Working Systemically: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Working Systemically: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

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First edition, 2026.

This pack accompanies the course “Working Systemically” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

Revision 2. This printing was set on 9 November 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Working Systemically” to a group: a session for each of its 2 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 2 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Working Systemically

Systemic technique looks effortless done well: a genogram that quietly reorganises how a family understands itself, a circular question that moves what direct advice could not. This course teaches that technique properly, for practitioners bringing systemic method into couple, family and individual work.

The first module teaches the instruments of pattern. You will learn the genogram as intervention rather than paperwork: three generations mapped live in session, with relational lines and repeating patterns that let a family see its own inheritance. You will then study circular and reflexive questioning as a craft, questions that reveal difference, sequence and relationship, and Tomm's reflexive forms that invite the system to observe itself. The second module places the therapist in the system: enactment and restructuring moves, managing a multi-person alliance without being recruited, and the skills of working systemically with one person in the room, holding the absent system in mind.

Substantial written lessons with key points and applied practice tasks, supported by a study tutor. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing.

By the end of the course, participants will be able to

- Conduct systemic sessions with couples and families, balancing alliance across members
- Use circular, reflexive and scaling questions to interview for pattern and possibility
- Formulate systemically, including the problem's function and the system's punctuations
- Work with enactments in session rather than reports about home
- Apply structural and strategic techniques, including reframing and boundary-making
- Attend to your own position in the system, including triangulation pulls

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 2 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Instruments of pattern	6	210 minutes
2	The therapist in the system	6	210 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.