



The  
Chrysalis  
Effect

Practitioner Training Programme  
Pioneering M.E, CFS, Fibromyalgia Recovery



# The Chrysalis Effect Family Dynamics Practitioner Training



The Chrysalis Effect

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## **FHT Accredited Family Dynamics Practitioner Training**

### **Overview of Course**

When a person becomes ill it affects everyone within the family in some shape or form. We know that incomes are reduced or lost, Jobs have to be given up to provide care, social life and holidays or anything fun comes to a halt. In ME, CFS and Fibromyalgia we also see families stuck with no understanding of how long this will continue. Families with a healthy dynamic can adapt and will bounce back. For others it can create a cascade effect that inhibits recovery. In many cases the illness has manifested as a direct result of family dysfunction or unhealthy family dynamics which have never been addressed.

This FHT accredited course will enable you to increase the scope of those you can help within your specialism. You will be able to offer a comprehensive support for family members and carers including partners, spouses, parents and siblings.

### **Module 1 - The Impact of Family Dynamics on Recovery**

- Long term illness and it's effect on relationships
- The scope and aims of a Family Dynamics Team
- The 'why and how' of selecting ideal clients for FD work
- Identifying and harness your strengths in the team

### **Module 2 - Addressing Embedded Family Patterns**

- Case study review
- Identifying categories of unhealthy dynamics
- Coaching creatively through the tough stuff'
- Integrating group and individual support for specific family members

### **Module 3 – Complex Primary and Secondary Fatigue**

- Case study review
- Knowing the difference between primary and secondary fatigue
- ACE, secrecy and childhood trauma
- Keys in dealing with parents of teens

### **Module 4 - Co-ordinating A Family Dynamics Programme**

- Case study 3 review
- Contracts - considerations and needs analysis
- The 'how to' of home visits
- The essentials of case conferencing
- The joy of breakthrough

**Completion Session Call with specialist mentor.**

**To Book Your Live or Fast Track Family Dynamics Training Go To:**

**<http://www.thechrysaliseffect.com/familydynamics>**