

University of Surrey Faculty of Health and Medical Sciences and Sussex Partnership NHS Foundation Trust



# Family Interventions for Adults

## Foundation level training in Family Therapy and Systemic Practice

Introduction to Family Interventions, Application to Practice for Psychosis, Dementia and other Health Challenges

### Credits / Level of Study

Two x 15 Credit modules at Level 6 or 7

### Course Outline

This is a short course, accredited by the **Association for Family Therapy and Systemic Practice (AFT)** at Foundation Level. This revised course is currently subject to validation with the University. To complete the course and receive AFT accreditation students must complete both modules.

### Intended course benefits

On completion staff will be able to:

- ✓ Deliver family and carer interventions in and across the relevant pathways: to facilitate family meetings, discuss the impact of dementia and mental health challenges on family; improve communication and problem-solving
- ✓ Have increased capacity to deliver psychological interventions recommended in national guidance and research literature
- ✓ Collaboratively work with families to support client and family experience and recovery
- ✓ Improve service efficiencies through better longer-term outcomes e.g. reduce relapse in people with psychosis; improve wellbeing, and reduce use of inpatient and residential care
- ✓ Be an additional resource for other staff, through co-working and sharing of family and systemic theories and practices
- ✓ Use the course as evidence towards revalidation or evidencing CPD

### Pre-requisites of Study

- Undergraduate degree or equivalent (eg. Nursing registration)
- Core mental health professional training or equivalent e.g. Nursing, OT, social work, Clinical/Counselling Psychology, Psychiatry, PGCE, peer support training
- Extensive clinical practice in mental health

- Able to actively contribute to the delivery of psychologically based interventions with people with psychosis or dementia
- **Line manager support** to work with at least two families during the period of training and to deliver family interventions ongoing after completing the course
- **Line manager support** to attend the teaching days and supervision sessions and to attend ongoing supervision and annual CPD to maintain practice
- Reference from manager and clinical supervisor
- Currently working in a role, appropriate for family interventions to be incorporated into the job description or job plan during and after training\*

### Delivery of course

- 12 taught days from September 2017 – July 2018
- 10 (2 hour) group supervision sessions from December 2017 – September 2018
- Written assessments for each module and supervisor feedback for second module
- Additional reading - assigned reading prior to each teaching day
- Experience of working with at least two families
- Two x 15 credit modules at level 6 (final year undergraduate level) or level 7 (Masters level) from University of Surrey - you must register for these modules with the School of Health Sciences, University of Surrey
- Systemic and psychosocial intervention approaches
- Teaching days combine lecture, individual and small group work, discussion, role play and presentations
- Accredited by AFT (Association of Family Therapy and Systemic Practice) at Foundation Level

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## Key Information

### Module Leaders

Tanya Smart & Bob Birtwell, with Belinda Giles

### Location

Cohort One - Brighton and Hove venue tbc  
Cohort Two - Tunbridge Wells venue tbc

Supervision sessions will be undertaken as close to your workplace as possible.

### Study Dates

#### Cohort One (Brighton and Hove area)

2017: 8th September, 29th September, 20th October, 17th November, 8th December  
2018: 5<sup>th</sup> January, 2nd February, 2nd March, 6th April, 4th May, 8th June, 6th July

#### Cohort Two (Tunbridge Wells)

2017: 15th September, 6th October, 3rd November, 24th November, 15th December  
2018: 12th January, 9th February, 9th March, 13th April, 11th May, 15th June, 13th July

\*Please check our website to ensure that there have been no revisions to the course dates listed <http://www2.surrey.ac.uk/healthandsocialcare/study/C/PD/>

**Please note:** all students will need to practice alongside another family worker for the practice component of module 2 (from January to summer 2018). We recommend that the co-worker should be another student on the course, so applicants will find it advantageous to apply in pairs.

Applicants not working in an NHS setting where they can carry out family interventions with local field supervision, will need to see families as part of a clinical placement with Sussex Partnership NHS Foundation Trust with an honorary contract. If you will need a clinical placement, please contact the course organisers at an early stage to discuss this.

Applicants will be required to have completed statutory training such as information governance, safeguarding of adults and children and have a current DBS check.

### Programme Cost

- £TBC
- HEE fully funded places for 36 to 42 trainees from Kent and Medway Partnership, Surrey and Borders and Sussex Partnership NHS Trusts (please note that salary backfill and travel costs are not included)

### How to Apply

Please contact Education and Training at [training@sussexpartnership.nhs.uk](mailto:training@sussexpartnership.nhs.uk) for the application form and fuller course details. Please complete and send your application along with your references to [training@sussexpartnership.nhs.uk](mailto:training@sussexpartnership.nhs.uk).

### Deadline for Applications

**Applications must be submitted by 18th May 2017 12 midday.** Late applicants please contact [training@sussexpartnership.nhs.uk](mailto:training@sussexpartnership.nhs.uk).

### Interview dates

**tbc in June 2017 in Kent and Sussex**

**For discussion about the course or application process please contact:**

Tanya Smart or Sara Meddings  
[tanya.smart@sussexpartnership.nhs.uk](mailto:tanya.smart@sussexpartnership.nhs.uk)  
[sara.meddings@sussexpartnership.nhs.uk](mailto:sara.meddings@sussexpartnership.nhs.uk)

Faculty of Health and Medical Sciences  
School of Health Sciences  
(Post Registration Administration Team)

Tel: 01483 684505  
Email: [postreg\\_admin@surrey.ac.uk](mailto:postreg_admin@surrey.ac.uk)  
<http://www2.surrey.ac.uk/healthandsocialcare/>

