

FPSA Report

Grant received went towards course fees for MSc Systemic Psychotherapy. The course ran from 22nd September 2022 - 18th July 2024. The MSc is the qualifying course to become a Systemic Psychotherapist/Family Therapist.

During the majority of the training I worked as an Advanced Practitioner in children's social care within a systemic team supporting young people and families where the young person was at risk of being accommodated into Local Authority Care and those already in care to return home when safe to do so. Thanks to being able to complete the course I now have a fully qualified Family Therapist Role within another local authority.

Completing this course has equipped me with a greater breadth of skill and knowledge to support families and improve outcomes for vulnerable people. The training day was split into an academic seminar and then the family therapy training clinic where we delivered Family Therapy to clients open to CAMHS. We had PPD (personal and professional development) every 6 weeks which was a space for us to bring ourselves and process the experiences on the course, the leaning and anything else that connected to our personal and professional development.

The course has a real emphasis on not just professional development but, personal too; this course has been a tool in me developing on a personal level.

Although a journey that has been challenging at times the learning and being able to complete the course has been incredibly rewarding. Learning more techniques to utilise in my therapeutic practice, growing in my confidence as a therapist. My approach in the therapy room being developed, growing in awareness of things that may impact my practice such as affinity or lived experiences that can impact the therapy room and direction of therapy. Doing this course has enabled me to grow in my ability to be self-reflexive which is an incredibly important and invaluable skill.

As someone who works in social care being able to complete this training allows me to do my part for families that find themselves in cycles of difficulty, often which has existed in multiple generations. People only know what they know; being equipped with the knowledge and tools to introduce difference and supporting families to identify their strengths and amplify these positive differences. I have a real heart for children, being able to support children to live in safer home environments, have improved family relationships all of which can impact their outcomes and future prospects. This work has the ability to positively change the trajectory of young lives.

It's great that the added credibility of becoming a Psychotherapist as a result of completing this course can increase my reach in being able to support and help those that are in need and empower families to break cycles and overcome barriers.

Now I have completed the course I will continue to work with marginalised communities and vulnerable children and families within social care and school settings. Being able to complete this course has been a dream fulfilled and will allow me to take my career and aspirations to the next level. Grateful to FPSA for the contribution to making this possible.