

Report for FPSA Funding 2015-16

MA In Systemic Psychotherapy

I am extremely grateful for the funds granted to me by FPSA.

The funding has enabled me to undertake the first year of MA course in Systemic Psychotherapy at the Tavistock and Portman NHS Foundation Trust. I previously completed 2 years training to become a Systemic Practitioner and this year of the master course has enabled me to take my learning and practice forward towards qualification and accreditation as a fully qualified family Systemic psychotherapist. I will be starting my second year in September 16 as I have successfully completed the first year.

The course includes clinical work and clinical supervision where students meet in group. The placements are within a children and Adolescent Mental Health Service (CAMHS) setting taking a range of referrals and presenting problems.

The seminars and lectures aimed to extend students' understanding of theoretical concepts in the systemic psychotherapy. Theory and practice are integrated in all the teaching and work with families. We had this year a theory essay and theory based presentation of a short clip of our clinical practice in front of a panel.

We started this year to think about a research study that will be part of our dissertation next year. The emphasis is on the development of the practitioner's approach, methods used and techniques' applied to work with families

I have been able to apply my learning from the course both in the live training team and in my work as a Community CAMHS practitioner within a refugee team. I have been able to use systemic concepts and techniques in my work with families where children / young person was experiencing diverse range of issues such as depression, anxiety, anger, social communication issues and self-harm, OCD. In addition, I worked with refugee parents to understand how the trauma of migration as affected their family dynamic and functioning but the work was drawn on their stories of strengths. Furthermore, I have used social constructionism ideas to decentralise myself, empower family members and also to enable conversation about issues of power by challenging dominant discourses: I managed to work well with two fathers from Black Caribbean's heritage who originally did not want to engage with our service because of their own experience of discrimination and learning disability. They were able to reflect on their culture beliefs system about gender roles, child voice entitlement and on whether or not they wanted to replicate their family scripts and the impact of the latter on their family.

I have also run a Tree of Life Programme in a secondary school with young people from refugee background. The programme is a narrative technique that is a strengths based. It used the metaphor of the tree to help young people to build on their resilience.

My training has helped me to take on more responsibility in my team and set up workshops for students and a teaching role.

Like I mentioned in my application I am from a minority group that is not represented professionally in mental health or health. I am curious about how the Systemic concepts can translate into a meaningful, active and creative understanding in the context of culture differences and sameness and how it can reach people who would normally not get access to family therapy.

I wish to extend my thanks again to FPSA for their financial support for without I would not be able to do the course. I would like to take this opportunity to request for help to fund my second year in MA in Systemic Psychotherapy.

Lydie Cacoujat – 23/06/16