

**Prudence Skynner**  
**Family & Couple Therapy Clinic**



**Systemic and Family Psychotherapy Training**  
**Foundation Level: Working with Families and other systems**

This course is an introduction to working with families, couples and other systems. Applicants are invited from members of the health and social care professions including education, psychology, psychiatry, nursing, social work etc. who are interested in developing their knowledge around the foundations of Systemic Family Psychotherapy and their skills in working with people as part of their wider system and networks.

The course is accredited by the Association for Family Therapy and Systemic Practice (AFT). It can be taken as a stand-alone course and is also the first year of a four-year training leading to a MSc degree in Systemic Psychotherapy.

Consideration of social context is an important part of Systemic Practice, and the course pays particular attention to the impact of ethnicity, race, culture, spiritual belief, class, gender, and disability in the development of belief systems and identities. It asks participants to reflect on the links between their personal and professional beliefs and lives.

**Course Structure and Length**

The course is held over a 72-hour period from January to mid-July. This is made up of sixteen 3-hour online sessions (5-8pm) and four 6-hour sessions (1-7pm) held face to face at premises near the Prudence Skynner clinic. This is subject to changes on the AFT and Trust Covid guidance.

**Programme**

- Therapeutic Relationship and Engagement
- Systemic Assessment
- Communication Patterns
- Structural Approaches
- Solution Focused Approaches
- Milan Approaches
- Narrative Approaches
- Dialogical Approaches
- Post Modern Approaches
- Evidence Based Practice
- Systemic Interviewing
- Family life cycle and transitions
- Ethnicity and Identity
- Genograms
- Attachment Narratives and Family Scripts

**Requirements**

There are various forms of assessment:

- 1<sup>st</sup> Assignment (formative) 1,500 words: case study (due Mid March approx.)
- 2<sup>nd</sup> Assignment 2,500 words: theory to practice (Due end of May approx.)
- Oral Presentation
- Portfolio of learning – Module Learning Logs & reflective account

**Attendance & Study Hours**

There is an 80% minimum attendance requirement. Students are required to complete 120 hours of individual study outside of the course which includes the course's essential and recommended reading list (e.g., average 2 articles per session).

**Teaching**

All trainers are UKCP registered Systemic and Family Psychotherapists with a wealth of theoretical and practice-based knowledge and experience. We use a variety of didactic and experiential methods, e.g., multimedia presentations, small group activities, reflective practice and case consultation/supervision groups.

**Applications**

Application form and one reference. Applicants will be contacted by the course tutors for an informal conversation. Places are limited and may be offered on a first come first served basis. The closing date for applications is Tuesday 1<sup>st</sup> November 2022.

**Fee**

The course fee is £2,400. We have kept our fees competitively low recognising the ongoing impact of the pandemic and the nationwide increase in cost of living.

**For further details or an application form please visit our website:**

<http://www.swlstg.nhs.uk/education-and-training/familytherapy>

or contact Heleni Andreadi (Courses Director) Stefania Zanelli-Cook or Ashlee Bowen (Course Administrators) on **020 3513 6195**

or email: [ftcourses@swlstg.nhs.uk](mailto:ftcourses@swlstg.nhs.uk)

Trust employees please check InSite, Family Therapy Training