

Letter One

Dear Frankie,

Having seen your experience as a trainee and how you learned to overcome the struggles and reflect so openly and honestly, I mainly have one thing I would like to say; Thank You. Being a trainee myself, I have felt the isolation and internal comparison and criticiser of “what did I do wrong?”, and in all honesty the question of “what is wrong with this client?”, seeing the client being the issue and, on reflection, being defensive. Seeing your experience that things go wrong is something I was not aware I needed to hear. It was the reminder that in the end we are all always finding our identity as practitioners and will forever be learning from one another. I also applaud your confidence and your honesty to seek exploration both with your supervisor and through your own internal dialogue. I couldn't help myself from wondering and would be interested in knowing whether attending personal therapy yourself would've helped your recognition as your own internal supervisor develops.

By having this glimpse into your journey, as a fellow trainee, I wanted to desperately tell you at that moment that it is okay when these emotions and frustrations occur, that nothing is perfect, especially in the profession we're in, particularly as we are told there is no one right or wrong way to work. As you so openly shared around your emotions with your own identity and relationship with your mother, I have seen how this can be a lonely process to be in and let frustration come out with those around you. I empathise with your struggle with identity and by seeing your openness with peers, supervisors and yourself, I have seen the importance of being able to share experiences with those around us, particularly when in such a multicultural world, where although we all differ, by hearing of others' journeys there is a light that this can bring, a light which everyone needs from time to time. I have many questions about what you have experienced and how your journey has been as a trainee since the video and would be open for further communication, with myself or even on a platform where those who are working within this field, particularly in the multicultural setting, to be able to have that check-in with one another.

I again thank you for your honesty and reflections.