

November 2016

Foundation for Professionals Working in Services for Adolescents

MSc in Systemic and Family Psychotherapy

I would like to firstly thank the FPSA for their generous contribution towards the second 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 includes a research dissertation.

During the second year of study further exploration into 'contemporary family therapy practice' is completed through discussion, presentation of ideas and written assignments. This module is of particular relevance when working with adolescents affected by mental health difficulties as it encourages thinking about ethics, power and gender, promoting anti-discriminatory and anti-oppressive practice. For young people who need advocates and a deep and informed understanding about their situation, this module feels particularly important.

The course encourages learning through self reflection and self awareness and this is developing all the time. Looking ahead to qualification next year in 2017, I consider this aspect of the course crucial in underpinning the academic learning and clinical practice.

My colleagues in the child and adolescent mental health service where I work are always interested in what I am learning and I share with them articles and material as well as contribute to trying out new ideas in practice. With increasing concerns about the growing numbers of 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 wholly beneficial in strengthening my own resource for working with adolescents but also the team I work in.

Thank you to the FPSA for supporting this learning and practice.