

## **FUNDING FOR SECOND YEAR OF MSc IN SYSTEMIC PSYCHOTHERAPY 2016-2017**

Thanks to FPSA I have now finished an amazing two years studying systemic and family psychotherapy to MSc and qualifying level. I have now completed all of my academic and clinical work and the final viva.

The amazing financial support has made it possible for me to learn a whole raft of new skills at the levels of approach, method and technique.

I work within a community eating disorder service in Birmingham with children and young people. The main intervention for anorexia nervosa for this client group is family therapy and I have been able to extend my skills and can now offer systemic work to all of these families.

Not only has my skill set for treating eating disorders systemically grown, but I have also been able, through my clinical placement, to explore and develop my skills to treating a wide range of mental health and relational problems.

The topics covered this year have been

- Generating and Amplifying Change
- Integrating Personal and Professional
- Therapy, Supervision and CPD

The whole year has been focused on increasing second order, self-reflexive thinking and helping the families we treat to develop the same. Using a wide range of approaches from Narrative Therapy, Cybernetics and Social Constructionism, we have explored and developed our skills based on the Milan team and moved outwards to modern and postmodern treatment, taking in theories such as CMM, Cosmopolitan Communication and Tomm's Ethical Postures. A large part of the course is clinical and students get the chance to practice their skills with live supervision and with their peers forming a reflecting team. This gave me the chance to work with a full Milan style reflecting team for most of the course and using this skill will be essential in my ongoing work and something I will use whenever I get the chance. We spent time each term viewing DVDs of our clinical work, which really gave me the chance to see my practice from a second order position and has offered me a unique way of developing my practice through this rich learning opportunity. I look forward to moving forward now and really put the newly learned skills into practice in my clinical work.

Without the generous financial support offered by FPSA, undertaking this intense and brilliant course would not have been possible and I would like to wholeheartedly thank them for their support, both from myself and my employer, but more importantly on behalf of all the families I will now go on to treat and offer systemic therapy to as a result of being able to do this course. I have a strong professional and personal script that this therapy should be available to all and FPSA have enabled this to become more of a reality. Thank you.