

The Foundation for Professionals in Services to Adolescents

25th July 2015.

I would like to take this opportunity to thank FPSA for their generous contribution towards my first year on my MSc course in Family and Systemic Psychotherapy, and for financial support to enable me to undertake the post graduate certificate in Family and Systemic Psychotherapy. This qualification enabled me to enrol on the MSc.

The MSc is a two year part-time course, which will enable me to practice as a Family and Systemic Psychotherapist at the end of the course.

The MSc course involves:

Study of theoretical and clinical models in systemic therapy

Supervision of clinical practice

Study of culture, ethnicity and gender narratives in systemic practice

Regular sessions devoted to personal and professional development

I found the first year of this course extremely useful for my work, the course has been very thought provoking and has changed my work practice. I have become more reflective and have a greater understanding of systemic theory and am able to apply this to my daily work with looked after children and their families, as a result I am more useful to the families I work with.

I have found that when I use this approach in my practice it helps me work much more effectively on the understanding and meanings held by the children and families I work with. This leads to a more collaborative process of working out what changes are needed, and the steps towards making these changes.

I have also been able to integrate my learning of systemic approaches to my supervision of staff. The staff I supervise often experience high levels of stress in their work with looked after children which can be challenging. I have found my ability to incorporate systemic approaches to my supervision with them has been very effective in supporting them around managing the levels of stress the work can induce, being able to use supervision effectively to explore the meanings and impact of the work for the staff.

I look forward to being able to complete the final year of my MSc to enable me to qualify as Family Systemic Therapist. After which I intend to continue my focus on work with adolescents involved in local authority care.

Yours Sincerely

Paul Brown.