

Systemic Therapy – Intermediate level

Venue : Birmingham MAC centre – Fortnightly attendance October 2019 – July 2020

I wanted to write this report to give my thanks to the FPSA for supporting me to complete the Intermediate level course in Systemic therapy. Without their backing I would not have been able to finish this course, so I am really grateful this fund exists. At present I am a mental health nurse within the Level 3 CAMHS team.

I completed the Foundation year in Systemic therapy at Bath, and the Intermediate year at Birmingham. Both courses were a year, and the Intermediate course was fortnightly at the Midlands Art Centre. I started the course in October 2019, then Covid happened! As a group we decided if we wanted to carry on with our course via an online platform. The course leads were fab in adapting this new way of working. We would have a seminar morning with the recommended reading, and each pair of students would plan the activities for the group. This practical experience of teaching others has helped me so much with my confidence in systemic theories, approaches and techniques. It has also given me some experience in working more systemically with professional networks where you can appreciate both rather than having to focus on one or the other. In the afternoon we would use the theme of the day to think about case studies from our jobs. Some of subjects covered comprised of therapeutic letter writing, working with statutory responsibilities, action techniques and making meaning.

There were lots of different professions on the course, which allowed a richness of social difference and similarities. One of the concepts used in the course are social graces – which include, education, race, culture, ability, ethnicity, religion. The diversity in the group allowed us to explore in a live way, our social graces which might be visible or invisible to others. Some of these graces are voiced or unvoiced and contribute very much to how we respond and how families respond to us.

I would highly recommend this course to anyone; it has definitely opened my eyes to a very different way of working. I always knew how important it was to include families rather than working solely with the young person. I will also use systemic working in my career whether this is with young people, or adults as people don't often live in isolation without others. The course also allows significant amount of self reflection and for you to consider your influence on others.

Thank you so much to the FPSA again for giving me the chance to gain the qualification of Systemic Practitioner that I will appreciate for years to come.