

Report for funding from FPSA

*Year 1, Masters in Psychological therapies with children, young people, and families
Completed 27th June 2018*

The training

This was the first year of a Masters that will prepare me to provide psychotherapy to children, adolescents and families. On completion of the two-year Masters and required clinical work, I will qualify as a Child and Adolescent Psychodynamic Psychotherapist. I will be able to seek accreditation with The British Psychoanalytic Council.

The course is taught at the Tavistock Clinic in North London, one day per week over a 9-month academic year. A core theoretical module gives you the grounding in psychoanalytic concepts and technique in the assessment and engagement of children and adolescents. Shorter modules cover research methods, work with parents and mindfulness. We were also able to choose a specialist workshop, such as autism or working in schools.

An essential part of the course is the required clinical work. Students are required to see children and adolescents for individual psychodynamic psychotherapy, both short and long term. There is also an expectation that students will carry out psychotherapy assessments and some family work across the two years.

My experience

I would first like to very gratefully thank the FPSA for funding my first year of this course. It is not an exaggeration to say that everything I have learnt has been directly applicable to my work in a CAMHS for Looked After Children, enriching my direct clinical work, my formulations and contribution to case discussions, as well as my abilities to consult with other professionals.

One way the course immediately impacted my practice has been through extensive clinical supervision. I meet my individual supervisor fortnightly and present clinical work in group supervision and my specialist workshop. This gives me the opportunity to think in depth about my cases, along with highly experienced Child Psychoanalytic Psychotherapists and other students on my course. This is a truly invaluable opportunity and I have seen how my practice and the outcomes of my clients have improved as a result.

The course has also equipped me with a sound psychoanalytic theoretical understanding, through course reading and discussion of key papers from authors such as Klein and Winnicott. I chose the fostering and adoption workshop so have had further opportunity to think about the specific experiences of the Looked After Children I work with and the creative and dynamic ways needed to support them, through individual therapy and working with their professional network. I have every confidence that the second year of the course will deepen my understanding and reinforce my newly acquired clinical skills within my job and any future role within CAMHS.

For anyone considering the course, it would be helpful to have some understanding of psychoanalytic and developmental theory, such as through completing the Postgraduate Certificate in Child, adolescent and family mental wellbeing (D24) at the Tavistock, which I would highly recommend for anyone considering further study in either psychodynamic or systemic psychotherapy, as this course gives you a good grounding in both.

Once again, all my thanks to FPSA for their support.

Amy Peskett
CAMHS Practitioner and Mental Health Nurse