

Foundation Year in Family Therapy & Systemic Practice

Birmingham Park View Clinic

Cheshire & Merseyside Adolescent Eating Disorders Service

I am very grateful for the support of FPSA in attending the above course. The course has enriched my practice and the care delivered to young people and their families accessing our service. The course has developed my knowledge in engaging with families and this has led to our team setting up a family therapy clinic. Already, families and other colleagues have commented on how useful this has been.

Family therapy is a recommended treatment for Anorexia Nervosa in young people and I believe that developing the skills of clinicians in this area has enhanced the experience of young people and families that access our service. We have successfully worked with young people to avoid hospital admission using a family and systemic approach.

It has been particularly useful to learn about circularity, neutrality and hypothesising and these are techniques I am now using in my practice. I am also interested in the narrative approach and externalisation. This is very helpful in supportive families to separate the illness from their child.

The most significant impact has been through learning about the social graces and the impact that issues such as class, religion, race, gender etc have on us and on the people we work with. I strive to pay attention to these in the work I do and consider different contexts when working with families.

Thank you to the FPSA. This year has sparked a desire to further extend my learning and progress to the second year of the course.