

Report for funding from FPSA

Masters in Psychological therapies with children, young people, and families, year 2

Completed 3rd July 2019

Summary of the training

This was the second year of a two-year clinical Masters. Having completed the academic masters and clinical requirements, I am in the process of applying for accreditation with The British Psychoanalytic Council as a Child and Adolescent Psychodynamic Psychotherapist.

The course is taught at the Tavistock Clinic in North London, one day per week over a 9-month academic year. In the second year, we continued with a core theoretical module covering psychoanalytic concepts and technique in the assessment and engagement of children and adolescents. I chose a specialist workshop about body states and trauma, led by Graham Music, which covered neuroscience and attachment. This was of particular relevance to my work, in a specialist CAMHS for Looked After Children. Additionally, we completed a module on systemic family work, which complements the psychodynamic training for anyone wanting to work in a more multi-model, flexible way.

I continued to consolidate my clinical skills, seeing children and adolescents for individual psychodynamic psychotherapy, both short and long term as well as carrying out work with parents or carers and with families as a whole.

My experience of the training

I am very grateful to the FPSA for providing funding for my second year of this course. It has given me a strong set of clinical skills with which to work with young people and families within CAMHS.

As the course gave me a sound foundation in psychodynamic, attachment, neuroscience and systemic theories, I have particularly found that my ability to make formulations of young people's difficulties has been enriched, so that I am better able to communicate these to carers, families and other professionals to help them understand the children they might be struggling with. I have found that this can often be the most powerful intervention, something I would not feel so well equipped to do had I not completed the course.

The course has also given me insight into the organisational dynamics that can affect the care given to our patients. I have become more aware of how the deprivation of Looked After Children can be replicated by the network around them and how to overcome this. Extensive clinical supervision throughout the course was invaluable in helping me really critique my practice, to notice when I might also be replicating unhelpful dynamics or when I might be pulled into unhelpful action when a more reflective stance was needed. I was able to directly see how the outcomes for my patients improved, once I was able to respond to the feedback from my supervision.

Finally, the course has also been enormously beneficial for my career development, as I have been able to secure a post as a CAMHS Clinical Specialist due to this post-graduate training.

Thank you again to FPSA for their support.