

Post Graduate Certificate in Systemic Practice (Child Focused)
The Institute of Family Therapy and University of Bedfordshire
Course Director Dr. Chip Chimera

I would like to say thank you to the Foundation for Professionals in Services to Adolescents (FPSA) for their contribution towards the funding of this course.

My aim at the start of the course was to increase my understanding and further develop my skills of applying systemic practice to my work with young people and their families. To help the young people improve the quality of their relationships with other members of their families and achieve better outcomes in their lives.

I believe that this course has helped me to achieve this goal as the systemic skills and techniques I learnt on the course have enhanced the quality of my practice as a Social Worker/ Systemic Practitioner with young people, their families, and the social support systems that they are a part of.

I have used my knowledge of systemic theory to help develop my understanding, the family's understanding and other professionals in the networks understanding of the reason why young people behave the way that they do. In addition to this, ensuring that the young person takes part in the decision making process around their care planning.

In addition to this, I have also used self reflexivity and **Social GRRRAACCEEESSS** to help increase my understanding around difference and how my **Social GRRRAACCEEESSS** may influence the lens through which I view the young person.

Some of the strategies that I have used to ensure that the young people are involved in the decision making process include 'open dialogue' meetings which is consent led and the young person chooses the people who they believe to be of a support to them, to attend the meeting. I have also used techniques such as 'taking about talking' and 'externalising the problem' during direct work with the young people to assist them with talking about their 'wishes and feelings'.

I would like to say again how grateful I am to FPSA for their financial support without which I would not been able to pursue this course. As a result of being able to complete this course I now have the opportunity to pursue training on MSC Systemic and Psychotherapy course in the future.

Michelle Rodgers
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