



Indian Association for Family Therapy announces the  
Post-Conference Workshop

**The 'Just Therapy' Approach:  
Integrating Issues of spirituality  
and culture, gender and  
socio-economic  
equity in Family Therapy**

**Trainer : Charles Waldegrave**

**Hosted by:**

**School of Mental Health, VIMHANS - New Delhi  
13 & 14 January 2012**



'Just Therapy' is a reflective approach to systemic therapy developed by workers at the Family Centre in Lower Hutt, Wellington, New Zealand. It has taken the understanding of systems' dynamics to a canvas beyond just the family system and developed ways to use the larger systems for healing and change in the consulting room & the community.

A fundamental feature of 'Just Therapy' is that it addresses directly the broad cultural, gender, social, spiritual, economic and psychological contexts underlying the problems experienced by those with whom therapists work. It embodies the Family Centre philosophy and commitment to cultural, gender and socio-economic equity regarding who receives the resources of therapy and the processes of delivering therapy. There is a deep belief that these contextual issues provide important insights into authentic notions of wellbeing and healing.

The workshop will present the conceptual framework of this approach alongwith demonstrations and activities to engage the participants with how to use and incorporate the key values and professional stances of this approach in their own work. In order to help the transfer of the learnings after the workshop, key readings and conceptual material will be given.

## Objectives

### The participating professionals will:

- › Become oriented in the usage of the Just Therapy Approach in clinical and community work and conceptually competent in the approach.
- › Develop deeper awareness of the context and the meaning attributed to experiences, viz. larger issues interplaying with presenting issues in the family/couple system and become more equipped to incorporate these issues in their work.
- › Develop their ability of reflectiveness about the work with a family/couple system.
- › Build clarity and personal articulation about the values, ethics and contexts of therapy and the role of therapy and therapists more broadly in society.

## For Whom

Psychologists, psychotherapists, family and child therapists, couples therapists, social workers, counselors, development professionals, faculty of psychology departments of colleges and Universities, researchers in the disciplines of Psychology, Cross-cultural studies and Social Policy, post-graduate students from the mental health disciplines.

## About Charles Waldegrave

Charles Waldegrave is a pioneering New Zealand family therapist and one of the founders of the 'Just Therapy' approach of the Family Centre in Wellington. He holds 2 MAs and his professional orientation is post-structural family therapy. Just Therapy is practiced throughout the world and the key professionals of the Family Centre regularly run international workshops on the Just Therapy approach. In 2007 the American Family Therapy Academy (AFTA) presented the Just Therapy team with an award for a 'Distinguished Contribution to Social Justice'.

Charles is also a psychologist and social policy researcher. Alongside his therapeutic work, he leads the Family Centre Social Policy Research Unit (FCSPRU) and is a joint leader of the New Zealand Poverty Measurement Project (NZPMP) and the New Zealand Longitudinal Study on Ageing (NZLSA) research programmes.

More information about the approach and Charles Waldegrave can be found at their website : <http://www.familycentre.org.nz>

## Registration Fee:

IAFT Members	Non-members	Foreign Delegates
Rs. 3500/-	Rs. 4000/-	\$ 125/-

After 7 January 2012 (only cash / DD will be accepted): Rs. 4000/- for IAFT members and Rs. 4500/- for non-members.

The fee includes all handouts, lunches, tea/coffee and the Certificate of participation.

Please send the Registration Form & fee (by cheque or DD payable in Delhi) to : Dr. Indu Kaura, Secretary - IAFT, D - 6, Vikas Puri, New Delhi - 110018.

For Workshop queries, please call Jasmeet Kaur (9811463628),  
For Fee related queries please call Indu Kaura (9810402030)

# Registration Form

*(Please fill Form in BLOCK letters)*

Name: Mr/Ms: \_\_\_\_\_

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

\_\_\_\_\_ Pin: \_\_\_\_\_

Tel. (Home) / Mobile: \_\_\_\_\_ Tel. (Work): \_\_\_\_\_

Email: \_\_\_\_\_

Education / Degree (please list the last one) \_\_\_\_\_

Occupation: \_\_\_\_\_

Place of Employment/Organisation (if any): \_\_\_\_\_

Member of IAFT:  Yes  No *(Please tick one)*

Payment:

(1) Cheque/ Draft No. \_\_\_\_\_

Bank \_\_\_\_\_

Dated: \_\_\_\_\_ for Rs. \_\_\_\_\_

(2) Payment by Cash: Rs. \_\_\_\_\_ On: \_\_\_\_\_

(IAFT Use only) Receipt No. \_\_\_\_\_

## **Notes for Payment:**

1. **Deadline for Registration - 7 January 2012**
2. Local or Multicity cheque, Bank draft - accepted till 2 January 2012
3. Outstation cheque - accepted only upto 25 December 2011. Please add Rs. 60/- as bank clearing charges.
4. Please make cheques & drafts in the name of **“Indian Association for Family Therapy”** and write your name and the following details at the back - **Indian Association for Family Therapy, Syndicate Bank a/c 24182010008339.**
5. The Receipt for cheques will be issued after realisation of cheque.