

## Course Information

### Course Description

Are you interested in branching out into providing therapy to families? Or as an individual therapist, would you like to make the most of occasional collateral sessions with family member? Would you like to explore or revisit family therapy models, with a focus on applications to practice? If so, this CEU is for you!

Get ready to participate in this day-long training. The traditional and the newer approaches to family therapy will be explored. The exploration will include the models' key concepts and their applications. In a small group setting, you will be given a chance to apply and practice various techniques and interventions. Unique family therapy ethical considerations will also be highlighted.

### Learning Objectives

- Create awareness of the unique place of family therapy in mental health practice
- Develop an understanding of the wide variety of family therapy models, and how these models' theoretic orientations are applied in therapeutic practice
- Explore the array of techniques available in the practice of family therapy
- Provide opportunities to experiment with model techniques in a safe setting
- Review ethical considerations unique to the practice of family therapy

## Who We Are

### About The Women's Center...

For more than forty years, The Women's Center has provided counseling, education, support and advocacy services that improve the personal and professional lives of individuals in the Washington metropolitan area.

Founded in 1974, The Women's Center is a nonprofit organization that serves 4,000 people annually, and relies in part on philanthropic support to offer subsidized and free care for people in need.

Visit us on the web at:  
[www.thewomenscenter.org](http://www.thewomenscenter.org)

### Contact Us

**Email**  
[questions@thewomenscenter.org](mailto:questions@thewomenscenter.org)

**In Northern Virginia**  
133 Park Street NE  
Vienna, VA 22180  
Phone: (703) 281-2657

**In Washington, DC:**  
1025 Vermont Avenue NW, Suite 310  
Washington, DC 20005  
Phone: (202) 293-4580



*A CEU Training*

## Applied Family Therapy for Mental Health Professionals



# Course Agenda

## Morning Session

A history of the field and evolution of Family Therapy will be shared. Focus will be given to major evidence based models and theories of family therapy. Key concepts and techniques will be shared, demonstrated and practiced. Application will be discussed along with case presentations.

## Afternoon Session

Current models of family therapies and their concepts and techniques will be shared and demonstrated through case presentations and experiential exercises. The integration of strategies and techniques in collateral sessions will be discussed. Specific ethical issues, such as managing confidentiality will also be addressed.

\*This program is Approved by the National Association of Social Workers (Approval # 886749038-1526) for 6.5 continuing education contact hours.\*

\*The Women's Center is an Approved NBCC Continuing Education Provider, ACEP N. 6868. Programs that do not qualify for NBCC credit are clearly identified. The Women's Center is solely responsible for all aspects of the program. LPCs will receive 6.5 continuing education hours.

# Speakers

## Sandra Moncrief-Stuart

Sandra Moncrief-Stuart, is a Licensed Clinical Social Worker and a Licensed Marriage & Family Therapist. Sandra has been a practicing therapist for almost 20 years and she currently works as a Clinical Social Worker at the Women's Center in Vienna, Virginia. Sandra's clinical work leans heavily on cognitive behavioral and mindfulness theories, and also incorporates elements of narrative and solutions focused therapies, all in a client-centered format.

Sandra completed a Master of Arts in Marriage and Family Therapy from George Fox University, and a Master of Social Work from Michigan State University. After graduating, Sandra returned to George Fox University as an adjunct professor in the Graduate Department of Counseling. Interactive lectures and practical application of theory made her classes popular with students. Prior to coming to Virginia, Sandra worked in Oregon and Michigan in a variety of therapeutic roles primarily working with families and children. She has always reserved part of practice for serving those who are most in need.

Before becoming a therapist, Sandra had a successful business career with Pfizer and Warner Lambert, both in Canada and in the United States. Her roles included sales, marketing, product development and key account management. Her background in both the corporate and therapeutic worlds provided a natural link into research into family business, hybrids of corporations and kinship. Sandra consulted with the Aspen Family Business Group, and Sandra's academic paper on elements of family businesses was published as part of the "The Family Research Handbook", a groundbreaking reference guide for the scholars in the field.

# Register

## Training Details

Date: November 2, 2018

Schedule:

Morning Session – 8:00am-12:00pm  
Lunch on your own – 12:00pm-1:00pm  
Afternoon Session – 1:00pm-4:30pm

Location:

Attain Training Room  
1600 Tysons Blvd  
McLean, VA 22102

## Registration

\$135 – Individual Registration  
\$115 – Early-bird Individual Registration through October 26, 2018  
\$25 – Student Registration

Register online at [www.thewomenscenter.org](http://www.thewomenscenter.org). Under the "Our Services" tab, select the "CEU Training" page.

Or mail check with "CEU" in memo to  
The Women's Center  
ATTN: Accounting  
133 Park Street NE  
Vienna, VA 22180

## Parking

Parking will be validated at the end of the day.