

Association for Family Therapy Conference

Wide Open Spaces: Working creatively and staying connected.

14th – 16th September 2017: Hilton Dunblane Hydro Hotel, Dunblane, Scotland.

Dear FPSA trustees

I would like to take this opportunity to thank you very much for supporting me to attend this course by providing the funding. This course enabled me to complete my CPD (continuing professional development) requirements for the year, as a registered Family and Systemic Psychotherapist.

I work with adolescents with severe mental health problems in an inpatient hospital. The job can be very demanding and requires many skills, as the patient group has complex needs and treatment plans. It is important to stay connected with other Family and Systemic Psychotherapists to share ideas and increase support networks so that we can continue to provide the best quality care and treatment for our patients.

During the conference I attended many workshops, such as; 'Using social networks for good not evil' by Lisa Thomson, 'Communication without words' by Bhawna Bharada, 'Connecting Altogether' by Arlene Vetere, Peter Rober, Ben Furman and Jim Wilson, and 'A gulf of misunderstanding' by Reenee Singh, Lisa Fellin and Valeria Ugazio. I also presented a workshop with some of my peers from a supervision course (see pictures below). This was a great experience and I was able to show off my Super-Vision Bird outfit and ideas for supervision when faced with sticky moments!



1.30 - 2.45

Susan Benbow, Sara Dauncey, Parveen Ghajminger, Gill Wallis, Abi Washington
members of the 2015-2016 cohort, Birmingham Diploma in Systemic Supervision

Sticky moments in supervision. Wading through treacle and making toffee together.

We are presenting as a group of peers who have been undertaking the Birmingham Diploma in Systemic Supervision over the past 12 months and developing as systemic supervisors. During that time there have been sticky moments for each of us and, at times, our journey has felt like wading through treacle. We have learned that, despite this, there is goodness in stickiness and together we can make toffee!

Our aims in the workshop will be: • To facilitate reflection on sticky moments in supervision – we hope to encourage participants to share some of their sticky experiences • To experiment with creative ways of addressing them that we have found to be helpful in our own practice.

Our own difficulties in supervision have included: • Attempting non-hierarchical supervision • Being an outsider to the agency.

In the workshop we will share some (but not all) of the creative ways that we have negotiated these sticky moments: • The super-vision bird • Super (vision) heroes • The only way is ethics • Speed supervision.



Supervision is vital for this work to ensure that we look after ourselves, and to provide safe, ethical and effective practice.

From attending this conference it has enhanced my practice by giving me more confidence in my work, increased my techniques and ideas, and it has provided me with new research and theory to think about and how I might apply them to my area of work. Additionally the experience injected a surge of enthusiasm and creativity into my work, which I hope transferred onto my colleagues and families who I work with.

With many thanks, Abigail Washington (Abi), Family and Systemic Psychotherapist.

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