

Report for FPSA Funding 2016.

I have had the opportunity to complete and pass, a 2 year MSc course in Family & Systemic Psychotherapy at the Institute of Family Therapy. Prior to this I completed a graduate and then post graduate certificate in Family and Systemic Psychotherapy, which enabled me to undertake the MSc and to qualify as a systemic therapist.

The support I have received from FPSA has been pivotal in accessing this opportunity for higher education, achieving new skills and a strengthened knowledge base, and enabling my professional and personal self-development. I was returning to education at a later stage in my adult life having not undertaken further education when I left school. It was a challenging, and at times overwhelming, journey of development, and I am thrilled to have been able to reach this point and passed my MSc with Commendation.

My area of interest and capacity has been broadened in working with adolescents and their families. Developing the knowledge and skills to work within a clinical practice around family relationship issues and mental health problems, which often affects the capacity to parent and be parented for family members.

In my role as a manager working in an adolescent residential service, I am responsible for the supervision of residential workers. Supervision in my work setting as a whole, tends to take an administrative and managerial focus with limited attention to reflective practice.

Over the last four years this course has developed my interest in how front line staff can be supported and supervised using systemic theories, in shaping new and different ideas, which offers a space to share and explore the experiences of the individual and the relational aspects of their work, and the value of implementation of reflective practises that highlight awareness of the complexity and challenges of this work, and strengthen the capacity to develop effective supportive relationships.

I would like to offer my sincere thanks to the FPSA for enabling me to undertake these studies and achieve this qualification as I now begin a new journey as a Systemic psychotherapist.

Paul Brown