

Report for Funding for PG Diploma in Integrative Child Psychotherapy, 2018/19.

I would like to express my gratitude to FPSA for their generous funding, which has enabled me to progress in psychotherapy training.

I work as a Therapeutic Intervention Worker in a Local Authority Therapeutic Team. In my role I offer assessment and training as well as a range of therapeutic interventions. My core training is in Social Work and I have undertaken post qualifying, short-term trainings in different therapeutic approaches. I started to study child psychotherapy in order to add depth to my understanding and practice.

I have now completed the 3<sup>rd</sup> year of this training which has continued to offer me greater skills and competencies in a range of therapeutic tools and approaches. I have had the opportunity to explore and integrate a range of different evidenced based approaches into my work and evaluate their effectiveness. In particular, this training year has encouraged me to think in greater depth about the therapeutic relationship and the use of self in therapeutic work.

I reflected last year on some of the core training components of my course, such as regular and ongoing personal therapy, and what it feels like to be a therapy 'service user'. A further year of personal therapy has massively aided my understanding of the opportunities and challenges presented when engaging in longer term therapy and how the therapy 'process' unfolds. Having greater personal insight from the latter, as well as access to the continued learning opportunities I have accessed this year on the course, I have developed more confidence to become involved in different therapeutic interventions. I have explored the use and indicators for group-based therapy interventions, especially for teenagers, and have been involved in developing this intervention in my service. I have also supported the delivery of therapeutic parenting group-based interventions, which have indicated interesting and successful outcomes.

I continue to be passionate about working with children and families therapeutically, hope to develop my practice further into the 4<sup>th</sup> and final year of this programme, and go on to deliver and develop child psychotherapy practice.

With Thanks