

# Systemic Conceptualization and Intervention in Individual Psychotherapy

Psychological functioning is always embedded within the context of social systems. Maladaptive patterns that bring clients to psychotherapy are often learned within the family-of-origin. Psychotherapy can help clients explore and understand systemic patterns and social roles that may contribute to current psychological distress. Clients can learn to recognize and modify maladaptive cognitions, emotions, and behaviors that may have been learned within their families. A systemic focus in individual psychotherapy can help clients function in new social systems in more effective ways.

This seminar will teach both systemic conceptualization and intervention methods that can be used in individual psychotherapy. Systemic conceptualization will include looking at family structure, roles, and beliefs systems. Webinar participants will learn to consider how homeostasis, family life cycle, and multigenerational patterns shape individual functioning over time. In order to promote a unified approach to treatment, the webinar will highlight how families and other microsystems shape the way people think, feel, and act.

Foundational interpersonal skills will be described and demonstrated with role-play videos. These skills will address three general processes: (1) Exploration and functional analysis of systemic patterns, (2) Guided discovery to uncover more adaptive social functioning, and (3) Enacting systemic adaptation outside of psychotherapy. Practical skills that can be learned and utilized with clients will be described for each of these three phases of treatment.

At a more advanced level, this seminar will explore the way clients internalize aspects of the people who raised them in ways that continue to influence current functioning and affective states. Current dysfunction is often related to the way family members and family experiences have been internalized in a manner that shapes schema modes. Diversity is addressed in this seminar by describing the way cultural contexts shape families and other social systems and how families serve as a conduit for cultural socialization.

Target Audience		
Psychologists	Social Workers	Counselors
Therapists	Psychiatrists	Nurses
Course level: Intermediate		

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Apply interpersonal conceptualization methods to understanding psychotherapy client. Apply systemic conceptualization methods to understanding psychotherapy clients in terms of family structure, roles, and belief systems that shape current functioning.
2. Describe how homeostasis, family life cycle, and multigenerational patterns shape individual experiences within one's family-of-origin.
3. Analyze the functional value of social roles and social skills that were shaped by the family and other microsystems.
4. Explain how systemic interventions used in individual psychotherapy can help clients embrace more adaptive ways of thinking, feeling, and acting within the family as well as external social systems.
5. Describe how to work with clients' internalized aspects of the people who raised them in ways that maladaptively influence current functioning, affective states, and schema modes.

## Outline

Begin 11:00 AM ET

A. Introduction to Systemic Psychotherapy  
Systemic Themes  
Historical Context  
Systemic Focus in Individual Psychotherapy  
Focusing on Systemic Patterns

B. Systemic Conceptualization  
Family Structure, Family Roles, and Family Beliefs Systems  
Homeostasis, Family Life Cycle, and Multigenerational Patterns

C. Foundational Skills for a Systemic Focus in Individual Psychotherapy  
Exploration and functional analysis of current patterns  
Guided discovery to uncover more adaptive functioning  
Enacting adaptation outside of psychotherapy  
Video demonstrations of foundational skills

Break 12:30 PM ET (15 min)

D. Internalizing Family Members  
Schema Modes  
Video Demonstration

E. Diversity  
Family systems develop within the context of a broader cultural context  
Families serve as the primary conduit for cultural socialization

F. Systemic & Constructivist Key Strategies  
Ends 2:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tkkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tkkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY0003.

tkkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## The Presenter

Jeff E. Harris received his Ph.D. in Counseling Psychology from The Ohio State University in 1990. In 2004, he was awarded board certification as a Specialist in Counseling Psychology by the American Board of Professional Psychology. Dr. Harris has worked as a psychologist, training director, and director of counseling at student counseling centers at Southern Illinois University, the University of Hawaii at Manoa, and New Mexico State University. He also worked as an associate professor of Counseling Psychology at Texas Woman's University. Dr. Harris is a licensed psychology, currently providing telehealth psychotherapy for Amwell Medical Group and BetterHelp. Dr. Harris is the author or co-author of two books: *Workshops: Designing and Facilitating Experiential Learning* (Brooks-Harris & Stock-Ward, 1999) and *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008). In 2015, Dr. Harris started collaborating with other scholars to define Unified Psychotherapy as a distinct route to integration. Dr. Harris has developed Training in Unified Psychotherapy (TUP) as a webinar series and certification program to teach therapists to think about clients in a holistic manner and to utilize diverse interventions based on the individual needs of each client.

## General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



tzkseminars, LLC  
2110 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940