

## **MSc Systemic Psychotherapy.**

Dear Trustees of the Foundation for Professionals in Services to Adolescents,

I want to offer my heartfelt thanks for your generous support in funding part of my first year of MSc training in Systemic Psychotherapy. Without this help, the journey into further learning would have felt far less possible, and I am deeply grateful that you chose to invest in me and my work.

During this first year, I have grown in my ability to reflect on my own role in therapeutic relationships, to listen more carefully to the voices of adolescents and their families, and to approach difference and vulnerability with greater awareness and respect.

One of the most beneficial areas of learning that has impacted on my practice with the adolescents and families I work with was developing greater confidence in using systemic concepts in practice. Practice that enables a different lens to supporting and working with young people who experience challenges in their lives that impact on their mental wellbeing. Through making meaning of behaviours and their impact and function on the family system I am beginning to adapt a different working hypothesis and formulation on how best to support adolescents and their families through my learnt theories and systemic interventions such as Narrative theory that enables new stories and outcomes to be created and practiced by the whole family.

These shifts in my practice help to eliminate risk, harmful behaviours whilst creating collaboration with families. My learning also enables me to step away from “problem-saturated” narratives and the blame culture that some families experience. This learning has moved towards a more power balance practice that empowers the young people and families.

What stands out to me about the Foundation is the commitment to supporting professionals so that young people receive the best possible care, through the values of promoting ethical, reflective, and responsive practice. I truly feel that these principles have been woven into every aspect of my training so far and made a change and shift to the intervention the families have received from my working practices.

My learning has made me more aware and attune to power dynamics that is present between my role and how the family and or young person might view me. Differences and similarities to family’s culture and family dynamics have also made me more aware of use of self within practice and enhanced my reflectivity in that I am able to change my practice through noticing the reasoning and effects of my practice on families. Actively practicing these ideas, has heightened my sensitivity to issues of inequality and to think critically about my practice.

This critical evaluation of my practice has strengthened my ability to create a safer space for families to ask and check in with adolescents and their families experience of my practice and what they might need more or less of. This relational risk-taking makes room for everyone to share their experiences, and to hold multiple perspectives within the room whilst shaping and shifting familial changes.

I have also been able to transfer these reflections through multi agencies I work with in relation to devising young people's care plans to ensure that the system supporting the young person and their care also reflect their wider needs.

Looking ahead, I hope to carry this growth into the remainder of my MSc, continuing to deepen my knowledge, refine my reflexive practice, and strengthen my therapeutic skills. I am committed to ensuring that the benefits of this training extend beyond my own development, creating a lasting impact on the adolescents and families I work with, as well as within the wider professional community I am part of.

Your support has made a real difference not only to me, but to the lives of the families I work with. I feel privileged to carry forward the Foundation's values in my learning and my practice, and I want to thank you sincerely for enabling this opportunity.

Received with gratitude.