



living systems

Counselling, Education, Training and Research

POST GRADUATE TRAINING PROGRAM PROGRAM OUTLINE & APPLICATION REQUIREMENTS (Currently being offered On-line)

TOWARD A SYSTEMS PERSPECTIVE

Living Systems

The Post Graduate Training Program in Marriage and Family Therapy and Pastoral Counselling is a two-year part-time training program. The group meets weekly for four hours each week from early October through mid June in North Vancouver. Trainees ordinarily start a practicum with Living Systems in January. Adequate fluency is required if the trainee expects to counsel English-speaking families.

This two-year program has been approved by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training. The Post Graduate Program began in 1984 and has developed a reputation within the community for providing a quality training option for clinicians and other professionals.

Bowen Theory

Murray Bowen, MD was one of the first persons to “think (natural) systems” about the human family. He is widely recognized as an originator of family systems theory and family therapy. The post graduate program is designed to provide a thorough introduction to Bowen theory, which provides the foundation for all the counseling, education and research conducted by Living Systems.

A smaller portion of the program includes an opportunity to learn pastoral counselling from a systems perspective. Trainees learn how to work with families for who religious faith or spirituality is important. The development of personal beliefs and principles is integral to defining a more solid self.

Clinical Internship – Year One

A. Purpose

The purposes of the program is:

- to provide the trainee with a thorough introduction to systems thinking from the perspective of Bowen Theory, its methods and techniques
- to apply the theory to efforts in one’s own family, in clinical work and, when applicable, in the workplace
- to relate Bowen Theory to knowledge from the natural sciences and to theological understanding
- to introduce trainees to systems research

B. Weekly Training Format

The program is a weekly, part-time, nine-month long period of study, beginning the first week of October and ending the second week in June (approximately 36 weeks). The training components include lecture/discussion of theory, group and individual supervision, and clinical conferences.

The program is scheduled one afternoon or one morning a week depending on what works best for the group. In addition, trainees join other trainees and clinicians of the Society in monthly clinical conferences.

The required hours are as follows:

1. Theory/presentation/dialogue: 64 hours
2. Group supervision: 64 hours
3. Individual supervision: 9 hours
(a minimum of one hour/month, arranged outside of designated program times, in coordination with one's individual supervisor).

For a total of : 137 Required Hours

Strongly recommended (optional hours):

4. Regular clinical conferences: 27 hours
5. Society conference 12 hours

(NOTE: time spent seeing clients is in addition to the above-designated hours).

Trainees have the option of providing clinical or educational services to Living Systems clients. This allows trainees to gain clinical and/or instructional experience while assisting Living Systems in its goal of providing counselling and educational programs to all income levels.

Trainees who see clients must have sufficient professional and personal maturity to manage a small clinical caseload responsibly. Ethical guidelines for clinical work are contained in the AAPC Code of Ethics and Procedures. It is essential that all trainees seeing clients review this material thoroughly. Trainees may miss up to two sessions during the year for the weekly program. For successful program completion however, additional absences must be made up through special arrangements with the Training Director.

Each student is required to write a 15-30 page paper exploring some aspect of Bowen theory, its clinical or work application, its relationship to knowledge from the natural sciences and/or theological understanding. The paper is to be based on an academic or clinical research project and is to be presented in a specially designated clinical conference in the spring of the training year. Each oral presentation is to be approximately 30 minutes in length. Successful completion of the program requires both the oral and written presentation. A certificate will accompany the successful completion of the year's requirements. Please refer to the Clinical Internship Program Policies for a complete description of the Grade Evaluation Policy and other important policies.

There typically is one professional conference for trainees to attend, either the fall or spring, that is sponsored by Living Systems. Examples of these conferences can be found on our website. The trainees are also invited to other functions and presentations throughout the training year.

C. Texts and Reading Material

A reading list (with price and source information for the required books) will be included in the admissions package. Living Systems also has a library of family counselling related books, journals, audio and videotapes available for loan. Trainees will have an opportunity to view the videotape collection of Dr. Bowen and other Georgetown faculty discussing aspects of the theory.

D. Tuition and Pay Schedule

The tuition for the first year is \$3,800.00 and a payment plan is available as outlined on the student contract. There is an \$95 administrative processing fee refundable if you are not accepted into the program.

Trainees can make up some of the cost of the program tuition through the pay they receive for providing therapy to Living Systems clients. First year trainees are paid \$15 per paid client hour, which includes responsibility for completing necessary file notes as well as regular attendance at and active participation in clinical conferences.

A trainee's opportunity to counsel clients of Living Systems depends on two variables:

- availability of clients
- the Training Director's estimation, in consultation with the intern's individual supervisor, of the ability of the intern to carry a professional caseload

Clinical Internship – Year Two

A. Purpose

The purpose of year-two of Program is to:

1. deepen the understanding of Bowen Theory and its practical implications for personal and professional functioning
2. gain further clinical experience under supervision
3. specialize in a particular area of interest
4. conduct or contribute to a research study of publishable quality

B. Training Format

The program continues the components of Year One: theory/dialogue, group and individual supervision and clinical conferences. Trainees assume responsibility for planning their own program of learning within the general structure of the second year. A core curriculum of reading and supervision is supplemented by each student's own interests and research. Trainees meet October through June, twice monthly for four hours each session (approximately 36 weeks). The schedule is as follows:

The Required Hours:

- | | | |
|----|-------------------------------|-----------------|
| 1. | Theory presentation/dialogue: | 32 hours |
| 2. | Group supervision: | 32 hours |
| 3. | Individual supervision: | <u>9 hours</u> |
| | Total required hours : | 73 hours |

Strongly Recommended Hours (optional)

- | | | |
|----|----------------------|----------|
| 4. | Clinical conferences | 27 hours |
| 5. | Society conferences | 12 hours |

Each trainee will present a paper of publishable quality at a specially designated clinical conference in the spring of the training year. A clinical component to the second year is an option, provided the same two variables are in place as defined above for Year One trainees – client availability and clinical/professional experience and conduct. The AAPC Code of Ethics and Procedures is the designated standard for professional practice for the Living Systems training programs.

C. Texts and Reading Material

A reading list (with price and source information for the required books) will be included in the admissions package. Living Systems also has a library of family counselling related books, journals, audio and videotapes available for loan. Trainee will have an opportunity to view the videotape collection of Dr. Bowen and other Georgetown faculty discussing aspects of the theory.

D. Tuition and Pay Schedule

The tuition for the second year is \$2,500 and a payment plan is available as outlined on the trainees contract. Clinical trainees can make up some of the cost of the program tuition through the pay they receive for providing therapy to Living Systems clients. Second year trainees are paid \$20 per paid client hour, which includes responsibility for completing necessary file notes as well as regular attendance at and active participation in clinical conferences.

Clinical Residency

This program does not require approval by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training.

A: Purpose

After successful completion of Year Two of the Clinical Internship Program, trainees may continue their studies as a resident for one or more years after completion of the two-year program. Any second-year trainee, on completion of certificate requirements, may apply to be considered. This will allow the trainees to continue his/her clinical development through Living Systems. Trainees must satisfactorily complete the first two years of the training program and receive approval of the Director to continue training as a Clinical Resident. Consideration will be based primarily on the following combined reasons:

1. Professional accreditation requirements are such that more counselling and supervisory hours are required by the trainee in order to qualify for membership
2. The trainee is strongly motivated to pursue further study of Bowen Theory
3. The trainee has given consistent evidence during the clinical internship of his/her ability to function responsibly in clinical practice, and as a member of a clinical team
4. Client availability and clinical space is sufficient to accommodate one or more residents

B. Training Format

Trainees meet again, October through June, twice monthly for four hours each session (approximately 36 weeks). The schedule is as follows:

The requirement hours:

- | | | |
|----|-------------------------------|-----------|
| 1. | Theory presentation/dialogue: | 32 hours |
| 2. | Group supervision: | 32 hours |
| 3. | Individual supervision: | 9 hours |
| | Total Required Hours | 73 |

Strongly Recommended Hours

- | | | |
|----|----------------------|----------|
| 4. | Clinical conferences | 27 hours |
| 5. | Society Conferences | 12 hours |

C. Tuition and Payment Schedule

Tuition is \$2,500.00. A separate certificate will be awarded for successful completion of each year of residency.

Admission Policy

Applicants either have or are pursuing a Masters degree in the social sciences or related fields, or they demonstrate a combination of life and work experience that, in the judgment of the Director of Training, will enable them to function successfully in the program. Such applicants must demonstrate an ability to reflect objectively on their own functioning in family and professional relationships and skill in helping others through formal or informal counselling. The Director of Training will make these judgments during the admissions interview and from letters of evaluation by others who know the candidates personal and professional functioning. At least as important as educational preparation is the individual's openness to learning a new way

of thinking about human functioning and the ability to manage him or herself with reasonable maturity in their relationships with others.

Adequate english proficiency is requirement for student success in the program, as such, we require proof of english proficiency with either the International English Language Testing System (IELTS- academic version) at overall band score of 6.0 (with no band less than 6.0), the Test of English as a Foreign Language (TOEFL) with 79 (Internet-Based), or 213 (computer-based), or 550 (paper based) and or English 12 (minimum 67%) in a Canadianschool or English speaking US or Interational highschool).

Tuition Policy: We accept cheques or e-transfers for payment of tuition. We do not accept cash.

Attendance Policy

Trainees are expected to attend classes and meet the required hours for each year. Attendance sheets will be used to track the required hours. Each trainee can be absent from class twice during the first year and once in the second year and residency years. Each absence after two in the first year and one in the second year and residency years has to be made up. In the event that a student cannot attend class due to sickness, an emergency or for some other reason, the student will contact the Training Director at 604 985-2996 or at randy.frost@shaw.ca as soon as possible before class begins. The trainee may be required to make up the class as noted above.

Admissions Material for the 1st Year Program

Applicants for the Clinical Internship Program must include all of the following material:

- 1.Name, address, and phone number, age, marital/relationship status, and present family make-up.
- 2.A copy of your criminal record check that is less than one year old.
3. Work, education and general health history
- 4.A copy of the highest degree obtained and the academic transcript for that degree.
- 5.Copies of all relevant supervisory or evaluative reports you have received
- 6.A statement as to whether or not you want any of your program hours to be used for meeting the qualifications of any particular programs or organizations
- 7.Two letters of evaluation (not just a letter of recommendation – it should include weaknesses as well as strengths) from two different people who have observed your abilities and/or work
- 8.A statement indicating what factors led you to apply for this program, and what you expect to get from it.
- 9.A brief autobiographical sketch including family of origin diagram, parent sibling positions and contact with extended family, historically and presently, etc.
- 10.Proof of English proficiency with either IELTS, TOEFL and or English 12 (minimum C+) in a Canadian School.

The application fee is \$95 (refundable if you are not accepted into the program). This fee covers the cost of processing and interviewing applicants and does not apply to program tuition.

Admission to the Second Year- Trainees must satisfactorily complete the first year of the training program and receive approval of the Director to continue into year two of the program.

Deadline to Apply: Applications and all materials for both programs are required by Sept 1st. Late applications may be considered if space in the program is available.

A personal interview (or negotiated equivalent if distance precludes this) will be arranged with all applicants who are being considered for training on the basis of their written materials. Interviews will be completed by the beginning of September. Please address inquiries and applications as follows:

Randy Frost, Director of Training & Research,
Living Systems, #209, 1500 Marine Drive, North Vancouver, BC, V7P 1T7
(604) 926-5496, Ext 304 livingsystems@telus.net, www.livingsystems.ca