

## **Systemic Psychotherapy Training**

### **End of 2<sup>nd</sup> Year Report**

I am writing to update the trust on my training this year. I have found the training to date most useful to me in my role in ACTS in providing systemic support to the systems around the young people referred to our service. In my day to day work I use the skills I have learned in supporting residential teams in their efforts to ensure safe and therapeutic care for young people presenting with complex needs engaging in risk-taking behaviour. I am hopeful that in this work I can play a part in avoiding placement breakdown and thus in supporting continuity of care for our young people.

I found the live clinical supervised placement most helpful in my skill development and have worked with many adolescents and their families over the year. I have used these skills in sessions with young people, with family members and professionals alike within my current role. I feel that this year has provided me with skills & resources as a trainee family therapist & will be of benefit to our clients and to me in my role.

These skills will also benefit additional families in the coming months as I be working independently with families referred to the UCD family therapy team from Social work department. I will receive retrospective supervision from Clinical Supervisor in UCD. I also look forward to beginning my research thesis which will focus on therapeutic interventions with adolescents. I have worked with adolescents, their families and wider support networks for over twenty years and have found the family therapy training a huge resource to me in working with families to strengthen understanding, communication & connections. I would like to take this opportunity to thank the trustees for this opportunity to add to my training in order to meet the needs of the young people and families with whom I work.