

Reflection on FPSA Funding Support

1. Training Received I received FPSA funding for part of Year One of my MA in Systemic Psychotherapy at the Tavistock & Portman NHS Foundation Trust in London.

- Title: MA Systemic Psychotherapy – Year One
- Venue: Tavistock & Portman NHS Foundation Trust
- Length: One academic year, including lectures, systemic theory seminars, clinical skills teaching and supervised practice
- Resulting Award: Progression to Year Two of the MA programme

2. Completion Date I completed whom MA programme was June 2026.

3. Name, Qualifications & Work Role My name is Leila, and I work in Community CAMHS in London. My role involves delivering therapeutic support to children, young people and families, and providing systemic consultation and reflective practice to professionals across the borough.

4. Summary of the Training Year One introduced core systemic theory, relational practice, and foundational family therapy models. Key areas included:

- Understanding patterns within families and networks
- Running Family Therapy clinics with live supervision
- Working with multi-agency systems around children and young people
- Early systemic assessment skills
- Reflective practice and relational thinking Teaching was delivered through lectures, seminars, group discussions and supervised clinical practice.

5. My Experience of the Training and Its Usefulness Year One of the MA has been highly valuable in strengthening my systemic thinking and relational practice. Working in community CAMHS, I am able to apply these skills directly with children, young people and families in their everyday contexts. The training has also enhanced my ability to support wider borough systems by offering reflective practice spaces to SENDCos, school staff and other professionals, helping them think together about the relational and contextual factors influencing the young people they support.

As an Arabic-speaking therapist, this training carries particular significance. Many families in London prefer to communicate in Arabic, and being able to offer therapy in their own language reduces barriers, builds trust and supports culturally meaningful conversations. It allows me to provide care that feels accessible, safe and attuned to the lived experiences of global majority communities.

I would strongly recommend this training to others who want to understand how relational and systemic factors shape mental health. The FPSA grant was extremely helpful in supporting my progression through Year One, and I intend to continue developing my work with children, young people and families as I move through the remainder of the MA.