

## **MA in Systemic Psychotherapy**

I am writing to express my deepest gratitude for the generous support FPSA in provided me financial support for my course in Systemic Psychotherapy. Your belief in my educational pursuits means a great deal to me, and I am sincerely thankful for the opportunity you have given me to invest in my future.

My interest in systemic family therapy developed during my practice as a social worker in Cambridgeshire where I witnessed the positive impact of a structural family therapy approach. Over the past year of my study, I have found systemic psychotherapy to be a transformative and empowering method of working with families, acknowledging their strengths and interconnectedness. Your support has not only eased my financial burden but has also motivated me to strive for excellence in my studies, which has resulted me in achieving a distinction in my 1<sup>st</sup> year.

Through the course, I have gained a deeper understanding of systems theory and its application in supporting child and adolescents' mental health. This includes recognising the influence of various systems such as family dynamics, school environments, and support networks. Additionally, I have acquired new interventions and skills to work effectively with families, ultimately leading to better outcomes for the clients I serve.

As a child and adolescent mental health clinician, I have been able to implement changes informed by my learning, impacting both the school system and the families of the young people I work with. By incorporating systemic perspectives and interventions, I have witnessed positive changes in the young people's behaviors and overall well-being.

For instance, I supported the family of a 13-year-old girl struggling with anxiety and low self-esteem. Through family therapy and interventions informed by systems theory, we have observed significant improvements in her behaviour and reduction in anxious responses. These changes were not isolated but involved shifts in his family's perspective and the school system's approach, highlighting the interconnectedness of various systems.

This has also impacted my personal life as the training has made me think about my position as an older sibling, has made me understand my family relationships in a different way and has given me the space to forgive and give people grace.

Once again, thank you for your generosity and belief in my potential. I am truly grateful for the opportunity you have provided me to pursue my passion for systemic family therapy and make a meaningful difference in the lives of those I work with.