POST QUALIFICATION CONSOLIDATION COURSE

Enhancing skills for the workplace
Extending personal and professional links

Further information: trainingadmin@ift.org.uk +44 (0)20 7391 9150

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Welcome to IFT

Established in 1977, the Institute of Family Therapy is a registered charity whose objectives are to promote the highest possible standards in practice and training in the field of systemic therapy and practice with children and young people, families, couples, individuals and within organisations.

The work of the Institute brings together people from a multiplicity of disciplines and backgrounds and encompasses far reaching theoretical frameworks and approaches to practice.

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The Post Qualification Consolidation Course

A stimulating, exciting and challenging experience with a co-created curriculum, giving you extra support as a recently qualified Family and Systemic Psychotherapist. We trust that you bring a wide range of knowledge, experience and skills and we seek to build on these and help you gain more confidence in using them in your work. We stress the importance of self-reflection as part of good practice.

The Post Qualification Consolidation Course is an exciting systemic programme enabling participants to implement their training most effectively towards more advanced independent work and get bespoke support in specific areas of their professional journey.

Recognising the needs of systemic graduates and the lack of advanced support courses available, IFT is proud and excited to introduce this training as its brand new post-qualifying 8-month program.

The course is designed to enable participants to upgrade their systemic experience, blending advanced skills development, personalised feedback, coaching and the opportunity to get support with their developing and independent practice.

IFT is supporting systemic psychotherapists post qualification to implement their training in different contexts most effectively.

This includes continuing to use relational practice to develop personal and professional links and challenge themselves towards increasingly inclusive practice, prioritising managing issues of power and inviting inclusive conversations throughout.

Beyond its core structure the curriculum has additional flexible packages that can reflect each participant's professional needs. Each module is designed to complement each other.

There is a requirement to purchase the core curriculum in order to access the other packages. Each module thereafter is optional. They are designed to reflect golden threads of learning in personal – professional development, self-reflexivity in relation to power and difference; practicing independent skill development; career development in the real world; and navigating complex systems.

In order to take up any of the packages, people are required to align with the Code of Ethics and Practices of IFT.

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Main Program Overview

This program is aimed at qualified Family and Systemic Psychotherapists, who have graduated in the past three years.
The course does not replace work place supervision.

The core curriculum (main package)

- Leadership: using systemic authority ethically
- Writing for publication and persuasion
- Systemic note writing and report writing in the workplace
- Meeting yourself as a systemic supervisor
- Consultation to teams, other disciplines, and agencies
- Working in complex networks
- Setting up a private / independent service
- Learning summary, reflection & live consultation

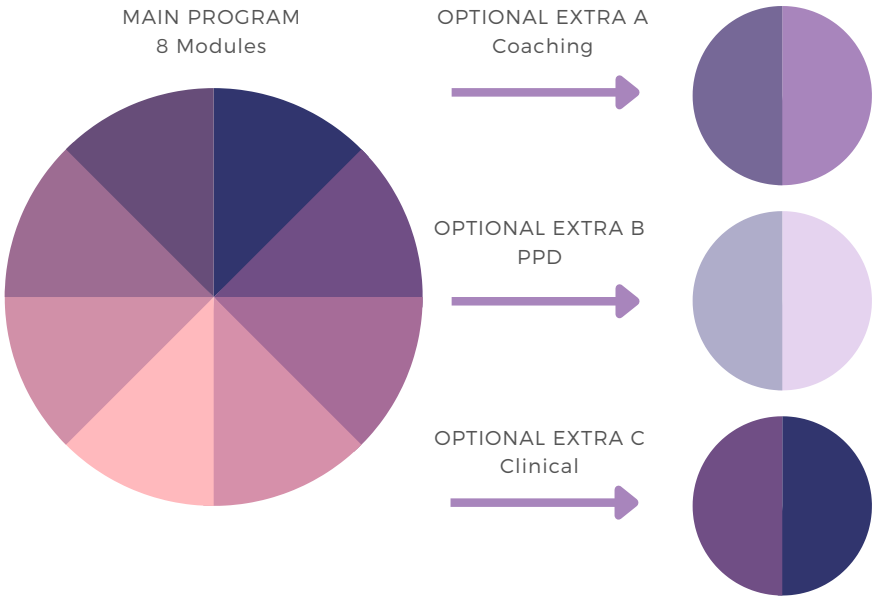
Optional extra packages

There are three optional extra packages available to add to the main program, each designed to focus on a specific systemic challenge you might be facing, while complimenting the great value of the core curriculum.

Package A - Coaching
- Workplace context orientation
- Personal tutoring / development

Package B - PPD
- Personal & professional development
- Issues with power and diversity

Package C - Clinical
- Online clinical practice in pairs
- Group supervision



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Modules & Learning Outcomes

The core curriculum unfolds on Wednesdays across 8 months and it is facilitated online via Zoom between 4-8pm. There are no assignments. Each module of the core curriculum counts for four CDP hours.

The core curriculum (main package)

Induction Day

23rd November 2022
4-8pm
via Zoom

Joanne Jackson
Bhawna Bharakda

- Establishing reflective practice
- Goal setting and impact measurement for the course
- Introduction to developing your own journey as a systemic psychotherapist, including CPD, post qualification, accreditation processes, and optionality within their systemic field, developing expertise
- Introducing options such as teaching and training, and research contexts, links with professional bodies

MODULE 1
Leadership: using systemic authority ethically

30th November 2022
4-8pm
via Zoom

Claire Dempster

- To learn effective contributions to multi-disciplinary contexts including team meetings, service meetings
- Owning and contributing systemic approaches and identity in action with authority to multi-disciplinary discussions
- Representing the evidence-base within a service context
- Building confidence in knowledge and skills within the multi-agency and multi-disciplinary environment

MODULE 2
Writing for publication and persuasion

11th January 2023
4-8pm
via Zoom

Tutor

- To understand the potential of previous work: essays / assignments / dissertation from training for the purpose of publication
- Understand the potential of different contexts for writing of different kinds - eg. service evaluation, funding bid, service culture change paper, participant facing writing involving service users

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Modules & Learning Outcomes

MODULE 3
Systemic note writing and report writing in the workplace

15th February 2023
4-8pm
via Zoom

Tutor

- Developing ability to write concisely with clarity and purpose
- Understanding different kinds of impacts of different kinds of note and report writing, eg. letter writing, summarising, assessment
- Confidence in writing with the clients experience over time in mind - balancing client and service need
- Building confidence in writing in the legal and ethical context, writing systemically in a linear context

MODULE 4
Meeting yourself as a systemic supervisor

8th March 2023
4-8pm
via Zoom

Shadi Shahnavaz

- Developing confidence in a supervisory role
- Developing ethical frameworks for managing issues of power within service hierarchies
- Developing knowledge in different kinds of models of supervision including systemic models

MODULE 5
Consultation to teams, other disciplines, and agencies

29th March 2023
4-8pm
via Zoom

Christine Oliver

- Developing confidence in a consulting role
- Developing knowledge of a consultation framework
- Developing confidence and skills in analysing different complex situations systemically and usefully communicating a systemic frame for action
- Building confidence and skills in containing anxieties within complex networks

MODULE 6
Working in complex networks

3rd May 2023
4-8pm
via Zoom

Tutor

- Develop confidence and skills in positioning systemic psychotherapy services within organisations, to grow services
- Develop confidence and skills in using collaborative practice across services and different contexts

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Modules & Learning Outcomes

MODULE 6 (cont.)
Working in complex networks

- Develop confidence and skills in working with trainees and training bodies, working with research studies and using and developing potential through collaborative practice
- Develop confidence and skills in working with funding opportunities

MODULE 7
Setting up a private / independent service

24th May 2023
4-8pm
via Zoom

Tutor

- Develop confidence and skills in establishing safe and effective independent practice
- Develop confidence and skills in understanding practical requirements – legal, financial, and professional
- Develop confidence and skills in working as a lone practitioner including the use of supervision, consent, and confidentiality
- Develop confidence and skills in networking to address dilemmas of working independently

MODULE 8
Learning summary

28th June 2023
4-8pm
via Zoom

Tutor

- We invite you to briefly present in any way you like your learning from the year and impact on the workplace environment and / or your personal learning journey post qualification
- This would have consultation and input from experienced people in the field and an opportunity for feedback form them and the group

Closing event

5th July 2023
4-6pm
via Zoom

- Coming together to celebrate the journey

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Optional Extra Packages

PACKAGE A - Coaching

This package offers individual attention to your career development through systemic coaching. This will include matched visits to different workplace contexts.

MODULE 1
Workplace context orientation

Dates, times and location to be booked throughout the course based on mutual availability	The course is linked to several NHS, local authority and charity sector settings that we will match with you for you to visit to understand the work there. They will orient you to what it is like to work in that particular setting. You will have access to two different contexts that can enable you to understand the role of the systemic psychotherapist in that context, job role, responsibilities, affordances and constraints.

MODULE 2
Personal systemic coaching

Dates, times and location to be booked throughout the course based on mutual availability	Throughout the course you have 3 one-on-one 1 hour consultation sessions from an experienced systemic psychotherapist and leader at a time that is mutually agreeable. This is focused on what you feel would benefit you most to your post qualification growth, such as career development, person-professional growth, strategic management of workplace issues.

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Optional Extra Packages

PACKAGE B - PPD

Offers a recognition of the importance of continued work on our own personal journey as developing systemic psychotherapists. Offered in a group setting (no more than 6 people), this is an opportunity to continue to work with colleagues committed in solidarity to focusing on personal and professional responses to issues of power, diversity, difference, and inclusion including race, gender, ability, sexuality, age, education, geography, appearance, professional context, and role. It allows a space for potential conflicts between the personal and professional.

Personal & professional development
Issues with power and diversity (groups of no more than 6)

1st December 2022
12th January 2023
16th February 2023
9th March 2023
30th March 2023
4th May 2023
25th May 2023
29th June 2023

4-8pm

In IFT's building

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Optional Extra Packages

PACKAGE C - Clinical
(available from January 2023)

IFT's clinical services meet families at low cost or no cost for family therapy online, or face to face. Participants in the course can be facilitated to participate in a piece of independent practice where the context for practicing independently such as handling appointments and finance is done by IFT. In providing a service to families with a 'buddy' system (working in pairs) through the course, IFT can support independent practice through individual monthly supervision provided, and 6 weekly group supervision sharing practice examples.

MODULE 1
Online clinical practice in peer buddy system with individual monthly supervision

MODULE 2
6 weekly group supervision

Dates, times and location to be booked throughout the course based on mutual availability

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How to Proceed

The entry process

To join the programme you will need to fill out the application form located on the IFT website. It is not such an extensive application form like we have for other in-house systemic trainings, you will only need to share some basic contact details and the place and time of your systemic MSc qualification.

You can then chose the configuration of the training that you'd like to purchase - whether it's solely the core curriculum or you prefer to have any (or all) of the optional extra mentoring packages.

Course fees

Core Curriculum
The investment for the main program is £950, which can be paid in full or in 8 instalments

Package A
The investment is £360, which can be paid in full or in 8 instalments added on top of the core curriculum fee.

Package B
The investment is £380, which can be paid in full or in 8 instalments added on top of the core curriculum fee.

Package C (available from Jan 2023)
TBC

Schedules

Core Curriculum

Induction Day
23rd November 2022

Module 1
30th November 2022

Module 2
11th January 2023

Module 3
15th February 2023

Module 4
8th March 2023

Module 5
29th March 2023

Module 6
3rd May 2023

Module 7
24th May 2023

Module 8
28th June 2023

Closing event
5th July 2023

Package A - Coaching

Dates, times and location to be booked throughout the course based on mutual availability

Package B - PPD

1st December 2022
12th January 2023
16th February 2023
9th March 2023
30th March 2023
4th May 2023
25th May 2023
29th June 2023

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