

November 2015

Foundation for Professionals Working in Services for Adolescents

MSc in Systemic and Family Psychotherapy

I would firstly like to thank the FPSA for their generous contribution towards the first year 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 brings integrative systemic theory alongside evidence based practice. The second year involves a research study.

Theory and practice are brought together through reflective group work, reading seminars and clinical placements.

With guidelines for child and adolescent mental health services continuing to support family therapy as an effective approach for adolescents experiencing mental health difficulties, it is essential to further skills in this area.

Working in a community based mental health service for children and adolescents, the experience from this training is already enhancing my practice. I am evaluating my work in more systematic and consistent ways and gaining ideas from other course members as well as the children and young people I continue to work with. I am looking forward to the second year when I can undertake a piece of research which, I hope, can benefit those I work with and extend learning for the team I work in.

Ethical theory and practice is central to ensuring clinical work with families is thoughtful and safe. The course is supported by AFT; the

Association for Family Therapy and Systemic Practice, and practice is in adherence to AFT guidelines and code of ethics and practice.

Self reflection is an integral part of learning and the course encourages and assesses this through the writing of a reflective journal, through group discussion and through supervision.

I am grateful to have found this opportunity and am taking in as much information as possible! I will be sharing new ideas and practices with my team as well as the families with whom I work.