



Indian Association for Family Therapy

# From Imagining to Creating Justice: A Transformative Approach to Healing

A two-day Training Programme  
on

## Transformative Family Therapy

12, 13 August, 2007

Venue: **Sitaram Bhartia Institute of Science and Research**  
B-16 Mehrauli Institutional Area, New Delhi-110016

by **Rhea V Almeida, MS, Ph.D., LCSW, founder of the Institute for Family Services, New Jersey, USA**



Dr. Rhea Almeida, author, theorist, teacher, clinician and creator of the **Cultural Context Model**, is regarded as one of the nation's foremost experts on a **liberation-based model of family therapy**. Her contributions to family/community violence are widely acknowledged, as are her contributions to men's work and multiculturalism. She has been profiled in the *Los Angeles Times*, CNBC, National Public Radio, USA Today, and Oxygen Media. In 1997 the *Utne Reader* described her as one of "10 Outstanding Cultural Healers" in the nation. She is consulted nationally and internationally for her creative brilliance and her ability to bring an ethic of justice and healing to all families. She was recently honored by the American Family Therapy Academy for her innovative contributions to family therapy. Dr. Almeida is the author of "*Diversity Through Expansions of Feminist Theory*" and "*Transformations in Gender and Race: Developmental and Family Perspectives*."

## **What is Transformative Family Therapy (TFT)?**

In the author's view, TFT is "having the courage to challenge our old categories, and making space for contradictions and ambiguities in our new creative possibilities. A Post Colonial view on clinical work and political activism: A continuum of practices investigating the usual dichotomies of professionalism vs. activism, scholarship vs. advocacy and clinical work vs. political work with particular focus on changing political meanings of constructions and institutionalized categories of gender, race, ethnicity, culture and class."

TFT is a Cultural Context Model (CCM) based on the premise that families are inextricably embedded within their larger sociopolitical contexts. This theoretical framework offers an extraordinarily thoughtful method for helping people with their personal problems while enhancing awareness of pervasive social injustices. Previous attempts to incorporate clinical work with social concerns have floundered as soon as they began collapsing psychotherapy into social action, essentially advocating: "Don't waste time analyzing yourself, join in social justice struggles."

Those seeking a deeper understanding of their personal lives had to give up on integrating therapy with social action, and turn instead to narrowly clinical texts for help with their personal quest. Now **Transformative Family Therapy** offers a rigorous approach to depth therapy that unabashedly incorporates the struggle to transform society. The message is clear and convincing: we need to change our community and our society if we are to live the better personal and family lives we talk about in therapy. Social injustices - including poverty, racism, sexism and homophobia - permeate personal lives. In short, TFT focuses on the contributions of post colonial thinking to liberating us from limiting dichotomies in the theory and practice of therapy. It offers a healing paradigm based on the development of critical consciousness, empowerment and accountability as guiding principles.

## **What does the Training Programme offer?**

This training programme will attempt to link post colonial ideas to account for the historical and current impact of oppressive social forces, including sexism, racism, homophobia, and classism in the practice of family therapy. Liberation is a system of healing that embraces critical consciousness, empowerment and accountability as guiding principles. In discussing these principles the trainer will initiate dialogue that argues for liberation to occur for all members of a family, accountability and empowerment need to operate simultaneously.

In this programme, the trainer addresses the broad issues of social justice as they relate to therapy in a fresh and exciting way. The analysis of latent power in the way therapists approach key issues around cultural difference, gender equity, socio-economic disadvantage and sexual orientation reveals a commitment to holistic and sustainable healing. As with the 'Just Therapy' approach, the critical factors of privilege on the one hand, and marginalisation on the other, are addressed openly in the context of good therapy. The innovative application of movies in the therapeutic process opens space for broader reflective discussion between therapists and clients and the descriptions of process are clear and helpful. The training programme is intended to be a collective reflective exercise that challenges conventional assumptions and broadens the discussion of good therapy. Discussions will be enriched with video clips from students and therapists in training as well as clients who attended therapy within this model.

## Contents of the workshop

The contents of the programme are based on the author's upcoming book '*Transformative Family Therapy: Just Families /Just Society*'. Key foundational concepts are The Cultural Context Model (CCM), critical consciousness, accountability and empowerment. Through lecture, videotaped case presentations film vignettes and participant involvement this presentation will offer a transformative framework for couples, families, children and communities. This training will be conducted with a combination of didactic and experiential materials, as well as vignettes of clients along their trajectories of critical consciousness, empowerment and accountability. Implications for training, supervision, and further research will be discussed. It will demonstrate through lecture, didactic material and videotaped case presentations how the CCM provides a framework for healing families and communities.

### DAY 1

#### **The CULTURAL CONTEXT MODEL**

##### **Transformative Family Therapy "What Is It?"**

- 9.00 am - 10:30 am **A CRITIQUE OF TRADITIONAL FAMILY THERAPY: Orientation To Liberation Based Model Of Family Theory and Therapy**
- 10:45 am - 12:30 am **Building Critical Consciousness with your Clients and Students through the Use of Dialogue and Inquiry : DIDACTIC AND EXPERIENTIAL**
- 1:30 pm - 3:30 pm **Bringing Systems of Empowerment and Accountability into the Therapy room : DIDACTIC AND EXPERIENTIAL**
- 3:45 pm - 5:00 pm **Dialogue and Feedback from Participants**

### DAY 2

#### **IMAGINING AND CREATING JUSTICE WHEN THERE IS DOMESTIC VIOLENCE IN FAMILIES**

**(This workshop will build on Day 1)**

**PARTICIPANTS WILL LEARN THROUGH CLIENT NARRATIVES, EXPERIENTIAL EXERCISES AND DIDACTIC MATERIAL TO INTERVENE WITH FAMILIES WHERE THERE IS DOMESTIC VIOLENCE: VICTIMS, PERPETRATORS AND CHILDREN.**

- 9.00 am-10.30 am **SOCIO-POLITICAL CONTEXT FOR DOMESTIC VIOLENCE : Raising critical consciousness with victims**
- 10.45 am-12.30 pm **WORKING WITH VICTIMS : Bridging Safety with critical consciousness and empowerment**
- 1.30 pm – 3.30 pm **INTERVENING WITH BATTERERS : Integrating social justice principles in requiring accountability with batterers & IMPACT OF DOMESTIC VIOLENCE ON CHILDREN : Using Circles of Accountability to inform children of batterer's role, using Circles of Empowerment to assist battered women as mothers in raising their children.**
- 3.45 pm – 5.00 pm **Creating communities of activism through social action Dialogue and feedback from participants**



## Registration Form

I wish to attend the IAFT Training Program: **Transformative Family Therapy on 12, 13 August 2007**

Name: Mr/Ms/Dr/Prof \_\_\_\_\_  
(BLOCK letters please)

Address for Correspondence \_\_\_\_\_

\_\_\_\_\_ Pin \_\_\_\_\_

Tel/Mob (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

Organisation/Institute & Address \_\_\_\_\_

Member of IAFT  Yes  No  
(please tick one)

**Payment:** (1) Enclosed **Cheque/Draft** No. \_\_\_\_\_ On \_\_\_\_\_

Bank \_\_\_\_\_ dtd \_\_\_\_\_

for Rs. \_\_\_\_\_

(2) Payment by **Cash:** Rs \_\_\_\_\_

Receipt No. \_\_\_\_\_ dtd \_\_\_\_\_

### Notes:

1. Cash (accepted till 09 August, 2007)
2. Local & Multicity cheque, Bank draft (accepted till 05 August 2007)
3. Outstation cheque (accepted only till 28 July 2007)
  - For outstation cheques, please add Rs.45 as bank clearing charges.
  - Please make cheques & drafts in the name of "**Indian Association for Family Therapy a/c SB-71533**" (Drafts payable at New Delhi)
  - Receipt for cheque is issued 'subject to realisation of cheque'

### Early-bird Registration (upto 28 July 2007)

Non-members	IAFT Members	Students*	International
Rs.2500/-	Rs.1800/-	Rs.1500/-	US\$125/-

\*Students must attach photocopy of a valid ID-proof from their institution

### Late Registration (After July 28 till 09 August, 2007)

Rs.3000/-	Rs.2000/-	Rs.1800/-	US\$150/-
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Fees are per person, include lunch, tea, handouts, & certificate

Pl. send your remittance to: **Dr. Renu Malaviya** (Mob: 98111-03480)  
**Wellington Cottage, Lady Irwin College**  
Sikandra Road, **New-Delhi 110-001**