

## **MSc – Systemic Psychotherapy**

I received funding support towards the final year of my Systemic Psychotherapy training at the Tavistock & Portman NHS foundation Trust. I had my final lectures on the 19th of June 2026 and will be handing my dissertation in by October 2026. Following the exam board in December 2026, I should be receiving my full qualification as a Systemic & Family Psychotherapist.

I'm truly grateful for the grant received from the FPSA in this 4th & final year of studying, as it gave me the opportunity to focus on my studies without further financial concern. Particularly as I had self-funded all my studies thus far and my team was made redundant earlier this year due to organisational restructures. Having the additional grant helped to relieve some of the stress and uncertainties I faced throughout the course. It is ironic because I wasn't aware of the potential redundancies at the time of my application, but I was glad to have received some support and wish I had known about the FPSA at the start of my training. Part of the systemic training is to consider how the systems we belong to and are part of can either hinder and/or enhance mental health difficulties and emotional issues for children, young people and their families. Receiving some support in my final year gave me hope when it seemed the circumstances of life would make it difficult to continue with my learning to better support my clients. Considering multiple perspectives and reflecting on self, as part of the training, gave me the chance to further use the challenges faced as learning opportunities, to inspire the children, young people and families I work with.

Completing the full process of retraining to become a Systemic and Family Psychotherapist, has been one of the rewarding decisions I've ever made towards both personal and professional development. The training is a great accompaniment to my previous psychological training and beneficial in helping me to consider the best support for young people and their families, who have experienced significant trauma that impacts their ability to fully function and manage their mental health and emotional well-being. I intend to further enhance my work with this client group both within the private and public sectors.

I will encourage anyone interested in understanding how the complexities of life, contributes to and/or impacts the mental health and emotional well-being of clients, to consider taking the risk of undergoing this retraining journey, to unlearn, let go and relearn, so they can better support this client group.

Additionally, if like myself, you have privately funded all your post graduate studies and are concerned about continuing due to finances, don't let that be a barrier, reach out and request help. Regardless of the amount you receive, having some financial support from the FPSA was extremely beneficial. Thank you for your support in this final year. I will certainly request help in future studies, to enhance my work with children, young people and families.