

FPSA Report

MSc Family Therapy Year 2

2022-2023

I would like to thank FPSA for their generous support and allowing me to complete the MSc in Family Therapy, as this would not have been possible otherwise.

During the final year of my training, we delved deeper into theory and its application to practice. I completed 200 hours of clinical work as both lead therapist and part of a reflecting team. In my final placement I was fortunate to work with a mother and her adolescent son with diagnosis of ADHD. Supporting them to communicate better, as the ADHD was impacting on all areas of his life. They both reported having found our sessions helpful and noticed an improvement in their relationship. This work would not have been possible without your generous support.

I have also been implementing the new skills and knowledge in my work context as a CAMHS practitioner working with looked after children, by providing direct work to young people and their carers. I have facilitated conversations between young people and carers, working on improving communication, attachment ruptures, repair, and behaviours that challenge. Being able to work systemically with more than one person in the room has not only been helpful in my work with young people but also the wider system. My work with foster carers resulted in stability in placements which were on the verge of breaking down and reduction of carer burnout. This has been valuable as without this work the young people would have experienced further feelings of rejection, abandonment and possibly deteriorating in mental health.

This course has also highlighted the importance of taking a metaview and being aware of what I bring to the work. The social graces I privilege and the ones I may miss, as well as paying attention to the power differences and how this can affect what can and cannot be discussed.

Thank you for your generosity as I would not have been able to undertake this training without this valuable funding.