

Introduction to Filial Therapy

Description

Filial (parent-child) Therapy is an evidence-based approach integrating family therapy and play therapy to address child and family problems. Filial Therapy (FT) was co-created by Dr. Bernard Guerney and his wife, Dr. Louise Guerney in the 1950s. It has been researched and used to address the needs of children and families from a wide range of backgrounds. Filial Therapy simultaneously addresses child problems, helps parents develop effective ways of interacting with their children, and facilitates the development of attachment between parent and child.

In this training, there is a detailed overview of the entire process of Filial Therapy. It also includes how to train and supervise parents as they conduct special nondirective play sessions with their own children, and how to incorporate family issues in a mutual problem-solving process that benefits children and parents alike. Filial Therapy has been used successfully with a very wide range of child and family problems, including anxiety, depression, oppositional behaviors, impulse control, attention-deficit problems, families with children on the autism spectrum, traumatic events, attachment disruptions or disorders.

Learning Objectives

Participants will be able to

- Describe at least 2 benefits that Filial Therapy might have over both child-centered play therapy and traditional parenting skills programs
- Describe what happens at each stage of the Filial Therapy process.
- Identify at least 3 child/family problems for which Filial Therapy is useful and why.
- Explain the role of therapist modeling for parents in FT.
- Identify the different “roles” that the therapist plays during the training phase of FT.
- Describe the basic outcome research findings pertaining to FT.
- Explain how FT applies to the work with different client groups

Trainer's Biography

Siu Fung Ying, Angela

BSocSc, DCS, MPhil, PhD

RCP (HKPS), CPsyAssoc (CPO), CTT/T, CPT-S, RPT-S

Angela Siu is a Registered Clinical Psychologist under the Hong Kong Psychological Society and a Psychological Associate in the College of Psychologists of Ontario. She is also a Play Therapist / Supervisor under the Association for Play Therapy in the States and in Canada. She specializes in strengthening family relationships through play and has extensive training and experience in using various approaches to work with children and families. One of her specialties is in Filial Therapy. She has the credential as a Certified Filial Therapist / Instructor. Angela has served in a variety of clinical and social service settings. She is currently working as an Associate Professor in The Chinese University of Hong Kong.

Target Participants

Participants who have got the certificate of attendance of the following programs by CPE

– Child-centered Play Therapy Intensive Training



Continuing Education

6 contact hours of CE credits on play therapy training recognized by the Association for Play Therapy.

(APT approved provider number: 13- 355)

CPD Points for Registered Social Worker: 6



Course Code	CE20230425
Course Name	Introduction to Filial Therapy
Date	April 25, 2023 (Tuesday)
Time	9:30 am - 5:00 pm
Venue	The Chinese University of Hong Kong
Language	Cantonese (Supplemented with English)
Class Size	30 participants
Course Fee	HK\$ 1,320
Application Deadline	April 10, 2023

Discount Scheme (on or before February 23, 2023)

10% (HK\$1,190) discount for Early Bird Registration

20% (HK\$1,060) discount for CUHK Department of Social Work's members (Current staff, current students, SWK Alumni Association members, or CPE members)

[20% discount is applicable by POST only]



Application Methods

Register via our website:
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>

Send the following application form with a crossed cheque payable to 'The Chinese University of Hong Kong' to CPE, Department of Social Work, CUHK, Shatin, N.T. Hong Kong

Application will open at 11:30 am on February 1, 2023