

NACTATR Foundation in Family Dynamics

Often people either come into counselling or are brought into counselling because it is assumed by others “there is something wrong with them.” Although there are presenting issues unique to each individual entering counselling, there are usually other factors that can elevate risk for symptom development that are “outside” the individual. In other words, it’s not all about the identified person: often family dynamics are a risk enhancing variable that can contribute to what’s wrong with an individual as well. But understanding family dynamics can also be the solution to many problems. This course will introduce you to the early work of the pioneers in the field of family therapy and expand on key insights that have influenced clinical practice throughout the world. It will also tie together elements from the fields of threat assessment and trauma response that are sometimes family-generated. No two families are the same and no two family members have the same experience even if they were raised by the same parents or caregivers.

Module 1: Family Dynamic Foundation: Early Thinking

Module 2: The Whole is Greater Than the Sum of its Parts: Early Research

Module 3: Genograms - The Family Map

Module 4: Family Structure

Module 5: Family Function

Module 6: Family Emotional Process



Who should take the courses?

The Foundation Courses are customized for the person who has an interest in the fields threat assessment, trauma response or family dynamics, including para-professionals, professionals and those with a general interest in advancing their learning. It is designed to provide learning for those who want general exposure to the NACTATR™ models as well as those who are planning, as part of their professional development, to complete any of the two-day in-person training course. It is also meant to provide those who have already completed two-day trainings an opportunity to refresh their learning and dive more deeply into areas that informed our current training program

Experience:

For over 20 years, NACTATR™ has provided training to more than 50,000 participants, delivered over 3,000 trainings, and has supported hundreds of school jurisdictions, police units, mental health, community organizations and governments. NACTATR™ is solely focused on preventing violence and trauma in North America using training, tools, and technology.