

Dear FPSA,

Re: Masters in Systemic Psychotherapy
Tavistock and Portman Clinic 2017

I would like to say thank you for your generous financial support of my Masters in Systemic Psychotherapy. I have now completed my final qualifying year, something I could not have done without the support you have given me.

I am very grateful for the opportunity to learn so much on this training to improve my work with young people and their families.

During this year's training I have been involved in the wider networks around the families, working with schools and other CAHMS teams. I have been working closely with Psychiatrists, Psychologists, Mental Health Nurses, Education Welfare Officers and YOS Workers. This aspect of the work I feel has drawn on my previous professional experience and identity as a family worker in social care working with multidisciplinary teams.

Combining my previous professional experience with the systemic family therapy training has enabled me to take different positions in the work with the families, leading, joining, empathizing, teaching, learning, and offering new perspectives.

Through the training I have continued to develop my self-reflexivity. I am trying to push myself further in being curious in my thoughts, emotions, and physical responses in the work, which has been an invaluable resource for my work with adolescents, young people and their families.

I have developed a firmer understanding of systemic theory and practice and a clear view of the history of development of the theory and practice and where the different approaches stand in relation to each other.

This understanding has developed my confidence and approach in my clinical work with young people and families. I feel I am not just learning new techniques but rather new ways of being with families.

The training has also had a positive impact in my place of work, it has developed and improved how I offer supervision for the staff I line manage and it has improved how I work alongside my colleagues in the management team.

In my training this year I have been thinking further about issues of privilege and power and voice entitlement – this hasn't been a comfortable journey but I have endeavored to remain open and curious, to keep exploring and if necessary making changes to my ways of being, I have made a commitment to work to fight against oppression in my ways of being and in my practice, pushing my reflexivity and curiosity further making more links personally and professionally, to be the best practitioner for young people, and to offer a higher quality service.

In my job as a Team Leader offering support for emotional wellbeing of adolescents and young adults I continue to bring a systemic approach to my practice.

I am able to offer family therapy to families of young people signposted to our service as well as bringing a systemic approach when I meet with young people for individual work.

I also continue to deliver training in systemic theory and practice in my team, in order to help improve our approach and effectiveness as a service.

This training has benefited me in my work and approach, it has benefited the the team I support and ultimately the young people we join with. Once again I want to say thank you for the support FSPA has given me over the duration of my masters.

Yours sincerely,

Peter Day