

Report for FPSA Funding 2018-2019

MSc in Systemic Family therapy, The institute of Family Therapy

I would first like to take this opportunity to extend a huge heartfelt thank you to the board at FPSA for funding my first year of the MSc at IFT, without you it would have been extremely difficult to have studied on this course.

The MSc course is 2yrs part-time which will enable me to practice as a Family and Systemic Psychotherapist once completed.

The course has given me the opportunity to learn, practice and reflect upon Systemic Psychotherapy in a supportive but challenging environment.

I feel I have grown as a practitioner and have become more confident in having open discussions in my team and making case presentations. I feel very confident applying systemic approaches to working with individuals and families and applying what I have learnt to groups and organizations.

My clinical placement has been at IFT and within my workplace, working with individuals, couples and families as a lead therapist in training and as a member of the reflecting team. This intervention has prevented families and young people from escalating up the mental health tiers. Families have appeared to have appreciated the consistency of me as a therapist working alongside the expertise of the family therapy team.

The final year will give the opportunity for me to focus on a piece of research. I have had a few ideas, but I haven't decided on a final topic yet.

I am looking forward to completing MSc.