



Association for Family &
Systemic Psychotherapy

West Midlands AFSP branch report

2026 AGM

Report period: 1st January 2025 to 31st December 2025

Branch: West Midlands

Chair: Rubina Singh

Committee members: Cathy Petters (treasurer), Judy Sutton (secretary), Ellen Twist & Beki Brain – sharing branches and also sharing sustainability and social justice with Abi Jordan and Kes Day

Address where meetings generally held: Online and different West Midlands locations

Meeting frequency: Bi-monthly

Date of last branch AGM: June 2025

Plans for the next 12 months

Monday 18 May online from 4-5.30pm

'Reaching out – ethical, spiritual and cultural considerations regarding physical contact with clients and colleagues'

From her personal changing narrative about touch to her experience of working in and with the Deaf community, Cathy Petters will facilitate a discussion about our beliefs as to when touch is/isn't appropriate and some dilemmas in between these positions.

Friday 3 July at the Midland Arts Centre, Cannon Hill Park Birmingham, John Burnham and Rubina Singh will present 'Revisioning and refreshing your reflexive abilities through aspiration, inspiration and perspiration'.

Further meetings planned for 2026:

Friday 18 September lunchtime online 1-2.30pm details tbc

Friday 20 November lunchtime online 12-1.30pm details tbc

General comments

We've had a quiet 2025 with just two meetings, one paper discussion facilitated by committee members, and one with Tracie Ward and her client discussing her paper for *Context* on autistic burnout which was very well received.

We had an encouraging response from our members when we emailed out a survey about the future of the branch, so we continue with renewed enthusiasm.

We are particularly proud to have our sustainability and social justice roles in our West Midlands branch committee and aim to have these themes threaded through all our events and meetings.

Many of us work on our own and have found it important to make and maintain 'systemic friends' through branch meet ups, and we warmly welcome any new members.