

Foundation for Professionals Working in Services for Adolescents:

MSc in Systemic and Family Psychotherapy year one report. (2017-2018)

I would like to extend a huge thank you to the FPSA for their very generous contribution towards the first year of my course fees of a two-year part-time MSc post-graduate course in family and systemic psychotherapy. The course takes place at Exeter University and covers a range of theory, models and skills. The second year includes a research dissertation. During the second year of study further exploration into 'contemporary family therapy practice' is 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 first year has been assessed through a range of essays, presentations and podcasts. Thus far I have gained high merit grades for all of the completed assignments.

It is a course requirement that you are assessed in your clinical practice as well as academically. My placement is 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 is improving due to the extensive further training and the positive feedback from my placement supervisor 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 is proving 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. I look forward to completing my final year in 2019.