

## **Report of the second year of Masters in Systemic Psychotherapy at The Tavistock Centre, June 2017**

I am very grateful to the FPSA for enabling me to undertake this valuable training, which I would not have been able to access otherwise. The application process was clear, Katy was very helpful and I received the money very quickly.

In the second year, we continued with the monthly lectures to study the theoretical and clinical models in systemic therapy. Lecturers provided readings for these in advance. Small groups of students meet with tutors the morning after the lecture to discuss and explore the topic of the lecture and the readings. In addition, we had various seminars which were dedicated to the historical development of systemic thinking, research and to situating theory firmly within multiple contexts.

Moreover, we had weekly live clinical practice supervision which is particular to Systemic and Family Psychotherapy Training. My clinical placement was in a different CAMHS to where I was last year. This has enabled me to work with a different clients' group, young people from diverse ethnic background and provided me with the opportunity to enhance my experience of working with children, young people & families who often presented with wide range of complex needs. I usually had to liaise with the systems involved with them to enable change and make a difference to their lives.

In addition, I enjoyed the termly sessions dedicated to personal and professional development as they helped me to further self-reflect and take time out to reflect on my practice and my development as a Systemic Family therapist.

I now feel more confident in the way I use systemic concepts in my work with children, young people, their families & agencies to bring forth positive change. As a result, I have effectively taken on more responsibility in my team to promote systemic thinking and practice in my work place when working with refugee children, young people and their families. Using a systemic approach in my practice has enabled me to carry out high risk and complicated assessments and has allowed for a more holistic understanding of young people and families' complex needs.

Furthermore, there has been a particular emphasis upon research skills and evidence based practice to support us with our final dissertation. We were placed in different research supervision depending on the area of the research topic. People had a choice to do a primary piece of research or a portfolio.

As I successfully finish this year, I look forward to fully qualifying as a Systemic Family Psychotherapist. The funding from FPSA was fundamental for me being able to undertake this training and I will forever be thankful for the difference it has made to myself and my family as well as for the difference it makes for the children, young people and their families in my therapeutic work.

Thank you ever so much,

Nsimire Bisimwa  
CAMHS Practitioner