



Palm Beach County
Board of County Commissioners

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



Addressing Subsystems in Family Therapy: Spotlight on Sibling Relationships

Presented by: Brittany Grimshaw, Psy.D.

Wednesday, April 22, 2026

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:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/XLC8YZW>

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 April 21, 2026

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:

At the conclusion of the training, participants will be able to:

- 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:



Dr. Brittany Grimshaw, PsyD is a clinical psychologist with a deep commitment to youth and family mental health. She earned her bachelor's degree in Psychology from Texas A&M University and completed her doctoral training in Clinical Psychology at Nova Southeastern University, where she developed her expertise in trauma-informed treatment and the intersection of mental health with broader community systems.

Dr. Brittany recently completed her postdoctoral fellowship with the Palm Beach County Youth Services Department, where she provided psychological services for youth and families and led interactive training programs for groups ranging from parents and educators to mental health professionals. Dedicated to expanding access to evidence-based mental health resources, she worked to strengthen support systems throughout South Florida.

Dr. Brittany is joining Therapy Dallas as a clinician, where she will continue offering psychological services and community outreach across the lifespan. She brings a passion for making mental health care accessible, practical, and responsive to the needs of diverse communities.

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.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2027).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

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](mailto:Cristal.Montepeque@pbcgov.org) 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