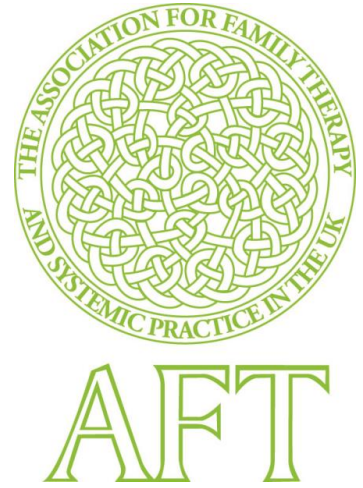


AFT GUIDELINES LEVELS OF SYSTEMIC TRAINING AND COMPETENCE FOR PRACTICE



The Association for Family Therapy and Systemic Practice in the UK (AFT), through the Committee for the Accreditation and Development of Family Therapy Training (CRED), provides a framework for accrediting courses in family and systemic psychotherapy, and in systemic practice. There are 3 levels of systemic training, up to and including qualifying level.

- Foundation
- Intermediate
- Qualifying level as a Family and Systemic Psychotherapist

The Foundation Level is the prerequisite to the Intermediate Level and the Intermediate Level is the prerequisite for the training to attain the Professional Qualification and be registered or eligible to register with the United Kingdom Council for Psychotherapy (UKCP).

Many qualified Family and Systemic Psychotherapists also go on to undertake additional study and research through completion of a clinical/professional doctorate or by meeting the criteria to be an AFT approved supervisor and recommended to the UKCP directory of supervisors.

Family and Systemic Psychotherapist

Family and Systemic Psychotherapy refers to the level of therapeutic practice of those with a previous professional qualification usually in mental health or social care, who then have completed the 4 year AFT accredited Foundation and Intermediate Training and Qualifying Level Training. The standard achieved should meet the required standards as laid out in the AFT Blue Book for Qualified Family and Systemic Psychotherapists to work with:

- ✓ Families, individuals, couples, and others in close relationship.
- ✓ These practices can extend to wider organisational settings that may involve working with or consulting to groups, teams and management structures

Successful completion of the full training leads to registration with UKCP as a psychotherapist. The titles below are descriptors that people are entitled to use on completion of the qualification (these descriptors may change over the course of time so please check with UKCP).

- Family & Systemic Psychotherapist
- Family & Couple Psychotherapist
- Family Psychotherapist
- Family Therapist
- Systemic Psychotherapist

It also entitles graduates to be included on the UKCP Children's Register.

Family and Systemic Psychotherapists must adhere to AFT ethical guidelines and those registered with UKCP must meet registration requirements that include providing evidence of ongoing professional development, supervision and training. They are subject to the UKCP complaints procedure.

Qualified and UKCP Registered Family and Systemic psychotherapists may work independently in private practice or within a service in the statutory or non-statutory sector.

After this level of training it is expected the individual is competent:

1. To undertake an assessment for Family and Systemic Psychotherapy as a therapeutic activity. This requires taking sensitive account of the client's needs as information is gathered enabling the client's wider perspective.
2. To promote constructive patterns in relationships within and across systems. Through the promotion of open communication and the engagement of relevant people in the therapeutic alliance clients are assisted to focus on their actions, resources and the impact on their own lives and the wider system.
3. To be able to use the resources of a team in Family and Systemic Psychotherapy. This requires collaboratively reflecting the team's contributions and adjusting the direction of the therapeutic work.
4. To be able to explain the rationale for systemic approaches explaining to the individual, the family and the significant system how one change in the system leads to another.
5. To be able to intervene in patterns (of interaction) within and across systems.
6. To be able to explore differences across and within cultures in family and systemic therapy. The therapist will recognize when extra consultation is required to support client well-being and that it involves respectfully challenging beliefs, behaviours and practices within the logic of the cultural system.
7. To promote change through tasks between Family and Systemic Psychotherapy sessions. This will include developing effective tasks, eliciting feedback helpful to the client and adjusting the pace and direction of therapy in response to the tasks.
8. To be able to develop a formulation in Family and Systemic Psychotherapy, which includes themselves and, the professional systems of which they are a member. This involves sharing multiple narratives, contexts and perspectives with the family recognising that it evolves during the progress of therapy.
9. Being able to work across different languages in Family and Systemic Psychotherapy. Interpreters have an important role in the system and the therapist demonstrates to the client their desire to achieve a shared conceptual agreement.
10. To be able to monitor and review progress in Family and Systemic Psychotherapy. This requires that the therapist and client together highlight progress or when direction may need to change. The therapist works self and relationally reflexively.
11. To be able to engage significant members of the client's system.
12. To be able to promote the engagement of children and adolescents in Family and Systemic Psychotherapy.
13. To be able to manage the ending of Family and Systemic Psychotherapy.

Intermediate Family and Systemic Training/ CYP IAPT Systemic Training

An AFT accredited Foundation and Intermediate Systemic Training or an accredited CYP-IAPT Training in Systemic Family Practice (SFP) aims to develop systemic methods and techniques to enrich the professional work of core health/social care professionals. On successful completion they may be referred to as 'systemic practitioners at intermediate level', but this is not a registered title or a stand-alone professional qualification, and any reference to this training must be followed by the level of training in all correspondence and documents. Individuals at intermediate level are not able to register with UKCP and are not qualified to provide family and systemic psychotherapy (sometimes referred to as family therapy). However, AFT are looking to develop an approved list of those trained to Intermediate Level. After this level of training, it is expected the individual is competent to:

- Work in a way that is ethical, take account of difference and power and enable useful conversations around difficult topics.
- Convene families or couples within their own area of practice, set joint goals and maintain a collaborative relationship, open to formal and informal feedback.
- Assess the need for family work, understanding the appropriateness and limitations of the method and limits of their own expertise.
- Use a range of interventions to assist families to reach their goals.
- Use supervision including the ability to think about personal and professional self as a resource and a possible constraint.
- Have a developed understanding of systemic family practice in at least one area of work.
- Have an understanding of the application of systemic ideas to the wider context of their organisations of which they form part.

AFT would not recommend or endorse independent practice as a stand-alone systemic practitioner at intermediate level. However if their registration under their core qualification enables private independent practice, they should do so under the title of their core profession and can add on their correspondence or CV that they have an additional training in systemic practice ensuring that it states that this is at intermediate level.

It is important that systemic practitioners at intermediate level are clear with employers and with members of the public that they are not qualified to provide family and systemic psychotherapy, provide family and systemic training or represent family and systemic psychotherapy at a professional leadership level. However the training does provide them with a systemically informed set of skills that they can combine with their core training. It is also important that in order to maintain that skill set they need ongoing systemic CPD and supervision from an approved supervisor or fully qualified family and systemic psychotherapist.

Guidance prepared by the Board in association with the Professional Affairs Committee
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