

Appendix 1 – Structure of the training programme “Art of Helping” devised by the Institute for the Systemic Approach (Prague, Czech Republic)

“Art of Helping”

Institute for the Systemic Experience (Prague, 1997) is introducing newly designed 3-years training in systemic approach to clients, helping and own professional role (for psychologists, psychiatrists, teachers, social workers, etc.)

Synopsis

Systemic approach derives benefits from the latest findings of biology, sociology, cybernetics of the second order, and thereby it enables a lot of the “traditional” techniques and processes to be viewed in the new way.

Systemic approach is based on cooperation with clients. In therapeutic context it enables to focus on present possibilities more than on the analysis of life history, on the solution more than looking for the causes of problems and on the clients’ strengths more than their failures.

Training brings an integrated programme based on the balanced combination of the following components: self-experience, theory, methodology, practice (sessions with clients) and supervision.

Thanks to the structure of training itself and thanks to the attitude of trainers as well, the training develops complex process of getting familiar with constructivist philosophy, systemic theory of helping, models of practice, methods and therapeutic techniques.

Structure of the training (400 hours during 3 years)

18 sessions (each approx. six weeks)

Training consists of 100 hours of theory, 100 hours of methodology and methodical exercises, 200 hours of practice, sessions with clients, group reflecting of this practice and individual work in so called regional groups. Training is leaded by two trainers.

Activity	Amount of sessions	Hours per session	Hours in total (per training)
Training session	18	17	306
Regional group	15	6	90
“Homeworks”			4

(The 10th session will be arranged in the regional groups under supervision of one of the trainers in each group)

Structure of individual sessions

17 hours within three days (usually Thu 13–18, Fri 9–12 and 14–18, Sat 9–12). Afternoons are dedicated to practice (at least one complete consultation – live or recorded), mornings are focused on theory and discussions. The interval between individual training sessions is approx. six weeks.

Individual work of participants in so called regional groups

Regional group means smaller group of participants, who have in common e.g. the workplace, location or who just wish to work together in smaller group. These groups will emerge during the initial training sessions. Meetings of groups are self organized (should

be scheduled between the individual training sessions, at least one meeting each time. First meeting is due between the third and fourth training session). One meeting of regional group consists of at least four hours of real work (this equals to six training hours).

Activities suggested for the meetings of regional groups (in the order of their importance):

- a) Live sessions with clients
- b) Analysis of recorded sessions
- c) Interview with colleague (supervision, case study analysis, etc.)
- d) Simulated interview

Each session (analysis or interview) equals to one hour of live work that is followed by one hour of reflection. Absence on the group meeting is the same as the absence on the training session.

Content framework of the training

Theory	Methodology	Practice
Biologic foundations of epistemology by H. Maturana	Helping and taking control Ways of professional working	Simulation of helping interview
Philosophy of the radical constructivism	Request, offer, commission Constructive questions	Analysis of recorded sessions
Theory of social systems by N. Luhmann	Reflecting, reflecting team, algorithm of Peclová	Work in regional groups
Clinical theory of K. Ludewig	Closing intervention	Sessions with clients
Narrative approach	Logic accounting	Coping the failure
Psychotherapy in language	Self definition of helping professional	Dealing with "difficult" cases

Theory:

Postmodern context of helping
Constructivist and objectivistic context of interview
Biologic foundations of epistemology (H. Maturana)
Radical constructivism (von Foerster, von Glasersfeld)
Theory of social system (N. Luhmann)
Clinical theory (K. Ludewig)
De-constructivism in Steve de Shazer's brief therapy
Narrative approach of M. White and D. Epston
Psychotherapy in language (V. Strnad, I. Úlehla)
Current trends in constructivist therapies (limitation to the other approaches)
Help(ing) as a construct/self-delimitation of helping person

Methodology:

Help and taking control – eight ways of professional working
Request, offer, commission
Reflecting, reflecting team, algorithm of Peclová
Constructive and useful questions, principle of connecting
Closing intervention, ways of closing the session
The tree steps to sustain helping interview
Facing difficult cases, coping the failure and making it productive

Moving from the technique to the attitude and to the reflection of own position 


Practice:

Reflecting of sessions lead by the other participants
Simulating of helping interview
Analysis of recorded sessions
Live sessions with clients
Teamwork in regional groups
Different forms of group reflection of own practice

Meeting graduation criteria (brief excerpt):

90% presence on the training sessions and workgroups meetings
Fulfilling of engaged tasks
Sessions with clients

Certification of the graduation

Participants who will meet successfully all the graduation criteria will obtain a certificate, backside of which contains full description of programme.
In case the participants will let the training p, they will be provided with the "Confirmation of interruption of training".

Certification of the supervision of own practice

Participants who will undertake assessment and reflection of their practice will obtain certificate with information on total amount of provided hours of supervision.

Further information

Number of participants 20-25