

Report for funding from FPSA

Year 1, Masters in Psychological therapies with children, young people, and families

Completed 24th June 2022

This is the first year of a Masters course in psychotherapy with children, young people and families. Successful completion of this first year enables me to go on to complete the second year of the Masters course which leads to accreditation with The British Psychoanalytic Council, and to then practice as a psychodynamic therapist.

In addition to the academic study, I have been required to complete clinical work which I have been able to do within my job as a CAMHS social worker in a specialist Tier 3 CAMHS service for looked after and adopted children. My clinical work has been supervised both by a placement supervisor and an external supervisor at the Tavistock and Portman NHS trust. I am required to complete long-term once weekly psychotherapy with 2 young people, and 4 pieces of weekly short-term therapy up to 20 weeks with children or young people. In addition, I am required to carry out assessments and pieces of family work.

The course is taught at the London Tavistock Clinic for one day a week over the academic year. The core theoretical teaching is in psychoanalytic theory and practice in the assessment and therapeutic work. Additional shorter modules cover research methods, mindfulness and parental work and in the summer, we are required to attend 2 CBT workshops.

My experience

I am extremely grateful to FPSA for the funding I have been awarded for the first year of this course. I have been able to apply my learning directly to every aspect of my role, including assessments, formulations, case discussions and therapeutic work. I have been able to share elements of my learning with my team and I have achieved a greater level of competence and confidence in my work.

The extensive supervision I have received has been invaluable to my learning experience as it has enabled me to reflect deeply on my therapeutic cases and my own development. Presenting my work in both my individual and group supervisions has meant that I have been able to be rigorous and thoughtful in my work, and to learn from the experience and expertise of my supervisors, tutors and fellow students. This has had a direct impact on the quality of my work and therapeutic outcomes for the children, young people and families I help.

The theoretical knowledge I have gained is directly applicable to both my therapeutic work and the way I am able to work with colleagues and external professionals, for example through providing consultation to both families and professionals. I have no doubt that the second year of the course will enable me to continue to strengthen my clinical skills and knowledge base and to deepen my understanding of the difficulties the young people and families I work with face, and how I might help them.

I am very thankful to FPSA for making it possible for me to complete this training and I will strive to put this to the best possible use with the clients I work with.

CAMHS Social Worker.