



**CALGARY  
FAMILY  
THERAPY**

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## **Observership in Systemic Family Therapy**

The Calgary Family Therapy Centre (CFTC) offers several types of training programs and learning opportunities. The focus of training in each program is on Systemic Family Therapy, although other approaches to family work are also employed. Trainees may include psychiatrists, psychiatric residents, family practice residents, medical students, psychologists, educational psychologists, social workers, nurses, and educators.

The training facilities at the CFTC include multiple interview rooms equipped with two-way mirrors; telephone and 'bug in the ear' intercom systems; sound and video systems for use with reflecting teams; as well as remote control, multiple camera systems for technician recording of therapy sessions. Online sessions are also provided using a secure videoconferencing system.

The for-credit internships at CFTC are structured to fulfill the academic program requirements at the various Universities in Alberta. Non-credit internships may be undertaken as part of a practitioner's professional skill development. An Observership may be arranged for trainees who are not sufficiently qualified to provide direct clinical services or who cannot commit sufficient time to provide ongoing therapy over a period of several weeks or months. Observerships may be part-time or full-time and vary in length from one day to 12 months. They are negotiated on an individual basis.

### **Eligibility**

Observers are expected to:

- Be at the master's or doctoral level of professional preparation in some mental health area
- Commit to maintain confidentiality regarding the therapies they observe • Indicate an intention to use the Family Therapy Training in their future work

**Fees:**

Participants in an Observership are expected to pay for infrastructure support and opportunities for professional discussion throughout the Observership program. Observerships can be arranged for sole individuals or groups of 2 or more individuals, and for one or more days, at the following rates in CAD\$:

Number of individuals	First day	Following days
1 observer	\$250	\$100
2 or more observers	\$150 per person	\$100 per person

The first day of an observership consists of a welcoming tour to our facility, including orientation into therapy rooms, our video library, and our sound and video systems for use with reflecting teams. An orientation to our systemic approach to working with families will be provided by one of our staff therapists, which includes orientation to observation and participating in reflecting team guidelines. This will prepare the observer to participate more meaningfully in our routine therapy activities (e.g., observing sessions) during the second part of the first day, and during the subsequent days.

Discounts may apply for observers interested in staying more than one week, and for observers enrolled partner institutions (e.g., Cumming School of Medicine) or visiting scholars working with researchers/staff working at CFTC.

All fees (Canadian dollars) are to be pre-paid monthly to Calgary Family Therapy Centre's Administrative Officer.

**Expectations:**

1. Observers will observe as many therapists and interns conduct therapy as possible and will actively participate in pre- and post-session discussions to develop perceptual and conceptual skills.
2. Observers will attend weekly screenings and participate on reflecting teams when applicable (i.e., on scheduled screening days)
3. Observers may sit-in on some interviews and practice asking circular and reflexive questions if the primary therapist is in agreement.
4. Observers may attend weekly seminars when applicable, which typically cover a variety of topics relating to clinical practice or learning at the Centre, e.g., 'Research As Daily Practice' meetings
5. Observers will attend other ad hoc academic seminars as scheduled.
6. During their last week, all observers who are at the Centre for 2 or more weeks will be expected to write and submit a brief summary (maximum 2 pages) of their learning experiences in the Centre.
7. Observers are also encouraged to read widely in any area of personal interest related to family therapy and discuss their readings with the staff.

## **The Application Process:**

- Applications will be accepted throughout the year and the start date will be negotiated with each applicant.
- Email the following documents to [cftc@familytherapy.org](mailto:cftc@familytherapy.org)
- Letter of intent indicating the applicant's intended dates and learning goals for the Observership, and plans for using the intended training in their future career
- An up-to-date curriculum vitae
- A personal or online interview may be arranged after the above requirements have been met.
- Successful applicants will receive a letter of acceptance indicating the date the applicant's training will commence.

## **International Applicants:**

- International applicants are responsible for obtaining all documents required by Immigration Canada to enter the country for training prior to their acceptance into the program.