

My Masters journey

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Working in a field which would allow me to support people has always been my goal. I had started my journey as a social worker, which had given me the privilege to support people in their most vulnerable moments. Through my work experience, I gained deeper appreciation to the healing power of therapy, and as such I sought to further my studies by achieving a Master in Counselling.

The journey of my masters had been a truly incredible one, as the course allowed me to gain rich knowledge on various counselling techniques as to provide individuals a therapeutic space. Aside from the knowledge, the course had challenged me to reflect on myself and continue growing as an individual. Through this growth, I have gained confidence in my own abilities, which in turn allows me to work confidently with my clients.

The Master in Counselling had various study units, ranging from in depth understanding to counselling techniques and schools of thought, to units that focused more on personal growth. Such units were vital, as a counsellor must continuously self-reflect, so that the counsellor knows how they are being affected by the client's situation. Through this self-awareness, a counsellor is able to understand whether their own emotion or experience is affecting the work with clients. I believe the course has greatly helped in ensuring that I remain reflective, so I stay aware of myself to not influence the therapeutic relationship in a negative way.

The course had also allowed me to dedicate my thesis to researching how counsellors practicing in Malta had been affected by the COVID-19 pandemic. By researching the lived experiences of counsellor, I aimed to provide them with the space to voice their experiences, so that we can gain an understanding and appreciation of the work done by counsellors, and how they had adapted to the new reality of COVID-19.

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