

### **THIRD YEAR OF MASTERS PROGRAMME IN SYSTEMIC PSYCHOTHERAPY.**

September 2019 to September 2020

I am a clinical Nurse Specialist currently working in a specialist Eating Disorder service in LINN DARA CAMHS in Dublin. My interest in working with young people presenting with a mental health disorder in a systematic way has evolved over these years. My interest in working with young people experiencing Eating distress has developed over the last 7 years of working within CAMHS as a response to the increasing demands for help presenting with this Mental Health problem.

I have trained in Evidence based treatments for this disorder such as FBT (John Lock) FTAN (Maudsley model) CBTE (Chris Fairburn) which are the first line treatments offered by this service in the treatment of Eating disorders in this age group. These treatments are effective and have assisted many families to recovery. However, those families where there are barriers to recovery other more systemic approaches are effective. All of the above evidence-based treatment programmes are essentially models which require the clinician to make therapeutic judgments and implement with their own style. I have found that the complexity of the families experiencing the distress of Anorexia/Bulimia require clinicians to be highly skilled and offer sophisticated adaptations to all of the designed treatment packages. I have found the level of supervision and training which I have received from this Masters programme as a priceless adjunct enabling my expertise to develop to the standard required to provide the level of sophisticated interventions needed by this cohort of families.

The course which I have trained in is a Masters in Systemic Psychotherapy with the Clanwilliam Institute Dublin. I have been part funded by the FPSA to complete my third-year master's level of this training. I have received an award of Post Graduate Diploma for Systemic Psychotherapy. The Masters level qualification will be granted following year 4 of this programme.

The training programme was organised into 4 years of which I have completed three and am seeking to commence my fourth year. The programme comprises 5 interweaving strands: Theory, Clinical Practice, Ethics, Inclusivity, Research, Personal Professional Development (PPD). The learning environment for these five strands include academic seminars, Supervised Live clinical practice in teams, and personal group experience. A high degree of student participation and self-directed learning is required. The Clanwilliam is accredited by EAPTI (European Accredited Psychotherapy training Institutes) which is an accredited training Institute with the EAP (European Association for Psychotherapy). The Clanwilliam is also accredited through FTAI (Family Therapy association of Ireland). The first three years are accredited through the QQI (Quality and Qualifications Ireland). The four-year programme is accredited by EAP and FTAI leading to a European certificate in Psychotherapy.

I have found that the subject matters covered during these three years in seminars are enriching to my professional development. They are delivered by practitioners within the field of expertise being delivered which adds a rich dimension to the learning. There have been very relevant topics to my professional practice in Eating disorders.

I have gained great insight and wisdom into matters pertaining to myself as a therapist during PPD

monthly sessions which have deepened my awareness of my role within the therapeutic relationship.

I have greatly valued the last two years of live supervised clinical practice within my small training team. I have had the privilege to work with many families under the guidance of clinicians and supervisors with extensive clinical expertise. This has greatly benefited my professional practice of working within a CAMHS setting.

I have received feedback from colleagues in my professional practice role within CAMHS setting on their impression of my development professionally and my valuable insights. I have offered to MDT working with families presenting to my CAMHS service. I have valued the feedback from families that they have felt understood and listened to in a new way with me which is credit to my training in this modality where the respect for the other of the clients is upheld with sanctity.

The reading of relevant research material has thickened and deepened my understanding of presenting Mental health difficulties parenting to CAMHS. The combined development of myself as a therapist and the incorporation of the philosophical teaching provided by this training has greatly impacted my practice.

The benefits of family therapy as a treatment option for Anorexia is accumulating and indicated within the modified FBT approach FTAN provided by the Maudsley team. Many of the families presenting to our service are experiencing many complex systemic issues needing to be addressed in order for recovery to be achieved. As this team does not have a family therapist it can be seen as a matter of great importance that this treatment option be available which I can provide thanks to this training and the assistance provided by the FPSA for which I am very grateful.