

Transformative Family Therapy: *Contemporary Approaches for Lasting Change and Connection* Video Course

Kathleen Mates-Youngman

Video Course
CPD/CE credits: 3

Price: £69



Online video access remains available for 1 year from the date you receive the video course.

In contrast to therapeutic work with individuals, clinical work with families presents distinct challenges for therapists, demanding nuanced approaches and a toolbox of versatile therapeutic tools. These challenges encompass a spectrum of intense emotions, complex dynamics, and entrenched conflicts within familial relationships. Among the multitude of obstacles faced by therapists are:

- Trust and betrayal issues
- Multifaceted layers of conflict
- Abrupt exits of family members during therapy sessions
- Struggles in establishing boundaries
- Disparate goals among family members
- Longstanding animosities, and
- Scepticism towards the therapist's role

While traditional therapeutic modalities such as Internal Family Systems (IFS), Emotion-Focused Therapy (EFT), Cognitive Behavioural Therapy (CBT), and Experiential Therapy offer valuable frameworks for intervention; **contemporary advancements in the field have now introduced facilitative therapeutic perspectives that enhance therapeutic outcomes.** These advancements include innovative techniques such as narrative therapy, attachment-based interventions, and mindfulness-based approaches, which have shown promise in addressing complex family dynamics and promoting resilience.

Specifically, narrative therapy for example offers a means to explore and **reconstruct the stories that families tell about themselves, empowering them to reinterpret their experiences** and redefine their relationships. Attachment-based interventions meanwhile provide an invaluable framework for repairing and strengthening attachment bonds within the family, addressing underlying relational patterns and promoting secure attachment styles. We can also judiciously use Mindfulness-based approaches which provide tools for



cultivating present-moment awareness and emotional regulation, fostering greater insight and connection within familial relationships.

To meet these clinical challenges and to show how we can combine these therapeutic approaches for the most efficacious outcomes for our clients; Kathleen Mates-Youngman, a distinguished family and couples therapist, presents an innovative training course that integrates these inventive therapeutic approaches to catalyse transformative shifts within families. Drawing from her extensive clinical expertise and interdisciplinary knowledge, Kathleen elucidates **a comprehensive approach that synthesizes diverse therapeutic modalities to tailor interventions to the unique needs of each client family.**

In this updated and contemporary training webinar, participants will explore:

Module 1: Contemporary Challenges and Therapeutic Goals in Family Therapy:

- **Establishing a Secure Therapeutic Environment:** Creating a safe and inclusive space where each family member feels respected and valued, fostering trust and openness
- **Family-Centred Approach:** Emphasizing the family as the unit of intervention, prioritizing the collective well-being and cohesion of the family system.
- **Facilitating Authentic Expression:** Cultivating an atmosphere where every family member feels seen, heard, and validated, promoting emotional authenticity and relational harmony

Module 2: Foundations of Resilient and Healthy Family Dynamics:

- Cultivating Healthy Communication: Defining and practicing effective communication skills to foster understanding, empathy, and constructive dialogue within the family
- Promoting Respect and Empathy: Encouraging respectful interactions and empathetic engagement, nurturing a culture of mutual respect and compassion
- Clarifying Family Values: **Identifying core family values and beliefs, anchoring family identity and cohesion**
- Understanding Individual Differences: Recognizing diverse parenting styles, temperaments, and developmental needs within the family, promoting acceptance and accommodation
- Fostering Self-Esteem and Boundaries: Nurturing individual self-esteem, autonomy, and assertiveness while **fostering healthy boundaries and discipline within the family context**

Module 3: Advanced Strategies for Addressing Complex Family Dynamics:

- Managing Emotional Health: Addressing the impact of anxiety, depression, and other mental health issues on family dynamics, integrating holistic approaches to promote resilience and well-being
- Navigating Loss and Transition: **Supporting families in coping with grief, loss, and transitions such as separation, divorce, or blending of families, facilitating adaptive coping strategies and relational adjustments**
- Addressing Abuse and Trauma: Defining and addressing verbal, emotional, and physical abuse within familial relationships, providing trauma-informed interventions and support for healing and reconciliation
- Adapting to Changing Family Structures: Assisting families in adjusting to shifting dynamics, including **separation, divorce, and the formation of blended families**, fostering adaptive coping strategies and renegotiating roles and boundaries

By integrating these contemporary approaches into their clinical practice, therapists can enhance their effectiveness in addressing the multifaceted challenges inherent in family therapy; thereby fostering resilience, healing, and growth within client families. Kathleen Mates-Youngman's comprehensive training **equips therapists with the knowledge, skills, and strategies needed to navigate complex familial dynamics** and facilitate meaningful transformation within family systems.

Learning Objectives:

- **Identifying core family values and beliefs, anchoring family identity and cohesion**
- **Fostering Self-Esteem and Boundaries: Nurturing individual self-esteem, autonomy, and assertiveness while fostering healthy boundaries and discipline within the family context**
- **Navigating Loss and Transition: Supporting families in coping with grief, loss, and transitions such as separation, divorce, or blending of families, facilitating adaptive coping strategies and relational adjustments**

About the speaker

Kathleen Mates-Youngman, M.A., LMFT, is a Licensed Marriage and Family Therapist/Author/Speaker/Yoga Teacher, with a private practice in Southern California specializing in Couples Therapy. She is the author of best-selling *Couples Therapy Workbook: 30 Guided Conversations to Re-Connect Couples*, and *Family Therapy Workbook: 96 Guided Interventions to Help Families Connect, Cope and Heal*. She has conducted a number of seminars on wide-ranging topics including infidelity, repairing ruptured relationships and the Art and Science of Couples Therapy.

She is married with three children and combines real-life experience with clinical expertise to help clients navigate the complex challenges arising in marriage and family life.

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