

Tertiary Education Scholarship Scheme (TESS)

Post Graduate Diploma in Systemic Family Therapy

2019-2021

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My interest in Systemic Family Therapy started to form during my experiences working with children with challenging behaviour. I had done a degree in psychology and had ample experience working in the social field, especially with children through voluntary and other work since the age of 16. My first Full-time Job was in a residential home for children and it became an area of special interest for me. In fact, with the support of the Tertiary Education Scholarship Scheme, my project consisted of a research proposal on 'Exploring the Experience of External Peer Relationships and friendships of Young People living in a Residential Home'.

The area of residential care is quite under researched in Malta and I am glad that I have the opportunity to study on a particular area in the life of children living in such residential settings. However, what is interesting here is that I will be looking at such experiences through a systemic lens. These two years were an enriching experience during which I started to look at the world through a different view, that of a circular one. We grow up learning to look at things from a linear perspective; that a problem has a cause; a start and an end. A circular view focuses on the relationships and interactions between different parts of the system and how that such interaction maintains a problem or an issue. This was very congruent with my own ideas that children with challenging behaviour were not at fault but were a result of problematic interactions and relationships within particular systems; such as the family system.

This course was an essential beginning to my journey to become a psychotherapist. Since the course was part time, I had the chance to continue gathering vital experience working directly with people in the social field. The knowledge and growth gained through both the post graduate

diploma and employment in the past two years was only possible through the funding and support of the Tertiary Education Scholarship Scheme - TESS