



Preventing family breakdown  
Enhancing family strengths

# Training Prospectus 2019-2020

Preventing family breakdown  
Enhancing family strengths

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# THE INSTITUTE OF FAMILY THERAPY

**President:** Yasmin Alibhai-Brown, MPhil

**Chair of Council:** Kate Waters, RMN, BSc (Hons) , MSc

**Director:** Dr Barbara McKay, BA (Hons), MSc/CQSW, MSc, MA, DPsych

**Director of Advanced Clinical Training:** Judy Gray, MPhil, MSc, B(Soc) Sc, CQSW

**Director of the Centre for Child Studies:** Dr Chip Chimera, Prof Doc, MSc, CQSW

**Senior Lecturer:** Simon Shattock, BA, Dip SW, PGDip, MSc, PGCert CYIAPT.

**Course Chair for Certificate and Postgraduate Studies:** Hendrix Hammond, MSc

The Institute of Family Therapy (IFT) is a charitable independent body established in 1977. It is the largest organisation of its kind in the UK and has established a national and international reputation for its work. For over 40 years, the Institute has been involved in helping to prevent family breakdown and to enhance family strengths through:

- Therapy and counselling for children, families and couples;
- Training opportunities, from one day workshops and conferences to extended courses;
- An extensive agency based training portfolio delivered to social care agencies throughout the UK;
- Consultation to professionals and organisations.

## Why choose IFT for your systemic training?

The Institute of Family Therapy is the premier independent organisation focusing specifically on the development of systemic practice in the UK. We have been leaders in the field for over 40 years and have pioneered much of the practice and research development in family therapy. In addition to our solid foundation training, we are unique in the country in having the only Child Focused Systemic Practice course which focuses specifically on the meaningful engagement of children in family work.

At this time of uncertainty and radical changes in our society the skills and theoretical ideas taught in systemic practice are more important than ever. They have wide application and will enhance your ability to work creatively in complex, challenging and unusual situations. Applications of systemic practice are widely used in health, social care and voluntary settings.

You will get:

- A solid set of tools and theories with immediate practical applicability;
- Strong tutorial support;
- A supportive training group;
- A training accredited by the Association for Family Therapy and therefore portable to further training.

You will also develop unique thinking in relation to how you approach your own work and practice. Many participants who have completed the course comment on the profound changes they have undergone in the way they view the world as a result of doing it.

# THE FOUR YEAR TRAINING PROGRAMME

The Institute offers a four year training programme. The intermediate year and Masters are in association with the University of Bedfordshire. All long-term training is organised on a part-time basis to allow individuals to participate with minimum disruption in their work setting.

Each stage of training may be followed as a self-contained module. Trainees are, however, required to apply for a place at each of the stages of training, and selection is competitive. Depending on professional qualifications and experience, it is not always necessary to enter the training at the introductory level, although equivalent prior training would need to be demonstrated via the Institute's RPEL procedure (recognition of prior experience and learning).

It is recognised that some trainees may not wish to complete a full clinical training. They may wish instead to learn and utilise systemic skills in order to enhance and complement their present way of working rather than to train to become registered as a systemic psychotherapist. Thus, in line with a distinction made by the Association for Family Therapy and Systemic Practice (AFT), the training in Years 1 and 2 enables professionals to develop their ideas and skills in systemic practice. Following successful completion of the Intermediate Training participants are entitled to use the appellation Systemic Practitioner.

Years 3 and 4 lead to the award of an MSc in Family and Systemic Psychotherapy. This award enables the holder to apply for registration as a psychotherapist with the United Kingdom Council for Psychotherapy.

## United Kingdom Council for Psychotherapy

The Institute of Family Therapy is a member organisation of the United Kingdom Council for Psychotherapy (UKCP) and graduates of the four year training programme can register with the UKCP in the Systemic College, subject to fulfilment of the required supervision, and participation in continued professional development.

## Prior Training Requirements – Training in Family & Systemic Psychotherapy

The Institute's four year training programme is accredited with AFT (Association for Family Therapy and Systemic Practice). AFT require any candidate for the qualifying training (i.e. the MSc in Family & Systemic Psychotherapy) to have a first degree or evidence of ability to study at a postgraduate level; have successfully completed the foundation and intermediate years of training (or equivalent); and have a prior professional qualification, or equivalent, and some clinical experience (though some may have undertaken their professional training as part of their degree).

Therefore, if your intention is to pursue your training to the MSc level, you must be aware that a prior professional qualification, or evidence of equivalence, will be a requirement for entry.

This is to ensure that those training as Family & Systemic Psychotherapists have sufficient knowledge, skills and experience prior to their training in Family & Systemic Psychotherapy to enable them to practice in a range of settings.

Relevant prior professional qualifications:

- Psychology – Clinical Psychology, Educational Psychology and Counselling Psychology
- Social Work
- Psychiatry and other medical specialities
- Teaching – where individuals have had substantial experience working with pupils and families in a counselling capacity
- Health Nursing – Mental health nursing and other nursing specialities which require counselling skills
- Arts Therapists (Art, Dance and Movement and Music Therapists), qualified and registered with the Health Professions Council
- Counselling – three year minimum training, full BACP accredited membership and experience in the public or voluntary sector
- Occupational Therapy – qualified and registered with the Health Professions Council
- Speech and Language Therapy – qualified and registered with the Health Professions Council

## OPEN EVENINGS

The Institute will be holding an Open Evening where members of the teaching faculty will be available to meet those interested in training with IFT.

The Open Evening will be held at the Institute from 6.00pm – 8.30pm on:

- Thursday, February 28th, 6.15pm
- Tuesday, April 16th, 6.00pm

Please check our website for further details: [www.ift.org.uk](http://www.ift.org.uk)

## THE INSTITUTE OF FAMILY THERAPY IN ASSOCIATION WITH THE UNIVERSITY OF BEDFORDSHIRE

The Postgraduate Certificate and MSc are validated with the University of Bedfordshire. IFT's courses are located within the Department of Applied Social Studies which also houses social work and nursing training. The University has a good reputation for practice training amongst the professions and also has an excellent record in research in these areas. It is also familiar with systemic courses, having been the validating partner for other systemic courses in the past.

Learn more about the University of Bedfordshire at [www.beds.ac.uk](http://www.beds.ac.uk) where you will find general information as well as details of research activity in Applied Social Sciences.

# CERTIFICATE IN SYSTEMIC PRACTICE YEAR 1 INTRODUCTORY

## (FAMILIES AND COUPLES or CHILD FOCUSED)

The Certificate is offered to a wide range of students of varying academic backgrounds.

It is accredited as a foundation level course by the Association for Family Therapy and Systemic Practice (AFT).

The course is constructed in two different formats from which candidates must choose.

They are:

- Systemic Practice with Families and Couples
- Systemic Child Focused Practice

The courses are equivalent and cover the same basic systemic tools and approaches. Therefore there is considerable overlap in which the two groups of students are taught together. They differ in the emphasis that they place on how to apply those ideas to specific client groups. Students are therefore required to indicate at the point of application which course they wish to attend. All successful students are awarded a Certificate in Systemic Practice and can apply for entry onto the Postgraduate Certificate in Systemic Practice (Year 2 of the four year training programme).

Both courses employ a mixture of lecture-style presentation, experiential small-group work, workshops and presentations by visiting speakers. As both courses meet the AFT requirements for an introductory course some lectures are held together. Lectures make use of audio-visual illustrations and other active teaching techniques. There are opportunities in both courses to hear external speakers that enable participants to follow particular avenues of interest. Throughout the course students' current practice (working with children, couples and families) is related to the theoretical ideas they are studying. There is an emphasis on reflective and anti-oppressive practice both in terms of the students' use of self and in the development of the students' understanding of power differentials.

On successful completion of the introductory year candidates are eligible to apply for continuing training in systemic practice at postgraduate level, on either of our postgraduate courses (Families and Couples or Child Focused Practice) subject to meeting other entry criteria.

## **Entrance requirements**

The foundation level course aims to meet the needs of a broad range of participants who have a relevant professional background, such as nursing, social work, psychology, psychiatry or teaching.

Participants must be working with families and couples / children and their families within the context of their profession to be eligible.

They should also have an appropriate professional training or equivalent, such as social work, nursing, psychiatry or clinical psychology.

In some circumstances people without a helping professional background may be accepted, but will only be eligible to receive the Certificate if they have arranged regular ongoing direct (i.e. face to face) and relevant work during the period of the course. Entry on this basis will be at the discretion of the course chair.

No previous training in systemic work is required. Please see page 2 for further information on entrance requirements for the four year training programme.

## **Structure**

Both courses run twice a month on Mondays, 10.00am – 4.00pm. The course includes lectures and tutorial group work. The work in the groups will help participants to understand and explore the practice implications of what has been learned in the lectures, including the development of different interventions useful for their work. A number of external speakers will present their specialist areas of interest, such as thinking about sex systemically and working with refugees. At the end of the year participants will be expected to give a short presentation to their tutorial group about one aspect of their systemic learning over the year.

## **Assessment for the Certificate**

Each course consists of two units: theory and skills. Both are assessed by two pieces of course work. On obtaining a pass-level for each element of the course assessment, participants will be awarded a Certificate in Systemic Practice by IFT.

There is an 80% attendance requirement, which means students may not miss more than 3 days of the course.

## Course Work

The two units, Theory and Skills, are assessed via two different assessments making a total of four over the year.

There is also a completed component which does not count towards the final mark but which must be completed to a pass standard.

The assessed components are:

**Theory Unit:** Essay of 1,500 words due in November (30%)  
Essay of 3,500 words due in April (70%)  
**Skills Unit:** Essay of 3,500 words due in January (50%)  
Presentation to the small group (50%)

**Completed Components:** Reflective journal

## Applications

The closing date for applications for both courses is 30th June. They are both popular and early application is advised. Late applicants are advised to contact the Institute after this date to check availability of places. Selection for the course is made on the basis of the application form. Applicants will not normally be required to attend an interview.

## Fees

Please see page 20 Course Fees for details. A non-returnable administration fee of £40 is payable to the Institute of Family Therapy on application. The course fee is due in full by the first day of the autumn term.

Alternative method of payment available to self-payers only:

- 8 monthly instalments

For details on IFT's policy on fees please see page 20.

## Families and Couples

Participants must be working with families and couples within the context of their profession to be eligible. They should also have an appropriate professional training or equivalent, such as social work, nursing, psychiatry or clinical psychology.

## Aims

This course aims to familiarise participants with a systemic approach to working with families, couples, and their networks, the principles underlying this and the main approaches used in systemic practice. The inclusion of a wide range of approaches has been considered an important characteristic of this course.



The course on its own does not aim to train participants to become therapists, but to enable them to incorporate systemic ideas and techniques into the participants' professional practice. It forms the foundation year of the Institute's four year clinical training programme. The academic and experiential learning provided encourages participants to broaden their range of interventions in family and other related contexts in which they have a professional role.

It is part of the philosophy of the course to encourage a critical approach to theory and practice in the light of inequalities and differences of race, class and gender, and to encourage an anti-discriminatory approach to working with clients. Developing an understanding of the self of the practitioner is also a core aspect of the course.

## Structure

The course is divided into two units, Theory and Skills. The focus of teaching will be on:

- Ways of observing and understanding the interaction between people in family, couple and professional relationships
- Methods of intervention
- Different applications of a systemic perspective

## Current Teaching Staff

Course Chair and Tutor: Hendrix Hammond, MSc

## Child Focused Practice

The course is the only one of its kind in the country. It grew out of the interest in involving children in therapy, individually and with their families, which in recent years has had a resurgence of interest in systemic practice. It is aimed at those working with children in a wide range of contexts. Participants must have experience of working with children, and be currently working with children in a family context.

## Aims

The aim of the course is to introduce students to working with children and young people based on child focused systemic ideas. The course covers theoretical and practical issues involved in the application of systemic principles when working with children. The course is designed to provide both a skills training and a theoretical base, with the opportunity to relate this study to the professional context in which students work. There is a substantial component on child development in relation to attachment relationships.

Developing an understanding of the self of the practitioner is a core aspect of the course. There is an emphasis on exploring the processes of change and the nature of the therapeutic relationship. Additionally, issues such as gender, ethics, culture and power will be central.

This course aims:

- To provide opportunities for study of the core elements of a systemic approach to working with children and families including theory, practice, the self of the practitioner and the therapeutic relationship;
- To address these core elements not only in relation to systemic principles, but to consider other related models of working with children such as attachment theory and to consider how these can usefully influence a systemic approach;
- To apply the above to specific child focused work environments;
- To encourage participants to reflect on and learn about their own responses in utilising a child focused perspective;
- To encourage a critical approach to theory and practice in the light of differences in race, class, gender, sexuality and ability to encourage an anti-discriminatory approach to ways of working.

## Structure

The course is divided into two units, both of which develop the participants' understanding of:

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

## Current Teaching Staff

**Course Chair:** Hendrix Hammond: MSc  
Sandie Chatterton: MSc, CQSW

# **POSTGRADUATE CERTIFICATE IN SYSTEMIC PRACTICE – YEAR 2 INTERMEDIATE (FAMILIES AND COUPLES or CHILD FOCUSED)**

Following on from the Certificate in Systemic Practice (Year 1, Introductory), the Institute offers this one year intermediate level course in systemic practice, leading to the award of the Postgraduate Certificate in Systemic Practice. This course is accredited by the Association for Family Therapy (AFT) as an Intermediate Course. This course is offered in partnership with the University of Bedfordshire.

As at Foundation Level the courses are constructed in two different formats from which candidates must choose. They are:

- Systemic Practice with Families and Couples
- Systemic Child Focused Practice

The courses are structured differently and run on different days. Although there is some overlap and some joint meetings, the courses have their own distinctive identity. Students are therefore required to indicate at the point of application which course they wish to attend. However, all students graduate with a Postgraduate Certificate in Systemic Practice. There are some joint plenary sessions which maximise the impact of internal and external speakers' expertise and increase the effectiveness of the training.

## **Entrance Requirements for both courses**

Applicants must have a relevant professional training or equivalent, and have successfully completed a foundation level training in systemic practice or equivalent. They must also have the opportunity to complete at least 60 hours of systemic practice in the twelve months leading to the end of the course.

- \* For Families and Couples 60 hours of systemic practice with families and couples;
- \* For Child Focused 60 hours of systemic practice with children and their families.

Trainees must obtain relevant permission from their practice bases for this work to be discussed in a confidential academic environment.

It is also a requirement that applicants must be able to access at least 10 hours of systemic supervision for their systemic practice.

Please note that the requirement is for 'systemic practice' and not 'systemic therapy'. We are keen for participants to apply systemic thinking to their everyday practice in their workplace. We are also very happy to suggest placement opportunities for potential students to pursue. We recommend that students who require placements apply for these as early as possible as places will be offered conditionally on the 60 hour requirement being realistically achievable.

An academic reference from Foundation Year tutors as well as a professional reference will be required for all students. Please see page 2 for further information on entrance requirements for the four year training programme.

## Structure

Following an induction event in September, both Postgraduate courses commence in early October and meet on Wednesdays, twice a month, from 10.00am – 4.00pm.

The majority of teaching is undertaken in small groups. These groups, consisting of approximately 12/14 people, meet to explore issues and concentrate on skills development. The groups are experiential and their membership remains constant throughout the year.

There are also plenary sessions, some of which are shared with the other Postgraduate course. A full timetable is provided at the beginning of term.

The course is divided into two units, both of which build on and develop the participants' foundation level understanding of:

- Theory and methods of intervention
- Applications of systemic practice to different client groups
- Personal development of the practitioner
- Anti-oppressive practice

The units run concurrently from October to June.

## Assessment for Postgraduate Certificate

Participants will gain their award on obtaining pass-level or higher for each element of the course.

There is an 80% attendance requirement for both, which means students may not miss more than 3 days of the course.

## Course Work

The two units, Theory and Skills, are assessed via two different assessments making a total of four over the year.

There are also two completed components which do not count towards the final mark but which must be completed to a pass standard.

The assessed components are:

Theory Unit: Essay of 1,500 words due in November (30%)  
Essay of 3,500 words due in April (70%)

Skills Unit: Essay of 3,500 words due in January (50%)  
Presentation to the small group in June (50%)

Completed Components: Practice log of 60 hours of systemic work  
Reflective journal  
Minimum of 10 hours of Clinical Supervision

## Learning Portfolio

Students are expected to build up a learning portfolio over the academic year, which belongs to the student and will be carried forward into future years should the student continue in systemic training. This should include copies of course work and feedback, and copies of the learning journal and practice log. The learning journal will be discussed within tutor groups and guidance will be given.

## Applications

The closing date for applications is 30th June. These are popular courses and early application is advised. Late applicants are advised to contact the Institute after this date to check availability of places.

Selection for the Postgraduate training is made on the basis of the application form and applicants will not normally be required to attend an interview.

## Fees for both courses

Please see page 20 Course Fees for further details. A non-returnable administration fee of £40 is payable to the Institute of Family Therapy on application. The course fee is due in full by the first day of the autumn term.

Alternative methods of payment available to self-payers only:

- 3 termly instalments
- 8 monthly instalments

For details of IFT's policy on fees please see page 20.

## Families and Couples

### Aims

This well established and popular course has been running for many years. It aims to help participants working with families and couples increase and consolidate their theoretical and clinical skills and their understanding of the use of the self in practice. Participants are expected to bring their own material for discussion, and may wish to bring video or audio recordings of their work.

This course pays particular attention to:

- A breadth of family therapy approaches and their underlying philosophical roots.
- Families in Professional Contexts: Participants will aim to extend their knowledge with families in specific contexts such as CAMHS and adult mental health settings. Participants will be given guidance to pursue their specific practice interests.
- Reflective Practice: A central aim of the training will be to allow participants opportunities to reflect upon practice: their personal "style" as a therapist/practitioner and extend their repertoire of skills. The further exploration of use of self in context will address self in relation to family, cultural, gendered and class scripts, and self in relation to learning and development.

## Current Teaching Staff:

Course Chair: Hendrix Hammond, MSc  
Sandie Chatterton, MSc, CQSW  
John Cavanagh: AdvDipSysSup, MSc, DipHEMHN

# Child Focused Practice

## Aims

This innovative course aims to provide participants with opportunities to extend their thinking and practice with children and young people and their families in such a way that their personal style is expanded and their knowledge of systemic, attachment and other relevant theory is broadened.

- Comparative Approaches and Theories: Participants will appreciate the influences and useful contributions not only from systemic family therapy theories, but also from attachment theory, and a focus on child development from an attachment perspective;
- Children in Professional Contexts: Participants will aim to extend their knowledge with children in specific contexts such as court related work, children looked after by the state, children seen in mental health services with specific difficulties such as ADHD, divorce and mediation work;
- Child Focused Reflective Practice: A central aim of the training will be to allow participants opportunities to reflect upon practice: their personal “style” as a therapist/practitioner and extend their repertoire of skills. The further exploration of use of self in context will address self in relation to family, cultural, gendered and class scripts, and self in relation to learning and development;
- Attachment and child development.

The units run concurrently from October to June.

## Current Teaching Staff:

Course Chair: Hendrix Hammond, MSc  
Chip Chimera: Prof Doct, MSc, CQSW  
Elizabeth Mawle: MA, MSc, DipHE, BSc

# **MSc IN FAMILY AND SYSTEMIC PSYCHOTHERAPY**

The MSc in Family and Systemic Psychotherapy is an advanced clinical training. The course is accredited with AFT as a qualifying level training. Graduates are able to apply for registration with the United Kingdom Council for Psychotherapy (UKCP).

The course runs over two years. Trainees attend a weekly supervision group held in the afternoon or evening and attend monthly academic blocks on Thursday evening and all day Friday. The course is designed to enable participants to continue employment and they will be required to have at least 100 hours per year of supervised systemic practice in their workplace. Trainees will see families, couples and individuals referred to IFT in the context of a small supervision group and their work will be mostly live supervised. The course runs in collaboration with the Prudence Skynner Family Therapy Clinic and other agency contexts, where additional supervision groups are held.

The course is inter-disciplinary and is designed for those who have already qualified in a relevant profession and have at least two years post qualification experience. Applicants will have successfully completed Years 1 and 2 (Foundation and Intermediate) level courses or their equivalent.

## **Entrance Requirements**

- A previous relevant professional qualification – please see page 2 for a full list of relevant qualifications or equivalent;
- A degree level education in the above or other area of academic work. If an applicant does not have a prior degree they may be requested to submit evidence to demonstrate their ability to study at an MSc level. Individuals should discuss this with the Course Chair before applying;
- Completion of foundation and intermediate levels of training in systemic practice or equivalent;
- The possibility of completing 100 hours per year of systemic practice outside the course.

## **Aims of Training**

To ensure that graduates of the course have developed sufficient knowledge and skills to enable them to practice effectively and ethically as independent family and systemic psychotherapists, equipped to work with a range of presenting issues and in a way that is sensitive to difference, culture, power differentials and the variety of ways that people choose to live their lives. The course specifically aims to equip therapists to work in health and social service settings as well as in voluntary and private contexts and draws on a wide range of theory and ideas.

## **Course Structure and Content**

Please note, this information relates to the current intake. There may be amendments for the next course.

## Supervision groups

These are held weekly and provide the opportunity to develop skills as a therapist in a stimulating and supportive environment. The groups of four are supervised by an experienced, qualified family therapist, who qualified as a systemic supervisor. Groups are available in the afternoon or evening and meet at IFT, the Prudence Skynner Clinic and other London venues. Although the basic structure of the group is a four and half hour weekly meeting, students are advised that there is also a requirement to complete 48 hours of peer directed learning and 25 hours of personal and professional development during the two years of the course. This equates to an extra 12 – 13 hours per term. These extra hours are arranged between members of the group and their supervisor.

### Academic programme

Academic blocks are held once a month in term time and consist of:

Thursday: 5.00pm – 8.00pm	Lecture and presentation by visiting speaker
Friday: 9.30am – 12.50am	Workplace consultation groups/Tutor groups
1.30pm – 4.30pm	Research teaching

#### a) Lectures and presentations by visiting speakers

Topics covered include:

- Developments in family and systemic psychotherapy
- The application of different models
- Working with couples
- Addressing issues of power
- Thinking about culture
- Working with different groups of clients - the elderly, children, people with illness or disability
- Divorce, separation and stepfamilies
- Ethical issues
- Sexuality and couple relationships
- Gay and Lesbian families and relationships
- Working with adult mental health issues
- The therapeutic relationship

#### b) Tutor groups

These are held in every academic block and provide support in academic learning and in the completion of course work.

#### c) Workplace consultation groups

These groups are also held every academic block and provide an opportunity outside the supervision group to discuss organisational issues and clinical work from the trainees' workplace, and help to develop the ability to apply the course learning to various working contexts.



#### d) Research teaching and dissertation development

There are regular teaching sessions on different aspects of research. Trainees have to submit a research protocol as one of the course work assignments and most trainees take the opportunity to carry out a research project as the basis of their dissertation.

#### e) Personal and professional development

It is very important for any therapist to develop an awareness of personal and professional processes that interweave with their work and to reflect on their use of self in their work. Additional time in supervision groups is specifically allocated for personal/professional development sessions and usually commences with a full day at IFT in October of each year.

#### f) Introductory blocks

Each year of the course starts with an introductory teaching block of three full days.

## Assessments

- One theoretical essay
- A case study
- A fieldwork interviewing project
- A critical analysis / literature review assignment
- A research protocol
- A dissertation
- Successful completion of clinical hours and satisfactory supervisor's report
- The completion of a learning portfolio
- Presentation (including recording of clinical work) to the clinical assessment panel
- Critical analysis of a research article or similar
- An evidence based practice assignment

## Application

There is an intake for this course every two years. Interviews will be held in February and March and will consist of an individual and a group interview. Closing date for receipt of applications: mid-January. Next intake: 2020.

## Open Evening

There will be a separate open evening for this course held in the September preceding the intake year. Please check the website for details.

## Fees

Please see page 20 for Course Fees. Payment by instalment is available for self-payers. For details on IFT policy on fees please see page 20.

## **Criminal Records Bureau**

Students will be asked to supply an Enhanced Certificate of Disclosure, which many will have through their employers. If students do not already have one, or are not already in the process of applying for one, they will be required to obtain one and be responsible for the costs incurred.

## **Current Teaching Staff**

**Course Chair:** Judy Gray: MPhil, MSc, B(Soc) Sc, CQSW

## **Clinical Supervisors**

Matthew Ganda: RN, MSc, TQSystSup

Judy Gray: MPhil, MSc, B(Soc) Sc, CQSW

Nigel Jacobs: Doct, AdvDipSysSup, MSc

Patrick Kuhn: AdvDipSysSup, MSc, DipPsych

Simon Shattock: BA, Dip SW, PGDip, MSc, PGCert CYIAPT.

Annie Turner: BA(Hons), CQSW, DipFT, DipPST

Jeanne Ziminski: CQSW, MSc, MA, DPsych

## **Tutors**

Hendrix Hammond: MSc

Sonia Kalia: MSc, BA (Hons) SW

Robert McCandless: CSM, DipSW, PGCE, BSc, MSc

Catherine Rodger: CQSW, MSc, DipSystSup

Jeanne Ziminski: CQSW, MSc, MA, DPsych

# ADVANCED DIPLOMA IN THE SUPERVISION OF FAMILY & SYSTEMIC PSYCHOTHERAPY

The Institute's Advanced Diploma in the Supervision of Family and Systemic Psychotherapy is a well recognised and reputable course. Upon completion of all elements of the programme you will be eligible for registration with the Association for Family Therapy (AFT) as a Systemic Supervisor and able to work in a range of systemic practice and family therapy settings.

## Overall Aims of the course

The aim of this course is to enable you to draw upon systemic, social constructionist and adult learning approaches in order to develop your knowledge and skills in undertaking supervision, training and consultation in a variety of environments. You will be supported in taking account of how your own beliefs, behaviour, gender, age, ethnicity, sexual orientation and other contexts impact on your supervision relationships and of those of whom you work with.

The course outcomes draw upon the second version of the Association for Family Therapy Red Book and is accredited by this body.

## Entrance Requirements

Candidates should have:

- Completed a qualifying level training in family and systemic therapy or be able to show that they are at an equivalent level via UKCP registration;
- Usually consolidated that training for at least one year;
- Experience of using systemic ideas in supervision for at least two years;
- A commitment to be supervising regularly during the period of the course;
- A commitment to be doing family and systemic therapy during the period of the course.

## Course Structure

The course runs on Fridays, and you will be required to attend 21 sessions for one day a fortnight from September to July. Practice and knowledge will be enhanced and developed through a range of experiential, reflective, reflexive and teaching opportunities including seminar presentations and lectures, small group work, observation of supervision, role play and the supervision of supervision.

Consistent with AFT criteria, the course privileges the domains of:

- Practice
- Knowledge and understanding of theory and research
- Personal development and reflexive abilities
- Ethics

Visiting speakers contribute to the course and bring a valuable breadth and diversity to the learning experience.

## Tutorials

Each trainee has one hour of individual tutorial time.

## Live Supervision Group

It is a course requirement that you organise a live supervision group of no less than three people which will allow you to develop your supervisory skills. The group should be ready to start by the beginning of the course.

The people being supervised should include a range of professionals with different levels of systemic experience.

You will be expected to do audiovisual recordings of your individual and group supervision and to bring these to course days for supervision of supervision and peer review.

A range of supervisory models and methods will be explored during the course.

## Assessment

You will complete a number of summative and formative assignments over the duration of the course including

- A supervision practice dissertation of 5000-6000 words
- Presentation of work to a panel of Institute staff and the external examiner at the end of the course

## Applications

Closing date for receipt of application is 31st of May.

## Course fee

Please see page 20 for course fee.

A non-returnable administration fee of £40 is payable to the Institute of Family Therapy on application.

### Programme Chair

Karen Burgess: AdvDipSysSup, MSc, DipSW, BA(Hons)

### Teaching Staff

Simon Shattock: AdvDipSysSup, MSc, DipSW, BA PGCert CYIPT

# SYSTEMIC IDEAS AND MODELS FOR EDUCATIONAL SETTINGS

The Government Green Paper, Transforming children and young people's mental health provision, published in 2017, sets out the ambition that children and young people who need help for their mental health are able to get it when they need it. It includes the aim for every school to have a designated lead in mental health by 2025.

At the Institute of Family Therapy (IFT) we have a passion to support professionals working with children and their families, as we believe that educational settings are vital arenas to develop a child's emotional, cognitive and social capacity. For this reason, we have developed a training programme which will provide practical techniques and ideas that bring about positive changes for pupils, staff and families. By accessing this training you will gain an overview on attachment models, communication theory and systemic approaches to working with trauma.

You will be taught by first class tutors who have extensive experience in this area of work. They will provide you with a variety of ways to apply these ideas to practice in any educational environment.

## Overview of the concepts

**Attachment model:** We will focus on the attachment models which examine the pupil-staff relationship. In addition, there will be time to reflect on particular behaviours, which might be better explained as attachment strategies, which can be responded to in specific ways.

**Communication theory:** We will be examining communication theory in detail; so looking at the patterns of communication and techniques to create more collaborative conversations with staff, pupils, parents and other agencies.

**Systemic approaches to working with trauma:** We will be drawing on cutting edge theories and research to consider how trauma can contribute to brain development and challenging behaviour. You will gain better insight into the behaviours exhibited in school settings and gain a series of techniques to employ at your disposal.

**Who should attend:** Teachers, teaching assistants, behavioural support staff, SENCOs, EWOs, head teachers, and attendance officers.

**Durations and times:** we will meet for 6 whole day sessions over the course of 6 months.  
Start date: The course will start late September 2019.  
Course fee: £595

## CONTINUED PROFESSIONAL DEVELOPMENT GROUPS

The Institute runs a number of consultation groups.

### Post Graduate Consultation Groups

These are for qualified practitioners and are designed to fulfil the criteria for continued professional development consultation as laid down by the UKCP. The groups run for 2.5 hours, once a month, at the Institute of Family Therapy.

## Skills Group

These are for graduates of intermediate training, and are held monthly for three hours. The group is a strong supplement to ongoing supervision as well as a stand-alone exploration of practice.

Further details are available on request.

## COURSE FEES 2019 / 2020

COURSE	FEE FOR 2019/20
<b>Certificate Systemic Practice:</b> Families & Couples and Child Focused	£2,416 pa
<b>Postgraduate Certificate Systemic Practice:</b> Families & Couples and Child Focused	£2,760 pa
<b>MSc in Family &amp; Systemic Psychotherapy</b>	£5,712 pa
<b>Advanced Diploma in Supervision and Teaching of Systemic Psychotherapy</b>	£3,520 pa

## NOTES ON FEES

An administration fee of £40 payable to the INSTITUTE OF FAMILY THERAPY is due with applications. The fee is non-returnable unless the application is not successful.

The course fee will be due no later than the first day of the autumn term.

If an employer/sponsor has accepted responsibility for payment of fees on behalf of the trainee, a full name and address for invoicing purposes must be provided, along with official written confirmation.

Payment by instalment, available to self-payers only:

- 8 instalments, September - April

Relevant documentation will be sent when places are offered.

## IFT POLICY ON FEES

Once registered with IFT, the student (or employer/sponsor) is liable for the full course fee. In the event of students failing to complete a course for any reason (including voluntary withdrawal on notice), they will remain liable for the full fee. Refunds to students who withdraw can only be granted in exceptional circumstances and at the discretion of the Director of the Institute of Family Therapy.

Students in arrears with the Institute will not be able to complete their studies.

Late payment of instalments may incur penalty charges.

# PROFICIENCY IN ENGLISH LANGUAGE

Courses are language based and, consistent with the level of study, there is an expectation of a good level of oral and written communication, with opportunities to evidence this through a range of written assignments and presentations.

Therefore IFT requires students to reach a satisfactory level of proficiency in English Language prior to starting their programme. If English is not your first language or you have not previously studied in English, evidence of your ability in spoken and written English will be required.

The normal requirement is the equivalent of an IELTS score of 6.5, TOEFL 580 (or 237 in the TOEFL computer-based test, plus 4 in the essay writing), or the AEB Test in English for Educational Purposes.

## INFORMATION FOR OVERSEAS STUDENTS

Applications are welcomed from overseas students who can demonstrate that they fulfil the entry requirements. Tuition fees may vary from those printed in this Training Prospectus and the Course Fees insert, and will be dependent on whether a student's status is "overseas" or "home/EU student".

All overseas students will need to show that they are in possession of an appropriate visa.

## STUDENT SUPPORT

The Institute of Family Therapy (IFT) aims to offer gold standard educational courses and personal development experience.

We wish to support your learning the best way we can, and therefore emphasise the importance of sharing concerns you might have that could affect your learning at the earliest opportunity.

The principles underlying the Institute's Student Support Policy are:

- Regular feedback to students;
- Early identification of concerns;
- Discussion with you to clarify any factors that might be contributing to difficulties;
- Agree a programme of action and support with a built in monitoring and review of progress.

Our aims is to resolve matters as informally and as quickly as possible, while remaining consistent with open, honest and fair practice.

## PLEASE NOTE

Applicants must have access to the internet, email and full computing and printing facilities before embarking on any course of study offered by the Institute.

## OTHER INFORMATION

Please note: the information in this prospectus is correct at the time of going to print. The Institute reserves the right to alter or withdraw courses and amend other details without prior notice as required.

Preventing family breakdown  
Enhancing family strengths

## Institute of Family Therapy

Tel: 020 7391 9150

Fax: 020 7391 9169

E-mail: [info@ift.org.uk](mailto:info@ift.org.uk)

[www.ift.org.uk](http://www.ift.org.uk)