



## **INTERMEDIATE LEVEL DIPLOMA COURSE IN FAMILY FOCUSED PRACTICE USING APPLIED SYSTEMIC THEORY**

### **Introduction**

This is an Intermediate level training course in family focused practice using applied systemic theory. It is a post-graduate level course accredited by the Association of Family Therapy and Systemic Practice (AFT). The course is delivered over one academic year and offers a pathway for progression to the qualifying course for students wishing to embark on a career in family therapy.

### **Rationale for the Course**

Practitioners working with family groups and couples need to develop skills and techniques that would enable them to create a safe space in the room for everyone to express his/her thoughts and views. They need an awareness of the feelings and emotions that can be evoked in conversational exchanges and how to manage themselves and anyone who may be distressed or feel anxious or provoked by the experience.

Systemic thinking and many of the techniques and skills taught within this approach offer professionals tools and resources that can provide them with ways of interacting in the many complex situations involving people in communication with one another. Skills such as hypothesising, asking questions and giving active consideration to how you might position yourself and other people when trying to reach an understanding of what is happening and a decision about what action you might take.

### **Aims of the Course**

The course aims to facilitate your ability to link the theory you will be learning to your practice in your own work situation. To develop your ability to be self-reflective and your sense of personal and professional identity.

During this intermediate year you will be helped to:

1. Consolidate learning from the foundation year of your course.
2. Develop your knowledge and abilities to apply systemic skills and techniques in a range of contexts.
3. Build a platform from which to proceed to the clinical years that comprise the 2 years Masters course.

## **Course Curriculum**

The curriculum will provide:

1. Knowledge of theories underpinning systemic family practice and their application to specific areas of work.
2. Opportunities to develop critical reading and knowledge of the theoretical and research literature relating to systemic family practice.
3. Opportunities to develop abilities to integrate the core principles of systemic family practice in the context of a therapeutic relationship with at least one client group; formulate a therapeutic plan; carry out systemic interventions and manage therapeutic endings.
4. Opportunities to develop a self-reflexive and ethical approach to systemic work while considering and exploring the Social GRRAACCES (gender, race, religion, (dis)abilities, age, culture, class, ethnicity and sexual orientation and their contextual influence in the assessment and intervention process.
5. Opportunities to develop abilities to work systemically taking into account evidence based systemic practice models.
6. Opportunities to develop sound foundations of systemic knowledge and practice for those students wishing to undertake Qualifying Level and further training.

## **Learning outcomes:**

On completion of the course you will be able to:

1. Demonstrate an understanding of a range of theories from systemic practice and family therapy including theories of change and main interventions in current systemic practice.
2. Critically discuss issues of power and difference in all aspects of systemic practice and describe responses to these issues informed by the AFT code of Ethics and Practice.
3. Articulate the theoretical basis, research and evidence base for systemic practice in your current professional practice.
4. Effectively use supervision and take a reflective and pro-active approach to personal learning.
5. Have a basic understanding of at least one manualised evidence based approach and the principles of its application to practice.

## **Methods of Assessment**

You will demonstrate your ability to meet the above learning objectives in the completion of assessed and non-assessed tasks.

Non assessed tasks: (1) explore stories of your identity in the context of family and cultural stories

(2) undertake a written analysis of a section of transcript taken from your work with a family;

(3) undertake 60 hours clinical work with families in your work setting or placement which must be recorded in a clinical log, signed and dated by your supervisor.

(4) attend the ten hours group supervision provided by the course on work with families from your placement setting This must be recorded on DVD or audio.

(5) Learning portfolio

Assessed tasks: (a) a case study (written)

(b) a 30 minutes viva examination comprising a five (5) minute DVD presentation of their work with a family

## **Teaching methods:**

- Lectures/ workshops/seminars
- Use of pre- recorded materials (egDVD/videos) to stimulate discussion and Practice
- Role play
- Case discussions

## **Length and Structure of the Course**

The course is taught on Wednesday evenings. It runs over 3 terms from October to July. You will be expected to attend between 5.15pm – 8.30pm fortnightly. Attendance is also required on 5 days (11.00am – 5.00pm). Two of these days will be dedicated to supervision on your recorded practice recorded. In addition you will be expected to attend a half-day plenary event held on a Saturday. This is an opportunity to join with foundation year students in a workshop run by a guest presenter.

The course offers 66 hours of face-to-face teaching which will be in small and large groups plus 10 hours of clinical group supervision and one hour individual tutorial time.

You must complete 60 hours of clinical therapeutic practice which can be undertaken in your place of work or in a separately arranged placement. You should allow yourself a further 240 hours independent study time in order read and to produce the assignments required to successfully complete the course.

Once enrolled on the course will have access to the reading material in the course handbook though the student portal on the Chiron website and registration with the Tavistock library.

### **Entry Requirements**

The course takes a maximum of 8 students each year.

In order to become a student on this course you need to:

1. Have a qualification or training and experience in social work, nursing, youth work, teaching, psychology or other health care profession;
2. Have completed an AFT accredited foundation level course; If you have not completed an accredited course or, completed a course more than 5 years ago you can take the **Accreditation of Prior Experiential Learning (APEL)** route to demonstrate their eligibility.
3. Have arranged a placement where you will be able to complete 60 hours of therapeutic work with families and be supervised. Ideally, this will be with a qualified systemic psychotherapist. This can be in your place of work or in a separate placement. You will be asked to provide evidence of this before being offered a place on the course.
4. Have current clearance from the Disclosure and Barring Service (DBS) to work with vulnerable groups and children. You will be asked to show proof of this before being offered a place on the course
5. Have an appropriate level of insurance. You will be asked to show proof of this before being offered a place on the course.
6. Provide two references; one of which should be written by a qualified UKCP registered Family & Systemic Psychotherapist able to comment on your current practice.

### **Fees**

The course fee is: £2900. Arrangements can be made for this to be paid in installments. Payments by installment will incur additional charges.

Applications forms should be accompanied by a non-refundable administration fee of £50.

**Closing date for applications 30th June 2021**