

## **MSc Systemic Psychotherapy**

Dear Trustees of the Foundation for Professionals in Services to Adolescents

I would like to express my sincere gratitude for your generous support in giving me partial funding to complete my final year in Systemic Psychotherapy. Your investment has made a significant difference to my ability to pursue further professional learning, and I am deeply appreciative of the faith you have placed in my development and in the work I do with young people and their families.

Through the final year of the training, I was able to develop further my ability to work relationally with families, reflect on my role as a therapist and use systemic skills to promote change for the young people I support. This learning taught me how to listen carefully, stay with uncertainty, and learnt how to approach differences with sensitivity and respect. This experience has been transformative to me both personally and professionally.

A valuable area of growth for me was using the systemic framework to see the challenges that young people experience through relational lenses, avoiding pathologisation and honouring their lived experiences while also supporting change within their family system. I was able to learn how to explore and identify strengths that families have to achieve this and empower them to feel hopeful for the future.

Furthermore, the training made me aware of wider systemic factors that influence families who come to therapy, and I was able to address those with sensitivity to offer anti-oppressive practice and help families feel safe within this process. This allowed families to engage in reflective conversation, to hold multiple perspectives and work towards achieving their therapeutic goals. My approach to therapy was transformed by the opportunity to work with various families and by using my systemic skills to adapt my approach to their needs, such as tailoring sessions to be developmentally appropriate for young people with neurodiversity and helping them feel understood.

I have felt particularly aligned with your commitment to promoting ethical, reflective, and relationally sensitive work with adolescents. These values have been woven through my training and have had a direct impact on the quality of support I offer families I work with, as well as on how I contribute to wider professional networks.

As I continue my MSc journey, I am committed to carrying this learning forward by expanding my knowledge, engaging reflexively and enhancing the therapeutic care I provide to families. Your support has enabled growth that reaches beyond my own development and into the lives of the young people, families, and systems I work alongside.

Thank you once again for your generosity and for the trust you place in practitioners who aim to make a difference. I remain truly grateful.