

**General Systems & Family Therapy: Theory and Practice**  
**Date 10.01.12**

This one-day workshop was an overview of the fundamental assumptions and ideas of general systems theory and the basic premises of theoretical orientations within family therapy. Participants were explored the application of course material to their work setting or training track. This course included an overview of the foundational concepts and approaches in marriage, couple, and family therapy (MCFT). It emphasized the history and trends in the field along with contemporary research and debates. A critical contextual understanding of how intersecting identities/social locations (e.g., race, class, gender, sexual orientation, abilities, nation of origin) and societal/global systems of privilege and oppression shape family well-being is emphasized throughout.

This workshop was led by Dr. Sebastian Perumbilly. He is a licensed marriage and family therapist (LMFT), and a clinical member of the American Association for Marriage and Family therapy (AAMFT). His clinical-work-experience includes working with individuals, couples and families. He has received specialized training in working with a wide range of clinical population, especially symptomatic adolescents, high conflict couples, and individuals and families struggling with substance abuse and addiction. His research focuses on multicultural and international research in marriage, couple, and family therapy (MCFT); treating substance abuse and addiction in the relational contexts of couples and families; treating substance abuse and addiction in collaboration with multidisciplinary teams of treatment professionals; exploring the voices of indigenous mental health professionals working in the field of addiction treatment in postcolonial settings; searching for the links between spirituality and psychotherapy; conceptualizing, planning and designing systemically-focused clinical assessment, treatment and prevention programs. Sebastian has taught previously at the University of Connecticut, and Seattle Pacific University. Currently, he is an assistant professor at the Department of Counseling Psychology at the Graduate School of Lewis & Clark College, Portland, Oregon. As a licensed clinician, he practices at the Samaritan Center of Puget Sound in Seattle, Washington. Sebastian received a master's degree in Bioethics from the Holy Apostles College and Seminary, Cromwell, Connecticut. His second master's degree and Ph.D. are in the field of Human Development & Family Studies (HDFS) with a focus on marriage and family therapy from the University of Connecticut.