

Family Therapy Amidst Difficulty:  
An Ecological Perspective

with

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**Training Outline**

Day One:

8:30 - 8:45: Introductions, review of learning interests, challenges and learning goals

8:45 - 9:45: Why family therapy?

Review of the family systems framework - with an update

exercise: asking questions about systems and relationships

BREAK

10:00 - noon: The human ecology of child development

Families and vulnerability

Resilience and well-being in family systems

Family therapy tactics: practical tools for family well-being and resilience

brief interventions

focus on solutions and problem-solving

family experiments

family narratives

Systems in distress: working with single parent families, when no one is  
the parent, families in cultural transition

*Handouts and readings for this training can be found on Tony's web site at*

<http://www.tonyhoffmanucsc.net/>

*username: student      password: Family*