

## MA in Systemic Psychotherapy – Year 2 – 2017/18

I am so grateful for the funding I received from the FPSA to complete my second and final year of my MA in Systemic Psychotherapy. I have been able to change and grow as a therapist and I believe this has a direct impact on my capacity to help young people. I would have not been able to do this without your support, so I am full of gratitude towards your organisation.

Your support has had an impact on both my professional and personal lives.

On a professional level I believe I am now able to embed systemic knowledge with the families I work with and also within the team I am placed in. I was supervised live by a trained systemic supervisor in clinical supervision group in a Child and Adolescent Mental Health Service (CAMHS). I feel now more confident to support families to express and explore the difficulties they face in a safe way, to share and appreciate each other's experiences and views, to help them focus on their strengths and carry out the changes they want for their lives and relationships. Family Therapy has been proved to be useful for children, young people, adults and older adults experiencing a wide range of difficulties and circumstances; one of them being child and adolescent mental health and behavioural issues. I feel equipped with proven resources to improve my work and outcomes. I have seen the direct results this has had on my clinical work and the outcomes for the young people I work with.

Also, as a part of the course, I was offered the opportunity to develop teaching and consultation capacities. My team has benefited from this. I have been able to set up a short piece of teaching that they described as useful and very helpful.

As a part of the course I have also been required to think about my own personal life experiences. This has had a direct positive impact on my family life as the course provides a safe space to reflect on aspects on one's life. As I shared in my application in 2012 my husband had a breakdown and was diagnosed with severe depression; our small family was put under a lot of emotional and extreme financial pressure as we have no family in the UK. The course has also aided this.

I understand that without people who are generous and caring, like you, an MA like this would not be possible for students like me. Knowing that someone was supporting me motivated me to strive extra hard for excellence.

The number of young people affected by mental health is growing, services are cut and the times we face are very challenging. The comprehensive clinical training I have been able to attend has certainly equipped me with skills and ideas, has widen my knowledge about ethical issues and practice and has markedly influence my chances of having a positive impact on young people's lives.

I have been truly touched by your generosity and hope to one day give back just as you have.

Again, I can't say **Thank you** enough.