

Report for Funding for PG Diploma in Integrative Child Psychotherapy, 2019/20.

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.

The final year of this course has been invaluable in enabling me to understand and more competently work with the complex children and families I support in my role. In particular, this final year of my training has offered a greater understanding of personality development and adaptation and working with children who have complex trauma presentations. This training year has also offered the opportunity to gain a more in-depth knowledge and skills in complex case formulation, therapy planning and offering a wider range of interventions. An ongoing part of my training has also been developing myself awareness of personal process, how this is an integral part of psychotherapy practice and the importance of use of self in the work I do.

Furthermore, with the new challenges and demands Covid-19 has brought to this area of work, the opportunity this year to have continued access to a learning environment and specialist supervision has enabled me to successfully adapt my ways of working to deliver remote therapeutic interventions and offer guidance and support to my colleagues in this area. I have had the opportunity to access training and support to help me to navigate these challenges and remain active in offering therapeutic interventions online. The course has offered an invaluable reflective space to think about different ways of working to address the unique challenges 2020 has presented to myself and colleagues working in this field.

I am keen to continue my learning and development and am continuing on in my training to complete a further research year, as well as developing skills in adult work and a supervisory role. I feel very fortunate to have completed this training and would like to express my continued gratitude to FPSA for their generous funding, which has enabled my progression.

With Thanks