

## **Intermediate certificate in Systemic Practice**

A huge thank you to the FPSA for supporting me with some of the course fees for the Intermediate in Systemic Practice which I have recently successfully completed at The University of Leeds.

I am employed as a Children's and Families Worker for a Local Authority. The Local Authority Children's and families directorate and is embedding Systemic principles within the Early Help Strategy. After completing the Foundation certificate in Systemic practice my desire to pursue with my Systemic journey was ignited.

The Intermediate course was for a period of twelve months part time. The content builds on the Foundation year focussing on theory and practice in Systemic family therapy. Teaching was a combination of lectures, seminars, practical hours and skills practice.

The course is aimed at working with families in clinical settings however applies to multidisciplinary wider contexts. I have gained more in-depth knowledge and understanding of Systemic theory including the various approach, methods and techniques. The intention of systemic practice is to facilitate sustainable change. I have become a more reflective and reflexive practitioner, acknowledging cultural and wider influences to my practice with families. This awareness has enabled me to adapt my practice accordingly.

I have thoroughly enjoyed the training and am planning to continue with my systemic journey and will be studying the Masters in Family Therapy in September.