

FPSA Funding year 1 report

**MA in Systemic Psychotherapy - year 1 2019-20 continued year 1 in 2021 given intermission.**

I'm a Family Functional Therapist and a Trainee Systemic Psychotherapist. I work for a community interest company (FPM), providing support to young people and their families for several South London Boroughs.

Having received partial funding for my year 1, this has enabled me to embark on my MA in Systemic Psychotherapy at The Tavistock and Portman Clinic. Without the FPSA funding my drive to proceed with this learning would not have been possible.

Year 1 has been an intensive course and has enabled me to improve my therapeutic practice when working with young people who have behavioural and mental health difficulties. Such needs have been presented by young people on the edge of care due to family relationship breakdown, violence, school truanting issues, exploitation and gang related concerns. Despite my unfortunate deferment last year due to contracting Coronavirus, I was then able to continue my year 1 training of the M6 course, the lockdowns then presented me with new challenges in my case work with young people aged 11-17yrs.

Whilst I have had basic training for my job role, this course has further developed my ability to facilitate conversations with a variety of professionals and families within their context to effect change and build hope. During the lockdowns I have seen an increase in the young people presenting with increased anxiety, self-harming behaviours and adolescents being exploited. Their experiences of emotional trauma and loss due to COVID19 has been significant. Whilst I have felt that the case work has become more challenging, I feel that the continued support of my course supervision and clinical practice has been helpful in increasing my competence and confidence to facilitate therapeutic conversations. The support to families was mostly offered online in the past year and the M6 course supported my thinking of working in this way. Year 1 of the course has helped me to think systemically about the presenting difficulties of young people through self-reflection and team working. I feel that I am becoming a better practitioner given my increased ability to offer and use the therapeutic skills I am learning within my day to day work with adolescents to help them remain with their families and improve their emotional wellbeing.

Whilst I still have a further year to complete, I hope that I can continue my learning to improve my practice when working with young people and their respective families. I want to say thank you FPSA for helping me on this journey, which enables me to help the young people I work with more effectively, with the hope of creating lasting change. Without the FPSA funding my drive and ability to proceed with this learning would not have been possible. I am due to commence year 2 of my MA in September 2021.

THANK YOU SO MUCH FPSA!