

Vita for Dr. Thom Garfat
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EDUCATION:

PhD.: Child and Youth Care, University of Victoria, Victoria, B.C. Canada.
Master of Arts: Applied Clinical Psychology, Lakehead University, Thunder Bay, Ontario.
Bachelor of Arts: University of Victoria, Victoria, B.C.

PROFESSIONAL EXPERIENCE:

1994 - Present	Private Practice, Transformaction International. Focus on training, consultation, program development and systemic change.
1991 – 1994	Director of Treatment, Youth Horizons, Montreal, Quebec.
1981 – 1991	Director of Residential Services, Youth Horizons, Montreal, Quebec.
1978 – 1981	Associate Professor, University of Victoria, School of Child and Youth Care
1978 – 1981	Director, Pacific Centre for Human Development, a Community based Family Intervention Program, Victoria, B.C.
1972 – 1978	Child and Youth Care Worker, Reception and Diagnostic Centre, Victoria, B.C.
Miscellaneous	TransformAction International is the creator of the trainings ' <i>The Therapeutic Use of Daily Life Events</i> ' and ' <i>Outcomes that Matter</i> ' which are used worldwide by organizations engaged with troubled young people, and the families who care for them. Consultation projects have included redesigning youth services with the Cree of Northern Quebec, Reviews of Residential Services for Canadian Provinces, Program development in Ireland and Scotland, and staff training and consultation in various countries.

SELECTED PUBLICATIONS

Books:

- Garfat, T. & Fulcher, L. (Eds.), (2012). Child and Youth Care in Practice. Cape Town: Pretext
Garfat, T., Fulcher, L. & Digney, J. (2012). The Therapeutic Use of Daily Life Events: A Reader. Cape Town: Pretext.
Garfat, T. & Charles, G. (2011). A Guide to Developing Effective Child and Youth Care Practice with Families. Cape Town: Pretext.
Garfat, T. & McElwee, N. (2006). Developing Effective Interventions with Families: 2nd edition.. Cape Town: Pretext Publishing.
Garfat, T. & Gannon, B. (2005). A South African Approach to Child and Youth Care Practice. Cape Town: Pretext Publishing
Garfat, T. (Ed.) (2004). A Child and Youth Care Approach to Working with Families: New York: Haworth Press.
Garfat, T. (1998). The Effective Child and Youth Care Intervention. Published as a monograph by the Journal of Child and Youth Care, as Vol. 12 (1 & 2), 1 - 122.
Garfat, T. & McElwee, N. (2004). Developing Effective Interventions with Families. Cape Town: Pretext Publishing.
Fulcher, L. & Garfat, T. (2008). Quality Care in a Family Setting: a Practical Guide for Foster Carers. Cape Town: Pretext Publishing

Journal Editor

Senior Editor: Relational Child and Youth Care Practice. www.cyc-net.org/journals/rccycp.html
Co-Founder and Editor: International Child and Youth Care Network. www.cyc-net.org

Journal Articles/Related Publications:

Dr. Garfat has published over 200 articles, editorials, columns and chapters, including a regular column called *Twilight Reflections*, which are, in essence, stories from the field, in *Relational Child and Youth Care Practice*.

Speaker and Training Experience:

Dr. Garfat has been a frequent keynote speaker, and workshop facilitator, in various countries including Ireland, Scotland, the USA, South Africa, Australia, and Canada. He has worked extensively bringing the Circle of Courage training to the Cree of Northern Quebec and other Aboriginal Nations. Dr. Garfat's story-telling ability, humour, and solid grounding in helping children and their families make him a frequently requested speaker. His trainings for staff, supervisors and agencies are usually rated as among the best participants have experienced.

KEYNOTE TOPICS

Dr. Garfat speaks enthusiastically to the subject of 'how we are with others' whether those be youth, families, or the staff who work with them. His presentations involve numerous 'teaching stories' which capture, and invite reflection in, the audience. Recent keynote topics have included themes such as: Finding Courage; Becoming Effective in Helping; Connection and Commitment; Tales of Wonder in Working with Youth; Family Encounters; Our Responsibilities to Youth and Families; and Celebration Courage, Caring and Commitment. All presentations are created specifically for the specific audience and are normally rated as exceptional.

DAY LONG PRESENTATIONS

Reclaiming Youth at Risk

For thousands of years, Aboriginal cultures nourished respectful and courageous children without employing punitive discipline. Now, recent youth development research is revealing the essential elements in raising confident, caring children. Drawing on Dr. Martin Brokenleg's research the book, Reclaiming Youth at Risk, Dr. Thom Garfat presents information on the Circle of Courage which offers the concrete strategies of Belonging, Mastery, Independence, and Generosity for creating environments in which all young people can grow and flourish.

Involving Families Effectively

Too often, youth in care are separated from their families and as a result we, as caregivers, miss out on an important resource in helping the youth and family. But involving family members is not as simple as pre-planned visits and the occasional consultation for case planning. Real, and meaningful, involvement requires incorporating family values and beliefs into our approach. In this presentation Dr. Garfat identifies effective ways of involving families in our attempts to help troubled children and youth. This presentation can also be designed as a 'working session' for those agencies who wish to change their programs for greater involvement of family members.

Care-full Connections

While many people intervene to help troubled young people and their families, some are effective, and some are not. Some are experienced by young people as being caring, some are not. Based on his research into effective interventions with youth, Dr. Garfat will, during this one day presentation, highlight and explore the characteristics which have been shown to be effective in meaningful interventions with young people.

Bidding Carefully

Youth reach out to us all the time. And we, in our various roles, reach out to them. Sometimes we connect. Sometimes we do not. In this one day workshop, Dr. Garfat will explore and explain how we might be more successful in not only connecting, but also in intervening effectively, with youth. A framework for reaching-out to connect will be presented.

Effective Supervision in Direct Care Work

There is a direct connection between the quality of staff supervision and the quality of care delivered to young people and families in our programs. This training explores the characteristics of an approach to supervision based on the characteristics of effective direct care. In experiencing this approach to supervision staff not only feel supported in their work but actually learn, through experience, an effective approach to being with youth.

ABOUT THE PRESENTER

Dr. Thom Garfat grew up on the West Coast of Canada. His experiences as a young person, growing up ‘on the outskirts of town’ fuel his presentations, and his desire to make a difference in the lives of young people and their families. While Thom never graduated from High School, he eventually went on to obtain both a MA and a PhD in the areas of his passion. He was the Director of Treatment for one of Canada’s largest youth serving agencies, he taught individual intervention and family work at the University of Victoria and has, for the past 15 years, had his own private practice offering consultation and training to individuals, agencies and governments around the world. He is the Senior Editor of the journal *Relational Child and Youth Care Practice* and the *International Child and Youth Care Network*. He has published over 200 professional articles, a number of books and has made presentations and keynote addresses in a number of countries. His most recent books include *Child and Youth Care in Practice* with Leon Fulcher of New Zealand and *A Guide for Developing Effective Interventions with Families* with Grant Charles of Canada. Thom lives with Sylviane in Rosemere, Quebec.