COMMUNITY & FAMILY RESOURCES
Inspiring prevention, treatment and recovery

PROFESSIONAL DEVELOPMENT TRAINING OPPORTUNITY

FAMILY SYSTEMS THEORY

Training Dates

November 6, 2026
OR
November 20, 2026

Training Times

9:00a-12:00p
OR
1:00p-4:00p

TRAINING DETAILS

WHO SHOULD ATTEND?

Behavioral Health Professionals

TRAINER

Tyler Gray, LMHC, NCC, CCMHC

CEUs / TRAINING HOURS

3 hours (IBC Approved)

LOCATION

Zoom

COST

$45

QUESTIONS?

Contact Katlin at 515-576-7261 or katlins@cfrhelps.org

LEARNING OBJECTIVES

By the end of this training, participants will be able to:

- Describe at least three core principles of Family Systems Theory and explain how individual symptoms can be understood within broader relational, family, and environmental systems.
- Identify common family-system dynamics, including roles, boundaries, triangulation, alliances, patterns of communication, and cycles that may contribute to or maintain presenting concerns.
- Apply a family-systems lens to clinical assessment by using tools such as genograms, relational questioning, and pattern-focused assessment to explore family structure, relationships, and intergenerational influences.
- Recognize patterns of intergenerational trauma and transmission and describe how trauma, coping strategies, beliefs, attachment patterns, and family roles may be carried across generations.
- Demonstrate at least two family-systems interventions that can be incorporated into individual, couple, or family work to address communication difficulties, relational conflict, boundaries, and recurring interactional patterns.
- Develop a systems-informed case conceptualization and initial treatment plan for a community mental health case that considers individual symptoms alongside relational, cultural, environmental, and intergenerational factors.

REGISTRATION LINK: https://cfrtraining.wufoo.com/forms/family-systems-theory-training/

CFR is part of the IHHS legacy Integrated Provider Network, with services funded by the Iowa Department of Health and Human Services and the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration.