

## **MSc in Systemic Psychotherapy**

I have trained with the Clan William Institute of Systemic Psychotherapy Dublin Ireland from Sept 2017 to December 2022. This was a 4-year master's programme with professional accreditation in the final fourth year.

### **Summary of Training**

This training incorporated the first year as an overview of principles of Systemic Psychotherapy and an introduction to skills and practice. The second and Third year provided more in-depth tutorials on systemic theory and practice, with weekly supervised practice sessions conducted with a family with the reflective team and supervisor behind the screen. The third-year incorporated tutorials on research and the writing of the dissertation which was first person inquiry. The fourth year of this programme required independent clinical practice with post session supervision with an allocated supervisor. This utilised reflective formatting and video presentation to maximise learning from clinical practice. Supervision was also provided within a monthly peer group which was led by an allocated supervisor and course lead.

The presentations which were of most interest to me were those pertaining to Attachment and narrative approaches to therapy. The social constructionist umbrella which this course is taught under was of particular interest and challenge to me as a Clinical Nurse Specialist working within a CAMHS setting which is constructed within a medical model approach to care. My dissertation was a First-person inquiry which reflected my learning in relation to this transition into a social constructionist paradigm.

This master's level training was a transformative experience which not only equipped me with a wealth of knowledge of Systemic theory and practice but also supported my professional and personal development. I found the learning I encountered in the writing of my dissertation was the most valuable part of this training as the depth of self-reflexivity required supported the assimilation of the theory which I had learned over the four years.

I have found that this training has enriched my practice as a Clinical Nurse Specialist working in the specialist field of Child and Adolescent Eating Disorders. This training has enabled me to create more collaborative therapeutic relationships with families essential to the effectiveness of the evidenced based (FBT) (Family Based Treatment Approach Lock et al) approach which this service offers.

I am very grateful to this foundation for supporting me in this training which I have found to be intrinsic to all my therapeutic work within the field of CAMHS. I have found that with many families experiencing this a child with an eating disorder may also experience more complex systemic issues which this training has enabled me to collaboratively explore with families attending this service.