

OCT 2016

Report re: Final year of Msc in Family and Systemic Psychotherapy at Institute of Family Therapy, London

I am very grateful to the FPSA for funding the final year of the above programme. I would not have been able to complete the programme without financial assistance. This training assisted me to develop a systemic theoretical framework to inform my work with children and young people who have experienced sexual abuse.

The course delivery included both theoretical and experiential components. The course entailed the following:

- Study through a combination of lectures, group exercises and activities, and in addition to focusing on research and theory, benefit from the programme's clinical practice component
- Explore a range of qualitative methods for conducting research, before designing and conducting a piece of work in an area of your own interest and practice that you will write up for your final dissertation
- Develop systemic practice skills through weekly attendance of a supervision group where you will work directly with clients assessing risk, safety and vulnerability, the therapeutic relationship, interventions, and theories of change
- Gain an opportunity to develop your professional interests and contribute to the development of knowledge within the systemic field
- Benefit from power and diversity group plenaries which will support you in the development of a deeper understanding of the issues surrounding power and discrimination.

End of Course Reflection

When considering my development of my learning across the course, I feel that it has been a process of self-discovery, and also one in which I have gained further understanding with regard to what it means to be a therapist. I initially felt at the beginning of my qualifying training, that being therapist would be an extension of my professional role as a social worker. However, it became apparent to me that positioning myself as a therapist required something else of me. The theoretical ideas that have been revisited over two years has made me think differently about therapy and the role of therapist.

What I have found extremely beneficial is that the training has enabled me to work in my agency with complexity that children, young people and families bring. I have a different way of thinking and talking about families which is more strength-based. I have thoroughly enjoyed the course in terms of

the personal and professional development it has brought. I will continually be indebted to FPSA for this opportunity.

Jacqueline Mitchell Jackson