

FPSA Report – Funding received towards MA in Child and Adolescent Psychotherapy and Counselling.

Firstly, I want to express my enormous gratitude to FPSA for the extremely generous funding granted towards my Conversion MA in Child and Adolescent Psychotherapy training. The MA Conversion Course provides psychotherapy and counselling practitioners with an opportunity to supplement their previous training and clinical experience and to obtain registration as a Child and Adolescent Psychotherapist. Because of the FPSA I was able to complete this demanding and intense training within the space of two years.

Without FPSA's help I would have found it very difficult to financially sustain myself during this rigorous training, which has allowed me to become a better Psychotherapist supporting the most disadvantaged of young people and their families.

As a qualified Drama Therapist and Systemic practitioner at the beginning of this training I worked for a charity supporting young people with learning disabilities that have experienced trauma and/or sexual abuse and I have used my newly acquired therapeutic skills to further bolster and support my practice. During the training I changed my job and I began to work in an Educational setting and have set up 3 therapeutic services for young people and their families in deprived areas of London including Hackney and Brent. This opportunity has allowed me not only to work directly with young people but also to work more systemically with their families and other services around them. As a result I was able to assume more managerial responsibilities for the volunteers who became a valuable part of the therapeutic team as well as being able to offer support and supervision to the members of staff. From the beginning of the training I was able to apply my newly found knowledge and therapeutic skills to my clinical setting. As a trained Arts Psychotherapist I was equipped with a lot of creative ideas but through this training I gained better theoretical understanding and knowledge, especially in the area of neuroscience and trauma research.

Some of the areas that the training has covered are:

- Child and Adolescence Development from Integrative Perspective
- Child Psychiatry and Child Mental Health
- Court Report and Expert Witness Skills
- Clinical Supervision
- Mother & Baby and Toddler Observation

The new knowledge and skills have helped me enormously in my role as a Psychotherapist in Education, supporting Young People and their families in deprived areas of London as well as the education professionals working with them.

Once again, I am extremely grateful for the generous support from FPSA and I am very excited about implementing my skills and newly gained knowledge in working with Young People.