

Post course report FPSA Funding.

I received funding from FPSA for a 2-year MA in Psychological Therapies with Children, Young People and Families, M34 at the Tavistock and Portman NHS Trust. This was a 2-year course between September 2021 – June 2023 and involved attendance at the Tavistock one day a week during term time. Learning was through taught seminars on psychotherapeutic theory, clinical work and individual and group supervision. Clinical requirements for therapeutic work needed to be met through both short and long-term work with children, adolescents and parents in a clinically supervised placement.

I completed my training and was awarded a Master of Arts degree through Tavistock and University of Essex. This enables me to apply for accreditation as a Psychodynamic Psychotherapist with the British Psychoanalytic Society.

Prior to undertaking, and for the duration of this course, I worked as a social worker with Looked after children in a Child and Adolescent mental health service. I was able to complete my clinical placement for the course within my workplace which meant that I could embed my learning in my work. The course has enabled me to develop a robust understanding of theory and practice, which has enriched my thinking and practice and has meant that I am now able to deliver long and short-term therapy with adolescents as well as family and parent work. The course is predominantly psychodynamic in theoretical orientation, however we also learnt about other theoretical approaches such as systemic practice, mindfulness and CBT. This has meant that I have a robust theoretical grounding in psychodynamic practice however I can also be flexible in my approach by drawing on other modalities. This is extremely useful when meeting the demands of a busy CAMHS service and being able to adapt to the particular needs of the individual adolescents and families I work with.

Since completing the course, I have moved to another CAMHS service working with children, young people and families in an inner-city London Borough. The course has equipped me with the knowledge, skills and qualifications to advance in my career as a therapist and to feel confident that I am able to offer useful interventions to the people I work with.

I would recommend this course to anyone passionate about working therapeutically with young people and families, with a strong interest in psychodynamic therapy but with an openness and curiosity about a range of other psychotherapeutic approaches. I am extremely grateful to FPSA for providing me with the funding to undertake this course, which has been both professionally and personally enriching.

The combination of academic, experiential and reflective work was a very enriching way