

Systemic Psychotherapy Training

I would like to extend my sincere thanks for the funding I received to support my training in systemic psychotherapy. This contribution made a meaningful difference to my educational journey, and I am truly grateful for your investment in my development.

I am currently in the final stages of my training, having completed both theoretical and clinical components. The course has deepened my understanding of relational and contextual approaches to mental health and wellbeing and has helped me grow not only as a practitioner but also as a person. I have been able to work with individuals, couples, and families from a range of backgrounds, always holding in mind the importance of culture, power, and social justice.

As part of the course, I have undertaken a thesis that explores the experiences of Black systemic psychotherapists in the UK. This research is close to my heart, I have sought to understand how Black therapists make sense of their professional identity, navigate systemic spaces, and hold cultural knowledge in their work. Themes that emerged include resilience, resistance, visibility, and belonging — all within the context of an often-Eurocentric field. The process of conducting this research has been deeply enriching and has challenged me to think critically about inclusion and representation within the profession.

Receiving financial support has allowed me to focus more fully on this important work, and I am committed to using my learning to contribute meaningfully to the field of systemic practice, especially in promoting equity and voice for underrepresented communities.

Thank you again for your generosity and belief in my journey.

MSc Systemic Psychotherapy, Tavistock and Portman Trust