

FAMtrac Newsletter

Issue 5 Nov/Dec 2013

Dear «First Name» «First Name» («Unique Nr»),

From the pen of Anthony

Happy Holidays!!!

Year end and reflection make such good companions. I am amazed at what a full and rich year this has been.

As a team we have interacted with each of you through so many forums whether a conference, workshop or in-service training. Each occasion has been a time of both giving and receiving. I think of the many personal light bulb moments that have come to me while facilitating several of the courses this year.

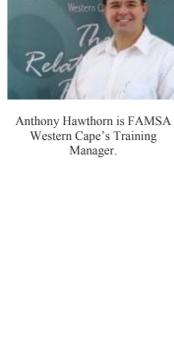
For those who attended our Basic Counselling Skills course with me this year, I trust that you are using what you have learned to enrich your relationships. For me there is a simple distinction between knowledge and wisdom. Knowledge is what we learn in books or from others. Wisdom is the gift that we receive when we take that knowledge and do something with it.

I have observed that attending trainings this year has been an awakening for so many of you. You came in wondering if you have what it takes to be a force for good in someone else's life. You then walked out believing that the good resides within you and with a little bit of skill you can learn how to channel that good to highlight the good in others.

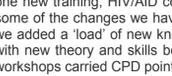
I would be ungrateful if I did not end the year by acknowledging a team of amazing facilitators. It is truly a privilege to work with such a talented group of professionals. I have not forgotten those quiet souls that work behind the scenes. Each of you knows who you are and how valuable you are to whatever degree of success we achieve.

All I can say for next year is: "Watch this space. If you thought this year was good, next year promises to be even better!"

Regards
Anthony



Under Construction



At FAMtrac we are constantly on the move, working hard to deliver fresh and up-to-date trainings. We have created a construction area in our newsletter to keep you up-to-date with new trainings and workshops that lie ahead. Also, to check in on the "renovations" of our already existing trainings and workshops. This gives you the opportunity to see our plans. We will also invite you to check out the "building site", at least figuratively.

And so comes the end of 2013, with all our new trainings completed and improvements made to some of the older trainings. We have added one new training, HIV/AIDS counselling skills, and one new workshop, Ethics, to our already impressive list of offerings in 2013. These are some of the changes we have introduced. The one day Stress Management Skills workshop was reconstructed into a two day training, and we added a 'load' of new knowledge and skills to this training. Our Trauma Debriefing Skills also had some improvements to its blueprints with new theory and skills being integrated into this training. Basic counselling Skills also got a new structure. More of our trainings and workshops carried CPD points this year and we plan to apply for even more in 2014.

Our Winter School is a new and exciting project that we have planned for 2014 that should be taking place in June—but more on this early in 2014.

Keep an eye on this construction site in 2014 to see what we have in store for you!

Training on Mindsight and Interpersonal Neurobiology with Dr Daniel Siegel: 29 September 2013

This has been a dream come true to have Dan in South Africa for the first time. I have been following his work since 2009 and it was just great to meet him in person. He is an amazing speaker and was able to hold our attention with numerous examples and experiential exercises of mindfulness and integrating different parts of the brain.

I find his "wheel of awareness" exercise to be the most comprehensive of all mindfulness practices. I have been practising it for some time, but on the training came to have a deeper understanding of becoming more aware of my mind's activity.

The exciting thing about Dan's approach is it's compatibility with all forms of theoretical models. I have quite comfortably integrated some of his concepts into aspects of my work. I hope to see FAMSA Western Cape using INTERPERSONAL NEUROBIOLOGY as the foundation of our work as the RELATIONSHIP PEOPLE.

Daleen van Staden

Head: Clinical Services

A look at our Trainings and Workshops for 2013

During 2013 we ran the following trainings, in the right hand column is the number of participants per training for the year.

Affairs/ Infidelity Counselling Skills	11
Basic Counselling Skills 1 Training	37
Basic Counselling Skills 2 (Intermediate) Training	11
Bereavement Counselling Skills	14
Blended Families Counselling Skills	25
Bringing About Healing in a Traumatized Society	26
Divorce Counselling Skills	12
Domestic Violence Counselling skills	7
Ethics	10
HIV/AIDS Counselling Skills	11
McMaster's Family Counselling Skills Training	49
Marital Preparation and Enrichment	9
Sexual Counselling in the Couple Relationship	21
Stress Management	12
Starting and Running your Private Practice	9
Trauma Debriefing Skills	14

McMaster's Family Counselling Skills Training

In this issue we take a look at our McMaster's Family Counselling Skills Training. This training took place in November 2013.

Participant Feedback

Here is what some of the participants had to say about the McMaster's Family Counselling Skills Training:

- The suitability of our training venue:**
 - "yes, venue made it conducive for me and comfortable"
 - "Clean and suitable. Food was lovely. Thank you for wonderful hospitality!"
 - "At times the chairs got uncomfortable"
- Content and quality of training materials:**
 - "Clear and specific"
 - "Excellent, good quality"
 - "Good"
- Suitability of the training method/s used:**
 - "Applicable and appropriate"
 - "The role plays made it practical for us to understand and apply new methods"
- Facilitator's presentation style:**
 - "Open & non-judgemental. Professional & experienced"
 - "Could draw a lot from practical application and facilitation skill of facilitator"
 - "Clear and understandable"
- Were your expectations met?:**
 - "More than I thought"
 - "Yes, and I got more"
 - "Definitely—very excited to apply the knowledge and skills."

Comments, suggestions and recommendations:
 "Thank you—gained new knowledge that will impact my style of working with families"
 "The course was well presented. The patience the facilitators had was outstanding"
 "Thank you so much! Very well run course! Worthwhile & extremely relevant"

Do you have any suggestions for our trainings?

We are interested in what you have to say.
 Please provide us with feedback on the trainings or events you have attended at FAMSA and FAMtrac. We would like to hear from you, both the exciting and good, and the concerns and comments you may have.

Let us know how we can improve our services...

From FAMSA's side

A new service offered by FAMSA WC: EFT

EMOTIONALLY FOCUSED COUPLE THERAPY

For couples wanting to gain more understanding about their relational difficulties and or wanting to create a closer, more connected relationship.

Love is our wired in need to have someone to depend on, who can offer reliable emotional connection and comfort. It is a basic primary need such as oxygen.

When we feel generally secure with our partners - comfortable with closeness and depending on them:

- we are better at seeking support and giving it
- we more easily roll with the hurts they inevitable inflict
- we move towards reconnecting with them
- we feel more empowered, enabling us to understand ourselves better and love ourselves more
- we are more curious and open to new information
- we are more comfortable with ambiguity
- we are more able to be our true independent / separate selves
- we are more confident about solving problems on our own

Because we are most vulnerable when we love, our survival is threatened, triggering an automatic reaction when we perceive our attached person to be unavailable or unresponsive. This can be a prompt from outside or inside ourselves, can be true or imaginary – it's our perception that counts, not the reality.

Most fights are a protest over emotional disconnection where couples dance the "Protest Polka" where one is critical and aggressive and the other defensive and distant. Research has shown an 80% chance that such couples will divorce. Marriage does not fail due to an increase in conflict, but due to a decrease in affection and emotional responsiveness. We then don't think, but feel and act by either becoming demanding / clinging or withdrawing / detaching ("Notice me, be with me, I need you" or "I won't let you hurt me, because I stay in control"). We don't get it right, because we are too caught up with ourselves and not tuned in to our partner. Anger, criticism and demands are cries to re-establish a safe connection.

Your couple therapist will slow things down so that you both can recognise your "Demon Dialogue" – how it has a life of its own and are hurting both of you. By focussing and unpacking the nature of this enemy to your relationship, you will be able to discover the underneath emotions of sadness, shame and especially fear. By sharing these emotions you will gain more clarity, see each other differently and feel closer again. As you take the risk of exposing your true vulnerability by confessing your fears of loss and isolation and longing for care and connection, you will move from blaming your partner to responding more tenderly and sharing your own needs and fears. This will start a new positive spiral of love and connection. You will be more accessible, respond more appropriately, engage with more attuned communication, be more flexible in your behaviour, take on more appropriate roles and be more effective at problem solving.

Source: "Hold me Tight" by Dr Susan Johnson

For more information about this service please call our appointment line: 021 447 0170

Parenting Seminar 2013

I've been greatly motivated by this year's program with the focus on evaluating our parenting services. We need to become more research oriented regarding our work in South Africa so that we can with confidence replicate best practices. I'm looking forward to the proposed training for NGO's on programme evaluation.

It was also very inspiring to hear about Hermanus Rainbow Trust. As a NGO they are a good example of how to operate as a social enter-prise with business activities and business partners. I was really impressed with their financial ability to buy a farm and all the wonderful plans they have in this regard.

The Parenting Seminar provides an important platform to share, network and remain current about the services. It has been a privilege to be part of the planning committee with The Parent Centre, Gender Transformation Network and Department of Social Development.

Daleen van Staden

Head: Clinical Services

Are you Expecting?

We have a new programme for all families & parents-to-be: nuclear, single, gay, straight, surrogate, adopting...

Ante-natal classes help you get ready for the birth. Now you can: Come together and prepare for baby!

Explore and grow confidence in your self, couple and family in three fun, interactive small-group sessions

- Venue:** FAMSA Observatory, 9 Bowden Road
- Dates:** Weekly throughout the year
- Times:** Wednesday evenings: 19H30 - 21H30
Saturday Mornings: 10H30 - 12H30

For further information or to find out when a group runs please visit our website www.famsawc.org.za or call Lynette: 021 447 0170

Upcoming Events and Trainings	E-Newsletter feedback
<p>Welcome to our DIW (Do It When) section.</p> <p>We are all about keeping you informed. What better way to let you know what we are planning than to put it in our e-Newsletter. In this section we will make sure to keep you up-to-date with the latest FAMSA and FAMtrac events, seminars, conferences, workshops and trainings.</p> <p>No need to thank us, we like to keep you in the "know-how", or is that "know-when"...</p> <p>We are done for 2013!</p> <p>Our new training programme for 2014 should be available soon.</p>	<p>As always we want to hear from you. We value your input and we want to know what it is that you would like from our e-Newsletter.</p> <p>Why not drop us your comments?</p> <p>Email: famtrac@famsawc.org.za</p>

Contact us

Call us on 021 447 7951
 Email us at trainingcoordinator@famsawc.org.za
 Website: www.famsawc.org.za

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