

MA in Systemic Psychotherapy

I am a Social Worker and Systemic Psychotherapist Trainee; I work in a Kensington and Chelsea Core CAMHS.

I received funding for year 1 & 2 of an MA in Systemic Psychotherapy at The Tavistock and Portman Clinic. This involves weekly supervised sessions with families, and monthly 2 day academic blocks. Year 2 ran from September 2019 to April 2020

Receiving funding from FPSA has enabled me to complete a course that otherwise I would not have been able to achieve. The course has led to me working to a much higher standard when meeting with families; something that has been noted by colleagues and my supervisor at CAMHS. A combination of live supervision and academic study has enriched me as a therapist and enabled me to strengthen areas in my repertoire. For example, prior to the course, I did not have the confidence to 'name' what I felt was taking place in the therapy room with a family at any given time. The live supervision I received on the course has provided me with 'en vivo' coaching, which has enabled me to overcome some of these barriers, and become more holistic in my approach when supporting families with their emotional wellbeing.

In addition to the directly supervised hours required, I have also had to complete 100 hours of therapy with families. This requirement has also enabled me to 'spread my wings' and put into practice some of the techniques and skills that I have acquired on the course. For example, drawing on Narrative approaches, which in its very basic form, supports a new and different family story, so that the presenting problem is seen as the problem, rather than being located within the adolescent. The theory learning has come from the reading provided on the course, along with the 2 day learning block each month at the Tavistock and Portman Clinic.

The course is very clear in its aims, which include delivering a high standard of family therapy treatment, which is evidence based and draws on theory and treatment approaches in line with the NICE guidelines, and is AFT accredited.

I would highly recommend the course to anyone who has a core profession, in line with the AFT requirements, and who is interested in working with an ecological model that supports families in their functioning.

Without the support of FPSA I would not have been able to complete this course, for this I am incredibly grateful.