

## **Msc in Systemic Psychotherapy**

I would like to relay my appreciation to the trustees of the FPSA for their assistance to me in completing the Msc in Systemic Psychotherapy. The qualification has greatly assisted me clinically and further resourced me in working with young people and their families in an adolescent mental health service. I also feel further skilled in working with the professional system around adolescents experiencing mental health difficulties.

My direct work focuses on strengthening relationships, increasing connection & communication between family and support system members. The course creates a focus on allowing multiple perspectives to be voiced and heard within family and support systems. This is an area which I feel has promoted sharing of different perspectives between family members leading to increased understanding. A key goal of my therapeutic work is to promote understanding of the young person by their parents and carers along with increased insight on behalf of the young person into their strengths and areas of concern. My participation in this course has supported an increased understanding and insight within the families I have worked with allowing a focus on the strengths and resources which exist within adolescents, parents and carers, the wider family and community.

With a long career working directly with young people and families in child protection welfare and mental health services the course has furthered my skills which I will bring forward in my work with adolescents, families and the wider support systems for years to come. The trust has provided great support to me in this journey & to the adolescents and families that I have worked with to date and will work with in the future. I would like to extend my sincere thanks to the trustees for their support to me with this.