

MSc Practitioner in Psychological Trauma year 1 of 2 at The Centre for Developmental and Complex Trauma (CDCT) at St Andrews and in conjunction with the University of Buckingham

I am a Creative Therapist, with a background in Social Work. I am the director of a therapeutic agency specialising in supporting children, young people and families. I received funding from the Foundation PSA for the MSc Practitioner in Psychological Trauma (year 1) based at The Centre for Developmental and Complex Trauma (CDCT) at St Andrews and in conjunction with the University of Buckingham. The course involves weekly attendance, lectures from respected lecturers in this field, clinical reflections based on practice and an independent study in year 2. This year has covered the development in trauma, looking through various lens supported by evidence-based research.

Receiving this funding has given me the opportunity to learn, grow and develop my understanding of trauma. It lends itself to an acute awareness of the impact of trauma across the lifespan. Attendance on the MSc has already enhanced my learning, recognising the shift of learning and how this can be applied in practice with my families.

It has helped me consider the deeper implications of trauma and the impact of this into adulthood and how services need to be more trauma aware. The course has already taken me to consider, how I can apply my knowledge within organisations. I am integrating a deeper lens from the assessment stage which helps gather a more robust picture of the family dynamics. I have noticed that the therapeutic experience and development has been enhanced by doing this, the results have been positive for both the child and the parents/carers.

I feel more confident to support children who experience developmental trauma, attachment needs and other complex mental health conditions, along with their families. I would highly recommend the MSc to those who would like to develop their knowledge and understanding of trauma, to effectively link theory to practice for better outcomes for the complex needs of the children/young people and their families with whom they work with. I would like to thank FPSA for their support, as without this I would not have been able to complete the course. I look forward to the journey.