

## **MSc Counselling and psychotherapy - Year 1 - 2023-2024**

Salford University, year 1 ending May 2024,

I would like to thank FPSA for their generous support and contribution to the funding for my MSc in Counselling and psychotherapy, as this would not have been possible otherwise.

This three-year part-time qualification gives learners the knowledge, skills, and competencies to work as a person-centred counsellor in an agency context in both health care and non-medical settings, and in private practice.

Attending training has so far been an excellent addition to my current approach with children and young people. The counselling skills learned are helpful with self-harm, grief, low mood, and anxiety. This will assist me with future work as I plan to stay with 42<sup>nd</sup> street and Childline and continue to provide ongoing support to children and young people. I have developed competence in working with the person-centred approach, and developed a range of professional skills, including communication, reflective practice and self-awareness, research skills, and I will use these in my continued work with adolescents,

During the first year of my training, we learned valuable theory, and competency skills to start my 100 hours of clinical work, which has started.

In my most recent module, we focused on research, of which my focus was on children and young people's experiences of therapy, which has inspired me to focus my research for my master's dissertation in year 3 to explore this further.

My placement has started with children and young people, and I can already see the benefit of this training, allowing me work at an emotional depth that appears to be allowing my young clients to experience meaningful support. My placement has improved my understanding of working in a person-centred way, and how to apply this using counselling theory. Clinical supervision and personal therapy have broadened my self-awareness allowing an understanding of my own fears, prejudices and how to manage these, and put them aside in my practice. The course is taught weekly in a classroom setting.

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