

# Whatever It Takes.

## You got your degree...now what?

After graduating from university, I didn't know exactly what I wanted to do. A friend, who was a juvenile-probation officer, told me about a new program called Multisystemic Therapy (MST) that really seemed to be helping out kids, and they were hiring. The description seemed to match just what I was looking for, so I applied that day to be an MST therapist and never looked back.



## Reflections from an MST Therapist

Amy Myers shares her story

Throughout my initial days as an MST Therapist, I learned how effective the model is. As I continued my career, I learned something even more important: While MST focuses on holding therapists to high standards, it also ensures they have the ongoing support needed to successfully help youth and their families.

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# Reflections from an MST Therapist

Shortly after being hired, I attended the MST 5-Day Orientation Training provided to all new hires. The initial training and ongoing weekly group supervision and expert consultation that I received were critical to my skill development as a new therapist.

I remember one very clear example where this clinical support made the difference for me. I was working with a single father, and I was really struggling to engage with him. After a particularly difficult evening session where the father became upset, I was feeling very discouraged. Then I spoke to my MST expert, who quickly helped me understand what went wrong and how to repair the relationship and move forward.

“My expert’s guidance was invaluable - she inspired me to do the heavy lifting needed to help this father and his family manage a very difficult time.”

This was not a rare occurrence. Throughout my time as an MST therapist, my teammates, supervisor and MST expert provided me the continuous support I needed to be successful and satisfied with my job.

The model’s motto is “Whatever It Takes.” Every day, each of us works together to achieve what is best for each individual youth and their family. We are never without support to make what we do meaningful. It is that continuing support and the positive outcomes we achieve that has kept me in MST.

**I cannot imagine myself doing anything else.**