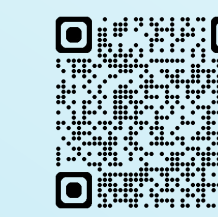


A reflection of my ongoing 33-year indirect journey with the Armed Forces



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PhD

- Exploring the experience of Military mobility for adolescents from British Army families.

Employee

- Child and Adolescent Mental Health (CAMHs) Nurse, for SSAFA Community Health, in British Forces Cyprus.

Researcher

- BA Hons Applied Social Science & Social Policy.
- MSc Psychology.
- MSc Mental Health Nursing.

Partner

- Currently serving in the Army.
- Served for 9 years.

Child

- Dad served in the Army for 21 years.

Reflection

- My indirect journey with the Armed Forces has not been linear.
 - There has been stages of feeling powerless.
 - As my journey continues, I feel like I am gaining back elements of power.
 - Personal experience as a child from an Army family has inspired my academic and employment history.
 - Working alongside the Armed Forces community has helped to gain a better understanding.
 - Overall aim has always been to help provide support, raise awareness of challenges and acknowledge achievements for this population.
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- All these personal, academic, and professional experiences have inspired my current PhD project.
 - My 33-year indirect journey with the Armed Forces has impacted and inspired my approach to research.
 - That centralises the voice of child and adolescents from Armed Forces families.
 - Who are often underrepresented in research.