



**Changing the
trajectory of children's
mental health.**

Family Therapy Training Program Virtual via Zoom

October 2026 – March 2027

**Faculty: Reem Abdul Qadir MSW RSW
Karen Mohite MSW RSW
Lee Berkowitz MSW RSW/ Amanda Chan MSW RSW**

The Family Therapy Seminar is an 11-session program that provides in-depth knowledge of theory and practice in family therapy. The program will focus on developing core competencies in assessment, formulation and treatment of families. Aspects of the theory of families and the craft of practice will be taught to develop an integrative framework for practice.

Emphasis will be placed on the development of concrete, applicable skills, which participants will have the opportunity to observe through live family work. Observations of live sessions will be conducted throughout the seminar. The seminar will also include required readings, group discussions and experiential exercises.

Participants will learn:

- To complete a comprehensive assessment of a family, develop a formulation and a treatment plan.
- A systemic, 3-generational approach to working with families.
- Theories that inform the intervention with the family, such as Structural, Strategic, Relational and Attachment, in the context of the family system.
- To appreciate the diversity of families, e.g. culture, single-parent, same sex families.
- The art and skill of questioning in a multi-person system, including using circular versus linear questions and exploring process versus content.
- An understanding of their position of power, relationship to colonialism, and social location within a therapeutic setting.
- To explore personal biases to gain an understanding of the underlying values and ethics that we bring into the work.
- To be able to identify patterns in relationships and how these dynamics can perpetuate challenges.
- How to mobilize the strengths of the family to facilitate change in the family system.

Wednesdays, 9:30 a.m. – 1:30 p.m.

October 21, November 4, 18, December 2, 2026
January 6, 20, February 3, 17, March 3, 17, 31, 2027

Tuition:

Registration fee \$2,200.00

**Special Early Bird registration fee \$1,780.00 if you register on or before
September 18th, 2026.**

The George Hull Centre for Children & Families, 81 The East Mall, Toronto, ON M8Z 5W3

**To register or for more information, Contact Reem Abdul Qadir
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