

# FROM THEORY TO PRACTICE: INTEGRATING FAMILY SYSTEMS AND SOLUTION-FOCUSED STRATEGIES FOR EFFECTIVE COUPLES COUNSELING

A Workshop with Patrick Norton, LPC, NCC



## A WORKSHOP FOR ALL MENTAL HEALTH PROFESSIONALS

This training event delves into the practical integration of Family Systems Theory and Solution-Focused Brief Therapy in the context of couples counseling. Through a comprehensive curriculum, attendees will explore the core principles and key concepts of both therapeutic approaches. The program is designed to equip professional counselors with hands-on strategies for seamlessly incorporating these theories into their practice. Learning objectives include understanding the foundational principles of Family Systems Theory and Solution-Focused Brief Therapy, gaining proficiency in their practical application, and enhancing therapeutic skills in fostering collaborative communication, facilitating change-focused conversations, and creating actionable goals with couples. This event is ideal for counselors seeking to elevate their expertise in couples counseling and broaden their therapeutic toolkit.

**HOMWOOD PUBLIC LIBRARY LARGE AUDITORIUM**  
1721 OXMOOR RD., BIRMINGHAM, AL 35209 (VIRTUAL OPTION  
AVAILABLE-ZOOM)

REGISTER: [laceyamoscounseling.com/workshops](https://laceyamoscounseling.com/workshops)

## WORKSHOP OBJECTIVES

- Participants will gain a comprehensive understanding of the fundamental principles of Family Systems Theory and Solution-Focused Brief Therapy, including key concepts, underlying assumptions, and their relevance to couples counseling.
- Attendees will learn how to effectively apply concepts from Family Systems Theory and Solution-Focused Brief Therapy in real-world couples counseling scenarios, incorporating these frameworks into their therapeutic practice for improved client outcomes.
- Participants will explore practical techniques for seamlessly integrating Family Systems and Solution-Focused strategies within the context of couples counseling. They will develop the ability to select and apply appropriate interventions based on specific couples' dynamics and presenting.
- By the end of the program, participants will have honed their therapeutic skills in fostering collaborative communication, facilitating change-focused conversations, and creating actionable goals with couples. They will be equipped with strategies to enhance the overall effectiveness of their couples counseling practice.

## PATRICK NORTON

Patrick Norton is a Licensed Professional Counselor (LPC) and is the owner of Apollo Counseling in Birmingham, AL. He has worked in an array of settings and environments dedicated to providing care and support to couples, children, and families since 2013. He currently focuses his clinical attention on working with individuals and couples experiencing difficulties in their relationships, wrestling with mental health concerns, or looking to create meaning and purpose in their lives. In addition to clinical work and managing his group practice, Patrick serves as an adjunct professor in the UAB Counselor Education Program teaching courses such as Introduction to Couples and Family Counseling, Advanced Techniques for Marriage, Couples, and Family Therapy, The Intersection of Family and Community Systems, Integrated Care, and supervising field experience for student internships.

**FRIDAY  
MAY 10, 2024**

**5 NBCC HOURS\*  
9:30AM-4:15PM**

**\$150 Early Registration Rate  
\$175 after May 3, 2024**



## PROGRAM PROVIDER: LACEY AMOS, M.A., ED.S.

Lacey Amos, M.A., Ed.S. is a Licensed Professional Counselor-Supervisor and the owner of Lacey Amos Counseling. She holds a B.A. in Journalism and Mass Communication from Samford University and began a career in mental health in 2006 after graduating from Louisiana State University. Lacey began administrating training programs in 2019 and enjoys offering quality programs to the mental health community.

### FOR MORE INFORMATION PLEASE CONTACT LACEY AMOS COUNSELING:

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From Theory to Practice: Integrating Family Systems and Solution-Focused Strategies for Effective Couples Counseling has been approved by NBCC for NBCC credit. Lacey Amos Counseling is solely responsible for all aspects of the program. NBCC Approval No. SP-4412.

\*Online Registration Only~ Personal Checks Not Accepted ~Full Credit Only (Partial Credit Not Available)\*