

4th August 2015

The Foundation for Professionals in services to Adolescents

The funding I received from FPSA has enabled me to study the first year of the MSC in Family and Systemic Psychotherapy at Birmingham (www.bch.nhs.uk/node/928) I am extremely grateful for this support to help develop my professional development within CAMHS.

The MSc course is 2 years part time which will enable me to practice as a Family and Systemic Psychotherapist once completed. It is the qualifying 2 years out of a total of 4 years training.

The course has provided me with the opportunity to learn, practice and reflect upon Systemic Psychotherapy in a supportive but challenging environment. I have transferred the knowledge and experience I have gained to my daily practice within a Community CAMHS team. The course and the clinical work in my job are not separate entities but sharing my practice with colleagues across both has enhanced me as a practitioner and as a person.

I am part of the Family Therapy Reflecting Team within CAMHS and as a result can take complex cases from my case load. This has prevented families and young people from escalating up the mental health tiers in order to access the appropriate therapeutic intervention. Feedback from families has noted that they appreciated the consistency of me as therapist working alongside the expertise of the Family Therapy Team.

The CAMH service is undergoing lots of change and the course has provided me with skills and confidence to have some input into how ongoing Family and Systemic Therapy can be developed. I have taken on the task of creating a database for SCORE-15 in order to collate evidence base on the effectiveness of interventions.

I am looking forward to continuing into my final year and the continued benefits this has on myself as a practitioner but also for the adolescents and their families that I work with.

Hannah Saxton (Specialist Practitioner / Family and Systemic Psychotherapist in Training)