

## **Report from Grant Recipient from Foundation PSA**

### **Advanced Diploma for Systemic Supervision training, in association with Birmingham Women's and Children's NHS Foundation Trust and accredited by the Association of Family Therapy (AFT).**

The advance diploma is a year part-time course, with hybrid teaching (face to face sessions in Parkview Clinic and virtual meetings). It encompasses a total of 270 hours (180 hours of personal study, and 90 hours of academic contact time) as well as 80 hours of supervision given by the course member, and 15 hours of live supervision received from course tutors, and/or other systemic supervisors. On completion entitles systemic family therapists to be accepted for the AFT Approved Supervisor List, and now incorporated in the UKCP Supervisor Register. I completed the diploma in December 2023.

I am a qualified Systemic Family Therapist, I have a senior position within a CAMHS Tier 3 service, seeing children and young people between 5 to 18 years old with moderate to severe mental health difficulties, where there are family dynamics that maintain the symptomatic behaviour and their level of distress. The training assisted my responsibility in supporting junior staff in terms of their direct work with children and young people, and in developing their systemic skills and their ability to formulate complex cases.

The course comprises and evolves through 4 components known as STEPS: Self- in-Context; Theory; Ethics; Practices of Supervision. The learning outcomes of each STEPS component are specified by the Association for Family Therapy's Red Book (2017) for accredited supervision courses. The course was facilitated by leading systemic thinkers John Burnham and Rubina Singh and having key guest speakers such as Vikki Reynolds.

I found the training a necessary step in developing my systemic skills, it helped me grew not only as a therapist but as a supervisor. The course enhanced my theoretical knowledge, as well as research based to guide clinical interventions. I am better positioned and equipped to supervise clinicians from different backgrounds, not only family therapists. In a service that is constantly evolving, it means staff will be supported in their professional development and clinical work, and I have the skills to adjust and respond to their needs. Given the kind of complexity seen in the service, it often means the children and adolescents are resistant to first line treatments (mainly CBT) or individual approaches, and there is need for more holistic and systemic interventions. The course helped me in setting up regular training for junior staff to develop their ability to undertake interventions with families and formulate cases within a systemic focus.