

## **Clinical Consultation and Supervision**

The Calgary Family Therapy Centre (CFTC) offers specialized clinical consultation and supervision services for professionals working with children, youth, and families facing complex emotional and behavioral mental health challenges. This training product is designed for clinicians seeking to deepen their practice through a systems-informed lens, particularly in cases involving high-risk behaviors such as suicidality, self-harm, aggression, and abuse—often sustained by intense interpersonal or family conflict.

Our consultation model is grounded in over 50 years of clinical experience and research at CFTC, where we integrate multiple practice-based and evidence-based family therapy approaches (e.g., bringforthist, structural, narrative, solution-focused, non-violent resistance) within a family systems framework

Participants will engage in consultation and/or supervision processes tailored to their level of experience and their context of practice. Consultation may be for individuals or groups of practitioners, and may be live or records-based, to better fit participants preferences, resources, and context of practice.

The training emphasizes collaborative learning and reflective practice, drawing on the collective expertise of our interdisciplinary team. The program also supports professionals navigating high-discrepancy family dynamics, offering guidance on maintaining neutrality, managing co-parenting tensions, and prioritizing child well-being without becoming entangled in adversarial dynamics

This offering is ideal for clinicians who want to:

- Enhance their capacity to work with high-conflict families.
- Receive expert feedback on complex cases.
- Strengthen their systemic thinking and intervention strategies.
- Participate in a learning community committed to ethical, culturally sensitive, and family-centered care.

## **Eligibility**

Trainees can include psychiatrists, psychiatric residents, medical students, clinical psychologists, social workers, counsellors, nurses, educators, or other practitioners working with children and youth. Training may occur at CFTC or elsewhere (extra transport fees may apply). Onsite facilities at CFTC have multiple interview rooms with two-way mirrors, intercom systems, sound and video setups for reflecting teams, and camera systems for recording sessions. Online consultation and supervision are available via CFTC's secure videoconferencing system.

## **Fees**

The fee for consultation or clinical supervision is \$235 per hour for sessions ranging from 1 to 5 hours. Special arrangements can be made for individuals or teams requiring more than 5 hours of consultation or supervision.