

MSc in Systemic and Family Psychotherapy: year 2 report. (2018-2019)

I would like to extend a huge thank you to the FPSA for their very generous contribution towards my course fees of a two-year part-time MSc post-graduate course in family and systemic psychotherapy. The course took place at Exeter University and covered a range of theory, models and skills. The second year included a research dissertation. During the second year of study further exploration into 'contemporary family therapy practice' was also completed. This course is of particular relevance when working with adolescents affected by mental health difficulties in many differing aspects as it encourages thinking about ethics, power and gender, promoting anti-discriminatory and anti-oppressive practice alongside evidence-based models and practice recommended for the treatment of young people suffering from various mental health difficulties. The course was assessed through a range of essays, presentations and podcasts, culminating in the submission of a research dissertation and a viva. The course is now complete, and I have been awarded a merit grade overall.

It is a course requirement that you are assessed in your clinical practice as well as academically. My placement was within the Child and Adolescent Mental Service for which I work. My case load, both in the family therapy training clinic and within the specialist sexual abuse team that forms the remainder of my role, is primarily made up of teenagers between the ages of 11 and 18. There is no doubt that my practice has improved due to the extensive further training and the distinction grade awarded by my placement supervisor in my final year supports this.

The course encourages learning through self-reflection and self-awareness I consider this aspect of the course to be an important element which underpins the academic learning and clinical practice. With increasing referrals for young people affected by mental health difficulties, and the need for services to be up to date with current research and recommendations, this course has proved to be beneficial in strengthening not just my skills and knowledge when working with adolescents but also the team I work in. Thank you to the FPSA for supporting me in this learning.