

## **MSc Systemic Psychotherapy (Year 1)**

In July 2025, I completed the first year of the MSc in Systemic Psychotherapy at the University of Birmingham. This marks the halfway point in a two-year qualifying programme that will enable me to register as a Systemic Psychotherapist upon completion. I am incredibly grateful to the Foundation PSA for their generous support, which made it possible for me to undertake this training.

I currently work within Birmingham's Edge of Care service in Social Care, supporting families where there is significant risk of a child entering the care system. My role is focused on offering relational, therapeutic interventions that support families to stay connected and create lasting change. The systemic training has been highly relevant to this work and has enriched both my practice and the wider service I contribute to.

The course has included key modules such as *Creating Cultures for Learning and Therapy*, *Co-constructing Contexts for Change*, *Power, Prejudice and Ethics*, and a *Research Methods* module. A core component of the year has been my clinical placement in an NHS inpatient setting, working with young people aged 12+ presenting with a wide range of mental and physical health needs, including eating disorders and complex emotional difficulties. This placement has provided a unique and challenging context in which to apply systemic thinking and develop my skills in working with individuals, families, and multidisciplinary teams.

The first year of the MSc has deepened my understanding of systemic theory and its practical application. It has supported the development of my thinking, reflexivity, and interventive skills, particularly in working with whole systems and creating relational shifts within family patterns. I have found the training has helped me bring greater coherence and clarity to my work, allowing me to connect family members more meaningfully and foster change in complex situations. These skills have already begun to positively impact my practice within Edge of Care, offering new ways to support families in crisis.

Looking ahead, I am excited to begin the second year of the MSc, which will take me towards full qualification as a Systemic Psychotherapist. I aim to continue embedding systemic practice within social care, contribute to the development of therapeutic approaches in high-risk family work, and eventually offer supervision and teaching to others in the field.

I would like to sincerely thank the FPSA for enabling me to pursue this training. It has been a transformative opportunity for both personal and professional development and one that I would not have been able to access without your support. I wholeheartedly recommend this training to other practitioners working with families in challenging contexts.