

## MA Systemic Psychotherapy (year 1)

### **Introduction**

I had completed part 1 and 2 of the systemic psychotherapy training and in the spring of 2017, I interviewed and was accepted onto the MA programme. The programme is a year masters that covers theoretical and reflective lectures, research, and ongoing supervised practice. I was already working MOSAIC CAMHS and was able to gain supervised practice in this team. However, I would also be placed in year-long placements (minimum 5 hours week per x 28 weeks) in different teams in the London area.

### **Rational**

- I hoped to further consolidate my theoretical understanding of systemic ideas. This would be facilitated by monthly lectures and reading prescribed by the course.
- I hoped to extend my use of and practical application of systemic ideas in my work. This would create the context for application across the range of my everyday work (e.g. individual therapy, family therapy, group work, consultation, and supervision).
- I hoped to develop practice-based research in a children's setting. In my work setting there are several interesting and innovative work practices and the programme would support an evaluation of one of these by creating a structure and support for the research.
- I hoped to develop self-reflexive skills and think about the different influences on my approach to my work and the ways in which I can use this to develop as practitioner

### **Benefits/reflections**

- A thorough engagement with the reading material and attendance of all 18 days of teaching has improved my theoretical knowledge, application, and reflexivity in terms of systemic ideas and practice. This has created a platform to use the idea in the different forums and share them with colleagues (e.g. providing teaching for local team over 2x45 minutes sessions).
- I was able to complete 28 days placement in Newham CAMHS being the lead therapist for 18 families and in the reflecting team for 61 family therapy cases in total. The 18 cases had live supervision which provided useful en vivo learning. They were also video recorded and all 18 were studied and written up in 1000-word logs (10 of which were submitted for examination). Watching of the videos also enabled me to learn about different ways I approach families, some of preferences in the therapy room, and ways to explore and experiment with doing things differently.
- I was able to offer family therapy and systemically informed individual therapy in a CAMHS setting locally. This was also supervised and developed my practice over the year. It also meant that the team was able to offer more family therapy session to families
- I was able to use systemic theory and practice a in feeding clinic in the service – this has helped to improve service user feedback and outcomes.

Over all the training has definitely improved my practice. I am in the second and final year of the MA now and continue to learn and develop my practice. The funding was an invaluable source of support with this.