Advanced Systemic Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced Systemic Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 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 “Advanced Systemic Practice” 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.

This printing was set on 27 October 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.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Advanced Systemic Practice 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced Systemic Practice” to a group: a session for each of its 4 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 4 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 Advanced Systemic Practice

Every therapeutic conversation happens inside larger systems of power, culture and profession, and advanced systemic practice refuses to pretend otherwise. This course works at that level: the postmodern and dialogical turns, the politics of the consulting room, and systemic work under statutory pressure, for experienced practitioners.

The first module engages power and culture directly. You will work with Burnham's Social GGRRAAACCEEESSS as a discipline for noticing which aspects of identity, gender, race, class, sexuality among them, are visible and voiced in the work and which are silently organising it. You will then study the reflecting team, therapy with the wall removed, and Open Dialogue's radical transparency. The second module takes systemic practice onto hard ground: high-conflict separations, families under statutory involvement where the referral is an instruction, and the therapist's own position inside the professional network, which so often mirrors the family's dynamics precisely.

Extended written lessons with key points and practice tasks at case and network level, with a study tutor throughout. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing.

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

- Work systemically with complex, multi-agency and high-conflict systems
- Use narrative and dialogical practices, including externalising and re-authoring conversations
- Apply the social GRACES to power, difference and your own position in the room
- Work reflexively with teams, including reflecting-team formats
- Hold risk, safeguarding and child-focused practice within a systemic frame
- Evaluate the systemic evidence base and argue its place alongside individual modalities

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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	Part 1: The social GGRRAAACCEEESSS and power	5	210 minutes
2	Part 2: Positioning and Counter-Positioning: Navigating Po	5	210 minutes
3	Part 3: High-conflict and statutory work	5	210 minutes
4	Part 4: Systemic Formulation and Intervention Planning in	4	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.