



Association for Family &
Systemic Psychotherapy

AFSP Recommended Band 6 Job Description

Effective from: 13th March 2026

JOB DESCRIPTION

Job Title: *Trainee Family and Systemic Psychotherapist*

Grade: *Band 6*

Location: [To be specified]

Hours: [Full-time/Part-time]

Professionally Accountable to: Clinical Supervisor / Professional Lead for Family Therapy

Operationally Accountable to: Team Manager / Service Lead

JOB PURPOSE

1. To undertake a recognised training in Family and Systemic Psychotherapy (accredited by AFSP and UKCP).
2. To develop clinical competencies in systemic practice under close supervision while contributing to the delivery of care within a multi-disciplinary team.
3. To support the provision of systemic assessments and interventions for individuals, couples, and families experiencing mental health difficulties.
4. To develop understanding of the clinical, organisational, ethical and cultural contexts of practice.
5. To participate in service meetings, reflective practice groups, and training as part of professional development.



DUTIES AND RESPONSIBILITIES

CLINICAL PRACTICE (UNDER SUPERVISION):

1. Deliver systemic interventions to families, couples, and individuals under direct clinical supervision.
2. Contribute to systemic assessments in collaboration with qualified clinicians.
3. Record clinical notes and outcome measures in accordance with local protocols and professional standards.
4. Support care planning and reviews as part of multi-disciplinary team meetings.
5. Work alongside service users and their networks to co-develop goals and therapeutic approaches.

TRAINING AND DEVELOPMENT:

1. Undertake all academic and placement components of the systemic psychotherapy training programme.
2. Attend regular individual and group clinical supervision in line with UKCP and AFSP requirements.
3. Participate in internal training opportunities and engage in reflective practice.
4. Maintain a personal learning log and portfolio of competency development as required by the training provider.

MULTI-DISCIPLINARY WORKING:

1. Participate in team discussions and systemic formulation meetings.
2. Offer a developing systemic perspective within case discussions and care planning.
3. Communicate effectively with other professionals involved in the care of service users and families.



PROFESSIONAL AND ETHICAL PRACTICE:

1. Work within the professional code of ethics of UKCP and AFSP, and trust policies.
2. Understand and adhere to safeguarding procedures and contribute to risk assessments.
3. Demonstrate commitment to anti-discriminatory practice and cultural humility.

RESEARCH AND AUDIT:

1. Participate in service evaluation and audit activities where appropriate.
2. Support the collection and use of routine outcome measures (ROMs).
3. Engage with relevant literature and research as part of clinical learning.

PERSON SPECIFICATION (Summary)

Essential:

- Accepted onto a UKCP/AFSP-accredited systemic psychotherapy training programme.
- Core professional qualification in mental health or social care (e.g., nursing, social work, psychology, counselling).
- Experience of working in a mental health, social care, or therapeutic setting.
- Ability to reflect on practice and demonstrate commitment to personal and professional development.

Desirable:

- Experience of working systemically or with families.
- Experience of working in multidisciplinary teams.
- Knowledge of systemic theories and their application.