Relational Financial Therapy: A systemic approach working with families

Content:
This course will present the field of financial therapy. We will discuss how financial issues effects individuals, couples and families and how financial factors and relationship factors intersect to effect behaviors, values and beliefs. Skills for working with families will be presented. Students will also examine their own family history across generations as they do a money venogram. Aspects of culture, immigration, religion, social economic status will be discussed. Discussions will also be present on the current immigration issue and refugees in different countries and the impact this has on one's own life. Skills for working internationally and across different disciplines will be presented. Both theory and practice will be included, as well as critical theory in addressing neoliberalism. The ideas presented in this course will be from a systemic perspective. Students will learn about social determinants of health and how inequity of resources effects family well-being.

Methods:
Lecture, ppt, video, role-play, discussion, handouts, small and large group discussion, experiential activities.

Competences and skills to be acquired:
Students will:
1. Learn what relational financial therapy is
2. Learn how to apply relational financial therapy to clients
3. How to work with and collaborate with other professionals
4. Examine intergenerational patterns in their own lives and how their values and behaviors have been shaped by their family, culture and community.
5. Learn about social determinants of health and how this relates to financial therapy
6. Learn models for working with clients of different cultures and nationalities
7. Learn skills for addressing their own stress that may arise from clinical work
8. Learn about critical theory for addressing neoliberalism and how to view financial issues from other theoretical perspectives

Prerequisites:
None.

Language of instruction: English

Recommended for: Social Studies