

## **Intermediate- Systemic practice Training Programme, Devon**

**Aim:** The course was designed to improve the skills and practice of Attendees involved in Family Based Therapy.

**What the course involved:** The course involved twelve one day sessions as well as home work tasks, consulting partnership tasks, case consultation with a qualified family therapist, 60 hours of supervised practice within a systemic clinic, two written assignments and a final portfolio outlining personal and professional reflections as well as evidence of professional development.

### **Achieved objectives at the end of the course:**

At the end of course I now feel I have the ability to evaluate systemic theory and critically evaluate and explore the application of this theory in relation to my practice. I have developed my systemic skills which has built my confidence as a systemic practitioner and have reflected on my personal and professional values when developing my systemic approach. I have considered the difference and similarities between systemic approaches and their strengths and restraints in relation to anti-discriminatory, anti-oppressive practice. My Systemic training has developed my understanding of how my own experiences contribute to my own work with families.

### **Effects on Practice:**

Following attendance of this course, I now assist the Family Therapy team when supporting children, young people and their families with a variety of mental health difficulties. This course has allowed me to develop my systemic skills and knowledge base which has essentially allowed me to work creatively with families and their goals for the future. Additionally this course has supported my work as a multi-agency professional which is essential when working with children and adolescents. Often as professionals we may overlook the ‘meaning’ behind the young persons ‘behaviour’. This course has allowed me to support families in understanding the meaning behind behaviour and offer support and consultation to other multi-disciplinary professionals to help them understand the importance of not pathologising the child. This course has inspired me to continue to develop my skills in systemic practice so I can gain a deeper understanding and enhance my practice skills when support young people and their mental health.

**Thank you for the support.**