

Report on the Post Graduate Certificate in Systemic Practice, Intermediate Level.

On behalf of myself and the Family Drug & Alcohol Court Team I would like to thank the Association for Professionals in Services for Adolescents for their very kind donation towards the cost of my training in the Post Graduate Certificate in Systemic Practice, Intermediate Level.

Course structure and content

The aim of this course is to consolidate theoretical and clinical skills from the Introductory Year as well as the understanding of the use of self in practice.

The course covers:

- Theory and methods of intervention
- Different applications of systemic practice
- Personal development of the practitioner
- Anti oppressive practice

The course was run over 3 terms with weekly small groups allowing a space to explore issues and concentrate on skills development. These groups were made up of professionals from a wide range of multi disciplinary backgrounds. There was also 7 whole day plenary sessions.

How I found the Course and how it has benefitted my practice

Participating on this course gave me the opportunity to develop my understanding of family therapy approaches and their underlying philosophical roots and apply these theories to practice in my current role. I work with families, children and young people exposed to substance misuse. Developing my systemic thinking has allowed me to support families to explore alternative or different stories about their lives.

The course had strong emphasis on reflexive practice. This allowed me to reflect on my practice and consider my use of self in. For example, being aware of my own cultural influences and how these might impact on how I work with families. I found this both challenging and thought provoking.

Completing this year has given me a new confidence in my practice and has inspired me to continue developing my systemic skills. I have successfully gained a place on the MSc programme in Systemic and Family Therapy and I look forward to beginning this in October this year.

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