

## **Intermediate Level Family Therapy and Systemic Practice**

I received funding from the FPSA to complete the Intermediate Level Family Therapy and Systemic Practice course run by Birmingham Women and Children's NHS Trust. I had completed the Foundation Level course the previous year (self-funded) and could not have undertaken the Intermediate year without the support of the FPSA, for which I am very grateful.

### **Overview of the course**

The course involves 15 teaching days on topics including ethics and power, convening and engaging, action techniques, consultation and supervision and endings. The teaching days incorporated reading seminars facilitated by each of the course participants. The teaching days included both didactic teaching, experiential learning and discussion of real case material brought by course participants. Each of the teaching days had pre-session reading material, typically 3-4 journal articles or book chapters, to which the day's discussions were linked. Alongside the taught element, I was required to undertake at least 60 hours of supervised systemic clinical practice, which was supervised in 10 x 1-hour clinical supervision sessions. Lastly, the course requirements included academic assessment via three 2000-word assignments and a detailed portfolio of notes from the reading, teaching sessions and supervision.

### **Impact on my Practice**

I have gained a huge amount from this course. The reading and teaching sessions greatly enhance my knowledge and understanding of systemic theories and practice. The experiential aspects of the teaching sessions (roleplays etc), discussion in supervision and observations of my clinical practice have greatly helped to develop my application of theory to practice. I have been lead practitioner with some of the families in our Family Therapy Clinic and have notably more skill and confidence in conducting these sessions as a result of undertaking this course. I have also added to my repertoire of therapeutic techniques which I can use both in the family clinic and in my wider practice with adolescents and their families. I believe I have also been able to share some of my learning with the wider team via supervision and consultation offered to colleagues, as well as more general team discussions.