

## **Northumbria University**

### **Family Therapy and Systemic Practice programmes**

Systemic Practice and Family Therapy approaches offer a framework for effective and creative ways to work with individuals, couples and families as well as professional networks, organisations and wider communities. This framework is quality assured through the professional body 'The Association for Family Therapy' and their website gives a full outline of the framework for systemic practice and family therapy accreditation. Our programmes are accredited with AFT and successful graduates of the MA can apply on completion to the UKCP for Registration as a Systemic Family Psychotherapist (See [www.aft.org.uk](http://www.aft.org.uk))

The Family Therapy and Systemic Practice programme is relevant to people from a range of agency contexts and professional disciplines including social work, mental health nursing, psychology, medicine, occupational therapy, counselling, psychiatry and health visiting. It offers opportunities for developing knowledge and skills of a range of theoretical and practice approaches including systemic, collaborative, narrative and solution-focused modalities. These can be applied in a range of professional practice contexts. Our courses emphasise transferable knowledge and skills and are designed to maximize opportunities to find a fit between these and students own practice contexts and client groups. We offer programmes at all level including the following:

## **OVERVIEW OF THE PROGRAMMES**

### **THE MA PATHWAY**

1. AFT Foundation Level -PG Level 7 Module in Family Therapy and Systemic Practice
2. AFT Intermediate Level - PG Certificate in Family Therapy and Systemic Practice
3. AFT Qualifying Level - PG Diploma/MA in Family Therapy and Systemic Practice

### **THE SUPERVISION PATHWAY**

1. AFT Post Qualifying Supervision Level - PG Dip in Systemic Teaching Training and Supervision

### **THE PROFESSIONAL DOCTORATE IN FAMILY THERAPY**

All teaching and supervision is facilitated by qualified family therapists. The content and structure comply with professional requirements for systemic practice and family therapy training as set out by the Association for Family Therapy in the UK. It also meets European standards for the training of psychotherapists.

## Courses structure

The full MA in Family Therapy and Systemic Practice programme is organised into three levels over four years. Each level can be an exit point in itself and is also a prerequisite to the next level.

### **Level 1            Foundation Level**

#### **The FOUNDATION MODULE IN FAMILY THERAPY AND SYSTEMIC PRACTICE**

programme orientates you to key issues and ideas in the field of systemic theory, practice and research, also key practice methods, techniques and skills which can be applied in your work setting. The course is participatory and learning occurs through a 5–day block of direct teaching sessions, and fortnightly small group sessions involving discussion, video review and experiential work.

### **Level 2            Intermediate level**

#### **POSTGRADUATE CERTIFICATE IN FAMILY THERAPY AND SYSTEMIC PRACTICE level (one year):**

Sessions are focused on systemic, collaborative, narrative and solution focused approaches, methods and techniques, followed up with application groups to develop abilities as systemic practitioners through reflective discussions; video review of practice material; role-play and other experiential techniques. The application groups are facilitated by qualified family therapists. Students also complete a short module on research approaches. This programme is suitable for those who wish to develop intermediate level skills in systemic practice. Successful completion of the Postgraduate Certificate is a requirement for entry into qualifying level family therapy training. It is Accredited by the Association for Family Therapy.

**The Foundation and PG Certificate are available as stand-alone courses for those who wish to develop skills in systemic practice and are also the first two years of training for those who wish to undertake the full programme with the aim of qualifying as Family Therapists/Systemic Psychotherapists.**

### **Level 3            Qualifying Level**

**PG DIPLOMA/MA IN FAMILY THERAPY AND SYSTEMIC PRACTICE (2 YEARS):** The Diploma/MA programme comprises Advanced level analysis of systemic, narrative and solution-orientated approaches, methods and techniques and their application to families and other human systems. The application of systemic ideas within organisational settings is also explored.

The Diploma and MA years require a combination of university-based seminars, work-based learning and clinical placement (equivalent of 1 day per week) between September and July. In the placements participants' work together in small teams of approximately four with a family therapy supervisor and/or supervisor of supervision to undertake therapeutic practice.

During the Diploma year, participants are also required to attend a module in research methods. It is accredited by the Association for Family Therapy.

### **Course length**

- Foundation: 6 months
- PG Cert: 1 year
- PG Dip: 1 year
- MA:1 year

### Attendance mode

- Foundation: 5 whole days / 8 half days over six months
- Cert/Dip/MA: 1 day per week

### Entry requirements

- **Foundation:** A relevant professional qualification and employment in a relevant agency setting.
- **Postgraduate Certificate:** A professional qualification in health or social care. Minimum 2 years post-qualifying experience. Employment in a relevant agency setting. Foundation Course in Family Therapy and Systemic Practice. Evidence of ability to study at PG level.
- **Postgraduate Diploma/MA:** Postgraduate/Foundation and Certificate in Family Therapy and Systemic Practice. Employment in an agency where there are opportunities to undertake therapeutic work with families. Evidence of ability to study at PG level. Candidates also receive personal interviews to consider their readiness for psychotherapy training.

## Postgraduate Diploma/MA in SYSTEMIC TEACHING, TRAINING AND SUPERVISION ( DSTTS):

The Diploma/MA programme is approved by the Association for Family Therapy and fully meets their criteria for training systemic supervisors. The course covers all aspects of systemic supervision, including training, management and maintenance of professional standards. Students who complete the Award of DSTTS are eligible for registration with AFT as a Systemic Supervisor. Students can combine the DSTTS with the completion of a dissertation in this area of practice in order to obtain a Masters Award.

During the Diploma participants are offered supervisory practice on the MA Family Therapy and Systemic Practice programme. Students are also encouraged to examine their supervisory opportunities and contexts within their own agency practice. Students are given 'supervision of supervision' by a programme tutor who is qualified and registered with UKCP and AFT as a supervisor. This course is accredited by the Association for Family Therapy.

### Course length

- **Currently 2 years**
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### Attendance mode

- One day a fortnight supervisory practice on clinical placement
- 5 full day workshops each year and occasional group and individual tutorials

### Entry requirements

**Students must have successfully completed a Post Graduate Qualifying programme in Family Therapy and Systemic Practice and be eligible for UKCP registration as a Systemic Family Psychotherapist.**

## THE PROFESSIONAL DOCTORATE IN FAMILY THERAPY

See professional Doctorates section in PG Handbook

Contact

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