A Systemic Approach to Relational Financial Therapy

Content:
Couples and families in need often seek help from different professionals who work from the models of their own discipline. However, our lives and struggles are bound in the intersection of socio/cultural/historical/political contexts so that home environment, financial stability, physical and mental health, identities and our relationships are systemically connected. It is important to develop transdisciplinary approaches that work collaboratively and systemically to address health and wellbeing. A systemic model of financial therapy will be presented.

Methods:
Lectures, discussions, role plays, videos, using the internet, readings, and other experiential activities.

Competences and skills to be acquired:
1. Develop knowledge and skills of relational financial therapy.
2. Learn different models for working with professionals of other disciplines.
3. Consider how individual identity and values are shaped and challenged from social contexts and histories.
4. Learn about your own money scripts and do a cultural financial genogram of your own family.
5. Consider ethical implications when working with professionals of other disciplines.
6. Consider how the concept of sustainability applies to relational financial therapy.

Prerequisites:

Language of instruction: English

Recommended for: Social Studies