone (3 hr.)
- The Power of Giving in a Culture of Taking — Haim Horowitz (6 hr.)
- Contextual Therapy Woven with Sandtray Therapy — Dottie Higgins-Klein (6 hr.)
- Evaluating Couples — Dottie Higgins-Klein (6 hr.)

Practicum Hours (50 hr.)

- CFT 602: The Nuts & Bolts of Creating Genograms in a Multiethnic and Multicultural World
- Practicum Support Group: Coaching Family of Origin Issues
- One's own Contextual Therapy: Individual, Intergenerational, Family, and Couple

Supervision

- 50 hours supervision with contextually oriented supervisors
- min. 20 individual supervision hours
- group supervision with 2 to 6 supervisees

One written paper that integrates theory and practice with a case study.

*Supervision hours and additional credit hours will be noted on certificate.

All events are available on our Interactive Live Online Classroom (iLOC) around the world. You will feel like you are in the room with us in Philadelphia. The Family Center is known for its fine, professional offerings.

You may call our office directly at +1 215 844 4321 to register, or you may email questions to workshops@fptcenter.com.

All brochures and course feedback are available on our website: www.fptcenter.com. We offer generous Geographic Discounts for residents of other countries. We look forward to hearing from you!

The Contextual Family Therapy Certificate Program is offered in conjunction with

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

Tel: +1 215 844 4321

www.fptcenter.com

Program Director

Dottie Higgins-Klein, LMFT, RPT-S

Advisory Committee

B. Janet Hibbs, LMFT, PhD
Haim Horowitz, MA, LMFT
Jackie Scharff, LMFT, RN
Keith Schenenga, CSW

The Program Director and all members of the Advisory Committee have over 30 years of professional and personal experience in the field of Contextual Family Therapy and are all AAMFT Supervisors.

Contextual Family Therapy Certificate Program

A 220-Hour Program in Contextual Family Therapy as developed by Ivan Boszormenyi-Nagy



The Contextual Family Therapy Certificate Program is a 220-hour program offered in conjunction with the Family & Play Therapy Center in Philadelphia, Pennsylvania, USA. The program is offered internationally through the center's Interactive Live Online Classroom (iLOC). The program was designed by a committee of five senior contextual therapists that all studied extensively and directly with Dr. Nagy and his early associates. They have each been practicing Contextual Family Therapy for more than thirty years.

“ For me, the most valuable aspect of this course has been the depth of discussion, particularly about the role attachment plays in people's lives and relationships. There has been a profound modeling of the process of therapeutic intervention. The course has given me a feeling of lightness and hope in the midst of deep work. This is a wonderful way to learn. There is both the experiential level and the intellectual happening throughout this course.

— C.A., Play-Family Therapist ”

What is Contextual Family Therapy?

Contextual Family Therapy (CFT), developed by Ivan Boszormenyi-Nagy, MD, offers a highly ethical, three-generational approach to being authentically human with the wide range of problems and resources of families seeking help or advice. The training includes preparing the therapist to work with individual adults, parents and children, teens, couples, and families, including inter-generational family therapy. CFT has been taught internationally since its inception, and because



it addresses issues that are universally human, CFT respects all cultural styles and life approaches. CFT is concerned with prevention of mental health problems as well as asking the deeper questions when family members are feeling stuck or hopeless.

Contextual Family Therapy offers a very valuable framework for helping families at the root level of life problems. It is highly ethical and deeply compassionate. It is not afraid to address any issue that is blocking growth and development of family members. It is concerned with fairness and hearing everyone's perceptions. Therapists describe learning Contextual Family Therapy in layers. This part-time, long-term certificate-of-accomplishment program allows gradual learning to happen, as therapists apply the knowledge to their work or private practice environment as well as to themselves. Course work includes concrete interventions that are taught and demonstrated. The classes are fun, meaningful, and deep.

Contextual therapists also integrate other modes of family therapy, including the work of Bowen, Satir, Whitaker, and Minuchin, as well as the major contributions of Monica McGoldrick in assessment using the genogram, the family life cycle, and awareness of ethnicity and multicultural implications. Many contextual therapists integrate trauma therapies, as well as transpersonal and somatic therapies.

“ A profound learning of context and nuance that has greatly impacted my work directly. In addition, it has taught me concepts personally that have deepened my professional skills considerably.

— N.C., Clinical Social Worker ”

FAQ: Frequently Asked Questions

What is the Contextual Family Therapy Certificate Training?

It is a 220-hour training in a powerful relationship therapy that was developed by Ivan Boszormenyi-Nagy, who is often referred to as one of the top five family therapy pioneers. The entire program can be achieved in person or through our Interactive Live Online Classroom (iLOC) part-time over five years. Core courses are scheduled in Philadelphia once a month, September–June, for three hours (9:00 AM–12:00 PM ET; 6:00 AM–9:00 AM in California; 2:00 PM–5:00 PM in London). In addition, we offer occasional half-day, one-day, and two-day courses and film discussions through a contextual lens.

Can I take Contextual Family Therapy courses online?

Yes! Contextual Family Therapy courses are available through our Interactive Live Online Classroom (iLOC). The courses are taught by therapists with over thirty years of experience doing Contextual Family Therapy, and who all studied with Dr. Nagy. Classes are available onsite in Philadelphia and online through our unique iLOC system. Supervision and therapy with contextually trained therapists are also available internationally through our reliable and secure online videoconferencing technology. Please see our website or call our office for more information about our unique iLOC system.

“ Concepts of split loyalty and constructive and destructive entitlement were extremely valuable. Role plays are really useful. Taking this course while seeing families so the concepts can be actively practiced strengthens the experience. This is a very useful paradigm for working with families and instructs individual and couples work as well.

— J.S., Licensed Psychologist ”

May I take courses independent of the certificate program?

Yes, all of our postgraduate courses may be taken independent of a certificate program. We welcome international students whose credentials for working in mental health are honored in their own country.

How about continuing education hours?

All of our Contextual Family Therapy courses are approved for CE credits by the Social Work Board of PA (for Social Workers, Marriage and Family Therapists, and Professional Counselors). Approval in PA is recognized by many other states. Course hours may also count toward certification renewal for the American Nurses Credentialing Center. In the CFT 601 introductory course, 15 hours are play therapy specific hours for APT credit. The course includes sand reality trays for trauma. Course and supervision hours may count toward multiple credentials simultaneously and may be used to meet yearly requirements for licensing and for credentialing for MFT, SW, & PC, as well as AAMFT.

“ I particularly appreciated using family play therapy techniques like the family genogram and sandtray family play therapy evaluation. Dottie's knowledge of child development woven into this class was noteworthy. I recommend that therapists take it if they want to deepen their clinical work. Contextual Family Therapy offers a way to go when you feel stuck with family issues.

— E.C., Play-Family Therapist ”

A Selection of Contextual Family Therapy Concepts

- ♦ the Five Dimensions of Contextual Family Therapy
- ♦ Emphasizing Strengths rather than Pathology
- ♦ Multi-directed Partiality ♦ Asking Questions and Dialogue ♦ Trust, Love, and Care ♦ Fairness – Keeping Relationships in Balance ♦ Giving, Taking, and Receiving ♦ Acknowledgement ♦ Parentification ♦ Loyalty and Split Loyalty ♦ Constructive and Destructive Entitlement ♦ Scapegoating Family Members and Family Monsters (Is compassion possible?) ♦ Exoneration and Forgiveness ♦ Revolving Slate: issues over generations ♦ Concern About Future Generations ♦ Self of the Therapist