



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center



Addressing Subsystems in Family Therapy: Spotlight on Sibling Relationships

Presented by Brittany Grimshaw Houghtlin, M.S.

Wednesday, July 10, 2024

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

No CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/VK7KXN6>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on July 9, 2024

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

Systems theory, a comprehensive approach to understanding family functioning, emphasizes the importance of the interdependent nature of subsystems within the unit. Families, in this context, are viewed as organized wholes (Cox & Paley, 2003). Among these interconnected subsystems, the sibling subsystem holds a unique position. The sibling bond, with its prevalence and enduring nature, has the potential to significantly influence overall well-being, both positively and negatively. This didactic training offers an overview of the importance of siblings throughout life, providing concrete ways of integrating and addressing sibling issues in therapy across diverse populations and settings, underscoring the enduring nature of the sibling bond.

Learning Objectives:

After completion of this presentation, participants will be able to name the following:

1. Describe the importance of sibling relationships for multiple domains of functioning, including cognitive, social, and emotional well-being.
2. Examine theoretical and clinical literature on integrating sibling issues in therapeutic practice.
3. Implement specific tools and techniques for clinical practice that allow siblings to be integrated into assessment, conceptualization, and treatment.

Presenter:



Brittany Grimshaw Houghtlin, MS, earned her bachelor's degree in Psychology at Texas A&M University and her master's degree from Nova Southeastern University (NSU). She is on track to graduate with her doctoral degree in Clinical Psychology from NSU in June 2024. Her training experiences have included working with several community-based agencies to serve children and their families in Miami, Broward, and Palm Beach Counties.

Ms. Houghtlin is currently a doctoral intern with the Palm Beach County Youth Services Department, where she provides therapy services, psychological evaluations, and outreach training for youth and their families within the county. In addition, she is working toward certification in Parent-Child Interaction Therapy (PCIT).

Ms. Houghtlin is passionate about presenting current psychological research to promote community collaboration, advocacy, and empowerment. Ms. Houghtlin has facilitated training throughout South Florida for teachers, parents, and youth on various trauma-informed mental health topics.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

**For information about other Education & Training Center trainings/workshops
and clinical services please visit our website at**

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
 - **Everyone** – All participants will see the message in their Chat pane.
 - **Organizer(s) only** – All organizers will see the message in their Chat pane.
 - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>