

# Family Systems: From Theory to Practice

**PRESENTED BY** The Center for **Family Systems Theory**

**THURSDAY, OCTOBER 17, 2024**  
9:30 A.M. – 4:30 P.M.

**HORIZON HEALTH SERVICES**  
HILARY'S HOUSE

6301 INDUCON DR.  
E, SANBORN, NY 14132

## Unlock the Power of Family Systems Theory!

Join us for a transformative one-day event that bridges the gap between theoretical knowledge and real-world application in family systems therapy. This year's conference promises to be an enlightening journey for clinical practitioners and professionals working with children and families.

### WHAT YOU'LL EXPERIENCE:

- ▶ Keynote by Dr. Kathleen Smith: "Asking Questions in a Quick-Fix Culture"
- ▶ In-depth exploration of core family systems concepts
- ▶ Real-world case presentations  
Interactive discussions and reflections

### KEY TAKEAWAYS:

**After this program, participants will be better able to:**

- ▶ Describe the purpose of family diagrams and demonstrate basic competency in constructing them.
- ▶ Define the triangle concept and identify its function within family systems.
- ▶ Develop three questions to invite curiosity about family functioning.
- ▶ Identify practical approaches to family therapy.
- ▶ Articulate three methods for engaging often-overlooked family members in the therapy process, including fathers, grandparents, and important outside relatives.

### WHY ATTEND?

- ▶ Gain 5 CE credits
- ▶ Network with like-minded professionals
- ▶ Enhance your toolkit for working with families
- ▶ Bridge the gap between theory and practice

### FEATURED SPEAKER

Dr. Kathleen Smith, PhD, LPC, is a renowned licensed therapist and accomplished writer based in Washington, DC. As an associate faculty member at the Bowen Center for the Study of the Family, Dr. Smith brings a wealth of expertise in family systems theory. She is the author of insightful books including "Everything Isn't Terrible: Conquer Your Insecurities, Interrupt Your Anxiety, and Finally Calm Down" and "True to You: A Therapist's Guide to Stop Pleasing Others and Start Being Yourself." Dr. Smith's work has been featured in popular publications such as Slate, Salon, New York Magazine, and Psychology Today. She also pens the widely-read newsletter, "The Anxious Overachiever," offering valuable insights to professionals and individuals alike.

### SCHEDULE HIGHLIGHTS:

- **9:30 A.M.** Welcome
- **9:45 A.M.** Keynote: Asking Questions in a Quick-Fix Culture - Part 1
- **11:00 A.M.** What's a triangle and why does it matter?
- **11:30 A.M.** Family Diagram: A tool for seeing the whole family
- **12:30 P.M.** Lunch
- **1:30 P.M.** Keynote: Asking Questions in a Quick-Fix Culture - Part 2
- **2:30 P.M.** Family Systems Thinking to Support Family Functioning – 3 key steps
- **3:00 P.M.** Preventing burnout and enhancing help: Family Systems Thinking FTW
- **3:30 P.M.** Discussion & Closing

### INVESTMENT

- **\$50/PERSON** (includes lunch and CEUs)
- **\$400 FOR A GROUP OF 10** (perfect for team development!)

Scholarships are available - we believe in making quality education accessible! Please contact **Amie Post** at [amie.post@gmail.com](mailto:amie.post@gmail.com)

**Don't miss this chance to enhance your skills, expand your professional toolkit, and make a lasting difference in the lives of the families you serve.**

Register today. A limited number of tickets are available.  
[www.eventcreate.com/e/familysystemstheory](http://www.eventcreate.com/e/familysystemstheory)