



**CALGARY
FAMILY
THERAPY
CENTRE**

SERVICE · EDUCATION · RESEARCH

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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.

The for-credit internships at CFTC are structured to fulfill the academic program requirements at the University of Calgary. 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 at the following rates:

1-2 days	No charge
3-5 days	\$100
2-3 weeks	\$100/week (up to \$300)
1-4 months	\$300/month (up to \$1200)
Months 5 through 12	\$200/month (up to \$1600)

The total cost for a full 12-month observership would be \$2800. These 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.
3. Observers may sit-in on some interviews and practice asking circular and reflexive questions if the primary therapist is in agreement.
4. Observers will attend weekly seminars, 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@ucalgary.ca
 - Letter of intent indicating the applicant's learning goals for the Observership and plans for using the training in the Systemic Family Therapy in their future career
 - An up-to-date curriculum vitae
- A personal or Skype interview will 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.