

The Foundation for Professionals in Services to Adolescents.

30 May 2016

First of all I would like to say a massive thank you to FPSA for funding my first year of the MA in Systemic Psychotherapy at the Tavistock and Portman NHS Trust, without your support I could not have studied on this course.

I previously completed two years and achieved a postgraduate diploma in Applied Systemic Theory. With the completion of the MA at the end of next year I will be a qualified Systemic Psychotherapist.

It has been an amazing year of studying that has stretched and challenged me; I feel I have grown so much as a practitioner. Pushing further and deeper into systemic theory and practice at master's level and applying systemic approaches to working with individuals and families, applying what I have learnt to groups and organizations.

In this last year I have grown in the areas of self-reflexivity and dialogical practice. I am much more aware of issues of power, paying closer attention in particular to gender, culture and ethnicity.

For my clinical placement I have been in CAMHS in the London Borough of Newham on a weekly basis learning to put systemic learning into practice as lead therapist in training and as a member of the reflecting team.

The course has also had a huge impact on my job working with young people. I moved last year from Family Services and Social Work into a brand new pioneering community based mental health project for young people. As a project we aim to reach young people who are in need of support to improve their emotional wellbeing, who are not currently receiving any mental health support.

We use an integrative model - drawing from a number of therapeutic models including systemic practice. Working collaboratively with the young people, our approach is flexible, holistic, and ecological. In the project I am a Team Lead providing clinical supervision to four Young Peoples Workers, as well as holding my own caseload.

I have been bringing my learning back into my work place, training my team in systemic theory and practice.

Through studying the masters I have improved in my supervision of staff, and it has helped develop and improve my direct work with young people.

I am really looking forward to the 2<sup>nd</sup> year of the MA, I really hope to finish the course to become a qualified Systemic Psychotherapist and continue my work with adolescents and families.

Yours sincerely,

Peter Day