

Systemic Practice Training Programme, Devon, 2013
Intermediate Level

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Systemic practice can be conceived as the following:

- 1) The client is considered within context: e.g. of his or her past and present family, his or her past and present team or organisation, of his or her socio-political and socio-economic setting, and of his or her community.
- 2) Issues are seen as created and maintained by patterns of interrelationships, rather than caused in a linear way.
- 3) Systemic work focuses on communication and behaviour patterns.
- 4) Issues are viewed from a life cycle, or historical, perspective.
- 5) Resources for effective change are embedded within the context of every individual.

I have explored the key models of systemic practice and developed an ability to evaluate theory critically and to explore ideas and their application to different families.

Similarly, I have worked with an array of clinical skills and techniques, both in the classroom, community clinics and Family Therapy service. I have been able to develop and extend my repertoire of clinical competencies. As part of this process, I am now familiar with the Association of Family Therapy code of ethics and have worked to their guidelines including the use of supervision.

Part of the course has required me to consider how my personal experience of family and systems both strengthens and challenges my abilities as a practitioner. This development in self-reflexivity benefits my clients.

Finally, I am now able to practice as a Co- Therapist within the Family Therapy service of the CAMHS service in which, I am employed. Importantly, this increases the capacity of our service to offer family therapy to clients in community clinics located in small rural towns. Many of our clients do not have access to a car, and public transport is so limited, that to be able to locate a service in an accessible centre is key to clients being able to change. This has benefit for them and the communities of which they are part.