

D4 Intermediate Systemic course

The training course I am currently enrolled on is the D4 intermediate Systemic course at The Tavistock and Portman NHS Trust. The course's official title is 'Systemic approaches to working with individuals, families and organisations'. Intermediate refers to the second year on the course which then qualifies you with a 'Systemic Practitioner' qualification once the course is successfully completed. I am still currently enrolled and completing the course. The course finishes in June 2023 after commencing in October 2022. My name is I'shona and prior to this course my qualifications were my degree in Criminology and various certificates from other training I had received in the past. This course is the first form of higher educational learning I have engaged in since completing year one on the course (the foundation year) in 2020.

At present my current job role is as a Family Support Worker within a local authority additionally within the Safeguarding and Family Support service area also referred to as the Child Protection Service area. My current job role in combination with the Systemic course I am completing has, I feel has allowed a great experience because of the varied and extensive range of tasks and positions I hold as a Family Support Worker for Children's Services. My experience working alongside families and professional to provide some form of intervention, support, or care for the families I work with has helped me on this course. Due to the therapeutic/systemic nature of the course I must build healthy professional rapport and relationships with the clients I work alongside in order to provide somewhat of a therapeutic intervention whilst using this work as part of my learning as well as working on the families plan whilst they are open to Children's Services. I feel I have been fortunate enough to combine support work and intervention from a systemic and therapeutic lens. This in turn offers what some of my clients describe as 'therapy' when we discuss, identify, plan, and engage in conversations around creating better relationships, regardless of the context.

Part of the explanation of what the course is reads 'Systemic family therapy involves working therapeutically with individuals together with their families and/or significant others, enabling the use of individuals' relationships as a resource', this though is a brief overview it is key to understanding the concept or theoretical stance this course takes and is essentially led by. The focus on relational patterns, behaviour, trauma, changes and the extensive theoretical, research and knowledge-based evidence of the subject. With that being said the focus and disciplines within the subject/course I am enrolled on has been so helpful in my current role and for my future development and understanding of the subject, particularly if I wanted to continue in my development and career as a family therapist.

My experience whilst I am still enrolled on the course, has been that of a positive one – prior being on the course this year, I completed year one (the foundation year) in 2020. The course in 2020 was conducted all online due to the Covid-19 pandemic and the changes to social distancing and personal safety precautions, however this year, the course is in person, meaning I attend the institute once a week for the learning. I'm thoroughly enjoying this aspect of face-to-face learning and the course in itself.

The course has been so helpful and informative with my work alongside families and particularly children as I work in children's services. The theoretical concepts, ideas and knowledge I have gained and put into practical use alongside the families I support and work with, allowing me to learn as well as have a optimistic and constructive relational influence on the way the client and professionals interact. The learning and implementation of the practices and tools used in systemic

training has allowed me to strengthen my professional working relationships and a times position myself as separate entity, rather than a professional for children's services, which sometimes people hold very negative views about. In the event I successfully become a qualified Systemic Practitioner this course and qualification is required before proceeding with a master's degree as systemic psychotherapist. I'm thoroughly enjoying this course and would highly recommend anybody interested in Systemic Practice or even therapy to enrol. The personal and professional development and self-growth I have experienced, through reflecting, learning and applying the concepts and theoretical ideas in a professional and personal context has been invaluable. I'm grateful FSPA blessed me with funding to continue my systemic journey and career growth.