

MSc in Systemic and Family Psychotherapy

I am very grateful to the FPSA foundation for awarding me a grant to help fund an MSc in Systemic and Family Psychotherapy at the University of Exeter. I have just completed my second year of training and have passed all of the academic assignments set with the exception of my dissertation, which has yet to be marked. During the first year we covered an in-depth overview of the early schools of family therapy as well as other psychological modalities. During the final year we studied contemporary issues in family therapy and also focussed on specific aspects of work, such as couples work and working with children in the context of the family. A large proportion of the final year has been devoted to completing research dissertation. My dissertation has focussed on the internal conversations of the therapist and how these are utilised self-reflexively in systemic sessions. Once qualified I intend to continue to work with children and young people within the context of their families. I also intend to continue to study, albeit at a gentler pace, as I read the many interesting volumes of systemic literature, I have purchased but have as yet not had time to read. My intention always is to be the best practitioner I can be with young people I work with in the front of my mind. I am grateful to the FPSA for helping me on this journey.