

Systemic Practice Training Course – Intermediate Level
Course Director: Amy Urry, Family Psychotherapist and Supervisor
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Thank you to the Foundation for Professionals in Services to Adolescents for their contribution towards the funding of this course. It has proved to be an insightful, supportive and inspiring training programme which has run over a period of 9 months.

The course itself runs both Foundation Level and Intermediate Level training and provides a pathway onto the MSc Family Psychotherapy 2 year training programme run by Exeter University.

I have focused on specific areas of systemic practice such as Narrative Therapy and gained more perspective on how ‘externalising’ conversations with adolescents can lead to freeing ways of managing difficulties and forming identity (Michael White and David Epston (1990) ‘Narrative Means to Therapeutic Ends’ - Norton Publishing).

Maintaining a view of the adolescent within their family system and wider systems has helped to understand the layers of expectations, beliefs and assumptions that build up around a young person. Psychologist and Psychoanalyst Erik Erikson’s (1960s) theory of development describes the life stage of adolescence as a psychosocial crisis of ‘identity versus role confusion’ and this helps to understand where young people are in their own development as well as within their family life cycle and transitional family life stage.

Working within Child and Adolescent Mental Health Services as a Mental Health Nurse means that I am working with different networks and systems all the time – schools, paediatrics, youth support services, drug and alcohol services, social care networks. To understand how we work together systemically as teams around young people helps to encourage open ways of working.

I hope to continue with my training and develop more confidence in systemic practice. Thank you for enabling this opportunity to take place.

Charlotte Marston
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