

Family Centred Practice

Graduate Diploma & Faculty Certificate

Off-Campus Distributed Learning
Ideal for Practitioners in Rural and Remote Areas

Training in the best of family therapy

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Family Centred Practice, Graduate Diploma and Faculty Certificate

Monash University

School of Humanities, Communications & Social Sciences, Faculty of Arts

In association with

Barbara Fraser & Associates Pty Ltd

Frequently Asked Questions

Off-campus distributed learning. Ideally suited for professionals working in rural and remote locations and professionals preferring self-directed learning.

A professional qualification

The Graduate Diploma in Arts, Family Centred Practice and the Faculty Certificate are designed for professional practitioners offering enhancement of their knowledge, extension of their expertise and further qualifications in the fields of human services, counselling and family therapy.

The family centred practice courses offer a flexible approach to learning in off-campus delivery mode, making them available to professionals located throughout Australia and the Asia-Pacific region.

What is family centred practice?

Family centred practice is concerned with the well-being of individuals and their families, within the context of relationships, neighbourhood and community. Students in the graduate diploma and faculty certificate are assisted in linking knowledge, skills and values to explore, understand and respond to a wide range of family-based social needs, social problems and social issues that all challenge social well-being in a changing environment; The skills of family therapy and counselling are particularly developed.

What does a family centred practitioner do?

Family centred practitioners can work in a range of practice settings. They have basic qualifications in welfare (usually social work, psychology or psychiatry), health or education, and further post-graduate training, along with professional supervision. They are interested in: working with families or sections of families, with a focus on issues of relationship. They also engage with 'broader systems' such as health care organisations, schools and legal and protective services. Family centred practitioners regard the family as an important ally in working to lessen distress in people's lives and to strengthen the processes of resilience.

Family centred practice uses the approaches emerging from the fields of family therapy and psychotherapy that contribute to positive change, with an emphasis on ethical and cultural sensitivity. Practitioners are up to date with research-informed knowledge and skills. They make use of personal qualities and resources to complement their professional style, and know about the impact of their own family of origin and life experiences on building therapeutic relationships.

Career options?

Graduates in family centred practice qualify for professional employment in the Social and Community Services (SACS) industry in Australia, one of the largest sectors. Professionals qualified in family centred practice can pursue careers in the areas of:

- Family and children's community/counselling services
- Young people's community/counselling services
- Aged care services
- Mental health
- Drug and alcohol services
- School-based family services
- Pastoral care
- Child protection

Professional recognition?

The Graduate Diploma is accredited by the Victorian Association of Family Therapists (VAFT) and the Queensland Association of Family Therapists (QAFT), members of the Psychotherapy and Counselling Federation of Australia (PACFA). Upon graduation, students can complete the additional supervision requirements and apply for Clinical Membership of VAFT and, with additional practice experience, the PACFA National Register of Psychotherapists and Counsellors (<http://www.pacfa.org.au>).

Expectations of part-time study?

The study load for a unit is expected to be 15 hours of work a week per semester.

Do I need a computer?

Yes, professional practice is increasingly involved with computer mediated communication. Online access is a requirement for students in the family centred practice courses.

Assessment: what sort, how much?

Written assignments are usually 3 pieces per unit, with the total equivalent of 9,000 words.

Skill demonstration through videotaped clinical practice, each allocated the equivalent of 2,000 words.

Participation in online discussions. .

Participation in residential workshops (1 weekend per unit, usually located at Boroondara in Hawthorn, Melbourne).

What content does a unit typically cover?

In the first unit, GSC 4301, Concepts and Skills, the 12 weeks of topics look like this:

Week 1 Family centred practice: some context, history and ideas on the family I

Week 2 Ideas on the family and the therapeutic self of the family centred worker: Bowen's contribution

Week 3 The competent family centred worker: what do they know and what do they do?

Week 4 An assessment framework for family centred practice

Week 5 Ethically sensitive family centred practice ...

Week 6 Engaging with families and building a relationship

Week 7 Talking with families and thinking relationships; Understanding and using triangles

Week 8 Using the family's world view and questioning I

Week 9 Reflecting the family's meaning and questioning n

Week 10 The process of family centred practice: evaluating and hypothesising

Week 11 The process of family centred practice: working and planning

Week 12 Process of family centred practice: ending

What are the core resources for the 1st unit?

Carter, E. A. and McGoldrick, M. (1999), *Expanded Family Life Cycle: Individual, Family and Social Perspectives*, 3rd edition, New York: Prentice-Hall

McGoldrick, M., Gerson, R. and Shellenberger, S. (1999), *Genograms: Assessment & Intervention*. 2nd Edition, New York: W.W.Norton & Company

Assignments for the 1st unit?

Assignment 1 Essay - The Knowledge Base of Family Centred Practice

In 1996, James Framo wrote of the pioneering efforts in family therapy: " When we saw whole families, we began seeing things nobody had ever seen or noticed before - except novelists, playwrights and film writers" (Framo, 1996, p.292). Outline the development of the field of family centred practice and critically evaluate the central issues.

Assignment 2 Essay - The Practice Base of Family Centred Practice

Write an essay that charts your progress in this unit, using the central knowledge, skills and values of family centred practice. Use a case study (hypothetical or drawn from your clinical practice) to demonstrate the core skills and values in family centred practice. Include ideas about Use of Self and family of origin of the practitioner

Submit a videotape of an interview with more than one person, yourself as interviewer. If necessary, the 'clients' can be roleplaying a scenario, where you are required to demonstrate a beginning competence with the foundation skills of family centred practice. Write a report that identifies the skills used and the plan for working with this client family.

What sort of learning resources are provided in distributed learning?

- Printed materials, including unit books and reference reading;
- Audiovisual materials;
- Computer mediated learning- increasingly part of our professional practice, off-campus students gain experience in using email and the Monash Portal System for online discussion groups, teleconferencing and videoconferencing.
- Online guest lecturers - international practitioners and researchers.
- Residential workshops - 4 weekends (56 hours) of face to face teaching, group learning and clinical practice.

What do my tuition fees provide?

- A postgraduate qualification with professional recognition.
- Intensive learning and support, with high quality print materials for self-directed study.
- At least 56 hours' direct contact learning in intensive residential workshop settings.
- Opportunity for professional accreditation as a counsellor, psychotherapist or family therapist.
- Fees that are tax-deductible, which makes them little more than you would pay on HECS, the only other alternative for present day higher education.

What is the method of payment?

Fees are paid per semester, per year. Applicants may be eligible for The Postgraduate Education Loan Scheme (PELS) and further information can be found at <http://www.monash.edu.au/pubs/pgrad/costs.html>

What are the entry requirements?

For entry to the Graduate Diploma there are two parts. One requirement is that you hold a degree in a related area such as social work, social welfare, psychology, nursing or education.

The second is that you are working with families in the human services field, or plan to work in this area before completion of the first year of the course. This requirement ensures that you have relevant experience and that your learning can be applied directly to practice.

The Faculty Certificate provides an entry pathway for those applicants without a degree who have very substantial professional experience in working with families. Successful completion at credit standard of the one year Certificate can lead to direct entry to the second year of the Graduate Diploma.

What are the credit provisions?

One year's credit will be granted to those students who have completed the Boroondara Family Therapy program, as long as they hold a qualifying degree.

Credit for up to 50% of the course will be granted to those students who have completed equivalent subjects at fourth year university level that is, in a similar Graduate Diploma in family-related study.

How to apply?

Complete an application form (available from the Centre for Learning and Teaching Support - CeLTS) on 1800 671 845 or a form can be downloaded from the website at <http://www.celts.monash.edu.au>

The School of HUMCASS, who are they?

The School of Humanities, Communications & Social Sciences is part of the Arts Faculty of Monash University, and is based at the Gippsland Campus. The Social Welfare Section of the School has worked with Barbara Fraser and Associates to develop the family centred practice courses. The School also offers a Bachelor of Social Welfare and a number of double degrees in Social Welfare.

Who are 'Barbara Fraser & Associates'?

Barbara Fraser (BA Dip Soc Studs MBSoc MAPS, MAASW, Clinical VAFT) is Principal of the group that includes senior practitioners in the field of psychotherapy and family therapy.

Barbara is a registered psychologist, social worker and family therapist with 30 years' international and local experience in the fields of therapy and education. She is a member of the Australian Psychological Society, the Australian

Association of Social Workers, the Victorian Association of Family Therapists and the Australian and New Zealand Association of Psychotherapists and an affiliate member of the American Association of Marriage and Family Therapy.

She is a Past President of the Victorian Association of Family Therapists, past Convenor of the Ethics Committee and member of the Accreditation Committee. She is also a past Secretary and current member of the Editorial Board of the Australian and New Zealand Journal of Family Therapy. Barbara's experience in professional education has ranged from lecturing in therapy practice and co-ordinating practicum experience in social work (teaching some 600 students over 13 years), management of curriculum development projects, writing competency-based programs in social welfare training and team-building. Barbara Fraser & Associates were the first to be registered as private provider to deliver the Associate Diploma of Social Welfare in Victoria, successfully training workers in 1994 in partnership with Baptist Community Care.

Associates?

Practitioners who have contributed to the courses include:

Syndon Barabash, MAPS.

Daniel Chable, BA (hons) MA (Melb) MAPS.

Simon Kennedy, Phd, MAPS.

Tonya Miles, MAPS

Joe Tucci, B.Sc.(hons), BSW (hons), MSW (Mon)

Past graduates have also contributed to the course, including:

Barbara Reeckman, MA (Student Welfare),

Goldie Zyskind, LACST

Internet: <http://www.arts.monash.edu.au/humcass/graduates/grad-dip-arts.html>

and

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