

Intermediate Certificate in Systemic Practice with Families and Couples

I am writing to express my heartfelt gratitude for the funding that allowed me to attend the Intermediate Certificate in Systemic Practice with Families and Couples at the Institute of Family Therapy. This intensive course, which began in 2023 and completed in June 2024, has been instrumental in my professional development.

During the course, I achieved an average grade of B- in my assignments and an A- in my final presentation. I am eagerly awaiting my final grade but am confident in the skills and knowledge I have acquired. I will qualify as a Systemic Practitioner.

The training has significantly enhanced my capabilities as a Consultant Clinical Social Worker. It has improved my confidence both personally and professionally, allowing me to adopt a more dynamic approach when working with young people and families. By integrating past courses and learnings with new insights from this program, I can provide more confident, effective and holistic interventions.

The intermediate certificate course built on the previous foundation systemic course, delving deeper into systemic theoretical practices and their application with various client groups. A critical component of the course was the 60 hours of systemic practice with families of at least two generations. This practical experience was particularly valuable in my work context, enabling me to offer family sessions, comprehensive assessments, and consultations with broader networks. This holistic approach has proven crucial in addressing the complex and enduring mental health conditions of young people, often intertwined with family issues.

The course also emphasised the importance of understanding relational patterns, generational trauma, and evidence-based knowledge. We explored the concept of Social GRRAAACCEEESS (Gender, Geography, Race, Religion, Age, Ability, Appearance, Class, Culture, Ethnicity, Education, Sexuality, and Spirituality) in relation to our diversity and that of the families and systems we work with.

This transformative experience has reshaped my perspective on power dynamics and societal influences in therapeutic settings. Inspired by this course, I have decided to pursue a master's degree and have secured a place in the Institute of Family Therapy's Qualifying Year Program to become a fully qualified Systemic Psychotherapist.

Thank you once again for the financial support that made this invaluable professional development opportunity possible. I am eager to apply these enhanced skills and knowledge to benefit the families and young people I work with.