

Report upon completion of the 2nd year of MSC in Systemic Psychotherapy at Kings College London.

I am employed as a clinical practitioner in Children's Services in Southwark and part of my role is supporting social workers in using systemic and clinical skills in working with children and families. We receive a large amount of referrals about adolescents who are at risk of gang affiliation, child sexual exploitation, going missing and family breakdown.

It was felt that the MSC in systemic Psychotherapy would supplement not only my professional development but have an impact on the whole of the team as I could share my learning and support social work development at an individual and group level.

I have now completed all the course work and lectures on the MSC and am awaiting accreditation following submission of the dissertation. I have reflected on how this has benefitted adolescents within the borough. One example is that I have been offering Attachment Based Family Therapy to a 15-year-old girl and her mother for the past two months. She was at risk of coming into care and has been experiencing depression and thoughts of self harm that is directly linked to feelings of rejection by her mother. This has resulted in her missing school and falling behind academically. The work I have been doing with them was from my learning on the MSC and their relationship is improving, and her depression has reduced, and she has been going to school and is now hopeful for the future.

Another example is of my work with a 13-year-old boy and his mother who also have a very difficult relationship because the mother has had a traumatic past and this is impacting on her capacity to connect and be emotionally warm to her son, who in turn is showing emotional distress and behavioural difficulties. I have been seeing them weekly at home and we are working towards their shared goals of communicating better and arguing less. This is also directly linked to my learning on the MSC and there have been improvements noted by the school that he seems happier and more settled.

I can confidently say that FPSA's funding for me to be able to undertake this MSC has been absolutely crucial and I am not sure I could have done it without FPSA support. The wonderful learning, I have received at Kings College is having a direct and indirect (through supporting social workers) impact on young people in Southwark, and I have seen improvement in their mental health as a result of the family therapy we have engaged in together.

Thank you!

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