

## **MA Integrative Child and Adolescence Counselling and Psychotherapy.**

**Fifth Year**

**January - December 2023**

Thank you to the generous grant awarded by the FPSA, this has enabled me to continue to learn and develop in my journey towards becoming an integrative child and adolescent counsellor and psychotherapist.

### **Summary of the training:**

My training journey started in 2019 and I have now completed five years of the part-time training programme. This has included one evening of lectures each week, and seven weekend lectures throughout the year. I have completed 50 hours of clinical work within a placement working with a range of different age ranges of children and adolescents who need psychotherapeutic support. As part of the academic requirements, I submitted two written essays and a reflective journal at the end of each term. Along with a portfolio of the pieces of written work and clinical hours at the end of this year.

Although my academic training has now been completed there are two summative assessments still to complete which are the Final Dissertation and Advanced Clinical Competency Viva. Upon completion of those in 2025, I will become a qualified integrative counsellor and psychotherapist with children, young people and families and will register with the BACP (British Association of Counselling Professionals).

### **Reflections on the Learning Outcomes**

This MA has made a significant difference in my learning and performance, both professionally and personally, this is owing to the course content and clinical training. Upon completion of the fifth year of my training, I have achieved the following learning objectives which contribute to:

- Development of own integrative approach to child psychotherapy, and being able to provide a clinical account for its relevance and application
- An application of research-based theoretical and clinical principles of psychotherapy within an integrative framework for working with children and adolescents.
- A good understanding of psychotherapeutic skills, maintaining professional boundaries, demonstrating clinical awareness and reflective thinking.

In developing my skills and knowledge as a psychotherapist, I have grasped a good working understanding of psychodynamic assessment and formulation to inform clinical thinking and interventions. Another fundamental learning outcome has been developing an understanding and awareness of transference and countertransference which exists within the therapeutic relationship and can potentially create blocks in the therapy. Applying theory to practice has bolstered my skills to engage with young people and their families whilst working collaboratively with other colleagues and professionals.

**Application of the learning into practice:**

I am an experienced social worker working with young people (aged between 10 to 18 years old) who have complex profiles of need with underlying emotional and behavioural difficulties, developmental trauma, and attachment difficulties. In my professional role, I have been able to apply key principles of attunement, containment and holding, empathy, and unconditional positive regard in my therapeutic approaches. Based upon a robust clinical assessment and formulation, my training has allowed me to deliver a range of different modalities such as working with creative arts, gestalt, sand tray, cognitive behavioural, and psycho-educational to support change and healing.

For individuals considering a training journey in counselling and psychotherapy, I would highly recommend the programme with the recommendations that you are open to and ready to embark on a journey of personal reflection. It has been a transformational personal process towards inner growth and strength. Alongside, professional development will open up a whole new career to working therapeutically with children young adolescents, and their families.

I am very thankful to FPSA for making it possible for me to continue my training which has had a direct impact on my clinical work. This has positively impacted the children, young people and families I have supported.