

# Systems-Centered<sup>®</sup> Ongoing Training Group Online and In person (York, UK)

## Training Objectives

1. Learn SCT theory and practice and understand Agazarian's theory of living human systems
2. Develop the ability to use SCT methods and techniques on oneself before applying them with others

1. Learn and explore the theory
2. Work experientially as a group
3. Practise skills
4. Consult on using the skills in day-to-day situations
5. Identify what we do that helps us move towards our goals and what gets in the way, using a force field

**2024**

**Fri 2 - Sat 3 February** (online)

**Thur 18 - Fri 19 April** (online)

**Fri 7 - Sat 8 June** (York)

**Thu 10 - Fri 11 Oct** (online)

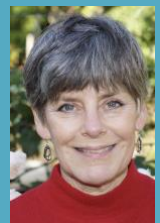
9.30-4.30(UK) each day



**Ray Haddock**, MB, ChB,  
FRCPsych, Licensed Systems-  
Centered Practitioner

## Trainers

**Juliet Koprowska**,  
MSW, Dip Couns, Licensed  
Systems-Centered Practitioner



## Fees

SCTRI Members **£960**  
Non-Members **£1030**

*We are committed to working with people who wish to join and who have financial or other restraining forces. Contact us to explore possible solutions.*

**Contact** rayhad@doctors.org.uk or julietska@gmail.com

For more information about SCT and training visit <https://sctuk.org> and <https://www.systemscentered.com>

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## ON-GOING SYSTEMS-CENTERED TRAINING GROUP, YORK

### Online and in person for 2023

The goal of this group is to enable you to take up your roles more effectively in any system. It is designed for people who work with people.

In our efforts to lead productive lives, human beings often face challenging problems and run into conflict over differences about how to work together.

Systems-centered work helps us to manage and resolve conflicts, and bring together different perspectives to find novel solutions.

This group offers members a here-and-now experience of working with others, using SCT theory and methods to structure our work. Functional subgrouping, the core SCT method, enables members to become curious about differences and explore the resources they contain for the system-as-a-whole.

Through experiential work we can:

- Increase self-awareness
- Recognise the effect of context on our feelings and reactions
- Reduce the way we block ourselves from knowing what we know
- Learn more about our familiar unproductive patterns and how to change them
- Change our communication patterns to cut across stereotypical reactions to differences
- Learn about the impact we have on others and their impact on us
- Appreciate and have more access to our life force energy

This group meets four times a year for two consecutive days. It is open to people with some SCT experience who want to further their training in SCT.

For more information contact the leaders, [rayhad@doctors.org.uk](mailto:rayhad@doctors.org.uk) and [julietska@gmail.com](mailto:julietska@gmail.com)