

13 North Common Road
Ealing, London W5 2QB
Telephone: +44 (0)20 8579 2505
Fax: +44(0)20 8832 3070
www.metanoia.ac.uk

Registered Charity 1050175

POST-QUALIFICATION
DOCTORATES DEPARTMENT

The Post-Qualification Professional Doctorates in Psychotherapy are joint programmes between Metanoia Institute and Middlesex University. Since the Doctorate in Psychotherapy by Professional Studies (DPsych (Prof)) began in 1998 it has gained a reputation for innovation and quality in practice based research with its graduates contributing in major ways to the improvement of services, to interdisciplinary dialogue and actions, and to the realm of professional knowledge.

The DPsych (Prof) is unique in providing a doctoral level research programme for senior accredited and experienced psychotherapists, counsellors and psychologists. It provides an integrated professional and academic development programme which grows out of, and relates directly to, their practice. It encourages and facilitates senior practitioners to update and expand application of theory to practice, to critique their own assumptions with particular attention to current developments within the wider field and to usefully contribute to practice and knowledge through their research. It therefore takes an integrative stance and appeals to practitioners from a wide range of theoretical orientations.

The Doctorate in Psychotherapy by Public Works was validated by Middlesex University in 2007 and draws senior and accomplished practitioners who have already made a substantial contribution to the field of psychological therapy through a range of publications and/or public works such as setting up and running a counselling service, policy documents, strategic plans, major organisational change, innovative and successful training programmes etc, which have been pivotal in the field and commended, reviewed and respected by peers.

Doctorate in Psychotherapy by Professional Studies DPsych (Prof)



A practice based research attitude

Practice for most experienced psychotherapists, counsellors and psychologists generally involves clinical work which is combined in some unique way with other practice roles such as supervisor, tutor, manager, consultant, researcher, writer, etc.

If you are a senior practitioner in this sense then our doctoral programme will provide you with an opportunity to advance your professional knowledge and development in a number of ways:

Proficiency in Practice will be achieved through modular aspects of the programme, fieldwork observations, research and informed exchanges with colleagues and experts. These broaden and deepen your practice, professional knowledge and ability with regard to specific work settings, client groups, problem areas, treatment options and methodologies with critical attention to ethics.

Critical Inquiry will provide you with ways to examine, investigate and evaluate psychotherapy ethically as practised by yourself and by other practitioners. This form of psychotherapy research is both reflective and productive, culminating in projects, products (publications, manuals, CDs, etc), dissertations and scholarly works. An important criterion of assessment of these at doctoral level is evidence demonstrating their usefulness to and impact on practitioners, organisations and the wider field of psychotherapy which may include overlapping areas with related professions.

Leadership is nurtured through reflecting on your supervisory, training, consultancy and organisational skills and how these contribute to the field of psychotherapy practice and knowledge. As a demonstration of achieving this or the potential to achieve this, you develop your own Learning Agreement which allows you to interweave your various learnings in relation to all of your roles thereby providing you with a comprehensive basis for your development as a practitioner researcher and your carrying out of a distinctive piece of research/enquiry.

Application procedures

Applicants are required to attend a Briefing Seminar, details of which are available from the Academic Co-ordinator. Middlesex University and Metanoia application forms for the programme are distributed at Briefing Seminars.

Completed application forms must be returned to Metanoia with a detailed CV and two references. We require one reference from your current/most recent employer and one reference from someone who has known you in a professional capacity for three years and who is not related to you (for example a previous tutor).

Successful applicants will normally have:

- Formal training in psychotherapy/counselling/counselling psychology demonstrated by UKCP Registration, BACP Registration or BPS chartered status. Other related accrediting bodies will be considered on a case by case basis.
- Substantial experience as a practitioner, for example demonstrated by work over a number of years in a relevant context.
- Ability to demonstrate academic competence, for example relevant degree (e.g. Masters), written work (published or presented to other professionals), research.

Programme structure

The Doctoral Programme progresses in stages along national credit guidelines with the first stage being at Level 4 (Masters level) which can take from 12 to 18 months and the second stage being at Level 5 (Doctoral level) which can take 18 months to 4 years. The whole Programme can be accomplished between 3 and 6 years. The completion time varies according to individual circumstances.

Briefing seminars are the first step. They provide you with the opportunity to explore the programme prior to actually committing to it. Application forms can be obtained at the Briefings.

An individual interview is offered if your written application demonstrates the entry requirements and your personal and professional statement indicates the potential for doctoral research based in practice, experience, knowledge and reflexivity. The interview will focus on your own professional development, your probable pathway through the programme and a preliminary discussion regarding Recognition and Accreditation of Learning (RAL) which is the opportunity to get credits for previously completed work.

Induction. If accepted on to the Programme you will attend two half day inductions in the structure and culture of the Programme and then begin the Modules.

As a doctoral candidate on this Programme you will have your own Academic Adviser throughout the programme and while carrying out your final project you will have access to an Academic Consultant for subject specialism, whom you can nominate for approval by the Programme team.

Modules. These are designed cumulatively to help you to prepare for and carry out a distinctive piece of research.



Core modules. Each participant is required to complete the following core modules in year 1 of the Programme.

Review of personal & professional learning. Learning Outcome: a descriptive, reflexive and critiqued argument regarding your own professional competence and doctoral potential through charting your personal and professional journey past, present and future.

Research challenges in a practitioner doctorate. Learning Outcome: the demonstrated capability through a Research Journal and a draft Learning Agreement (Research Proposal) to read and critique research literature relating to practice, appreciate the importance of holding a research attitude to your practice and making an informed choice regarding research methodology.

In addition:

- If you do not have research experience at Level 4 or are out of date, or you have experience but wish to get started on a piece of pilot research for your final research project, you undertake a Practice Evaluation Project;
- If you do have research experience at Level 4 you can submit a RAL 4. This is a written submission which critiques what you did for your Masters research and evidences that you have research capabilities at Level 4 and potential for Level 5.

Professional Knowledge Seminars. Attendance and participation during the whole of the Doctoral Programme comprising 1 seminar on Professional Knowledge, 6 day seminars by

specialists in the field and 1 seminar on reviewing the 6 and preparing a Professional Knowledge paper. These provide you with the opportunity to engage with first hand expertise in specific subject areas; to develop professional knowledge; to experience live literature; to engage in challenging debates and discussions with experts and with your peers. Learning Outcome: an understanding of the development of professional knowledge, how to critique it, how to use it and how to develop/reform/transform it.

Programme Planning. Learning Outcome: the development of a Learning Agreement setting out the proposal for your planned Doctoral Project including the context of the underlying rationale for your engagement in the whole doctoral programme. You can include in this a proposal to submit a RAL 5. If you have sufficient prior work/projects already completed of doctoral standard such as a book, a series of articles, innovative and evaluated training course etc, you can apply for RAL at Level 5. A successful RAL 5 will reduce the size of the final project. See below.

Programme Approval Panel. You submit a written Learning Agreement and orally present it to this Panel for approval. After acceptance of the Learning Agreement you move into Level 5 of the programme which is the carrying out of your project work/research at a doctoral level.

Final Projects Module. This Module follows your Learning Agreement approval. It helps you to become familiar with assessment criteria for final projects and examination procedures.

Doctoral project

The undertaking and completion of a Doctoral Project, unlike a traditional research dissertation, can take many different forms, but must meet all the assessment criteria of a doctoral standard of work and be shown to be relevant and useful to the professional field of psychotherapy.

There are three possible sizes of Doctoral project: small, medium and large.

Large: if you have not applied for RAL 5 then you undertake the largest size (360 credits) of 65,000 words or equivalent.

Medium: if you have gained a RAL 5 of 120 credits you undertake the medium one (240 credits) of 50,000 words or equivalent.

Small: if you have gained a RAL 5 of 180 credits you undertake the small project(180 credits) of 35,000 words or equivalent.

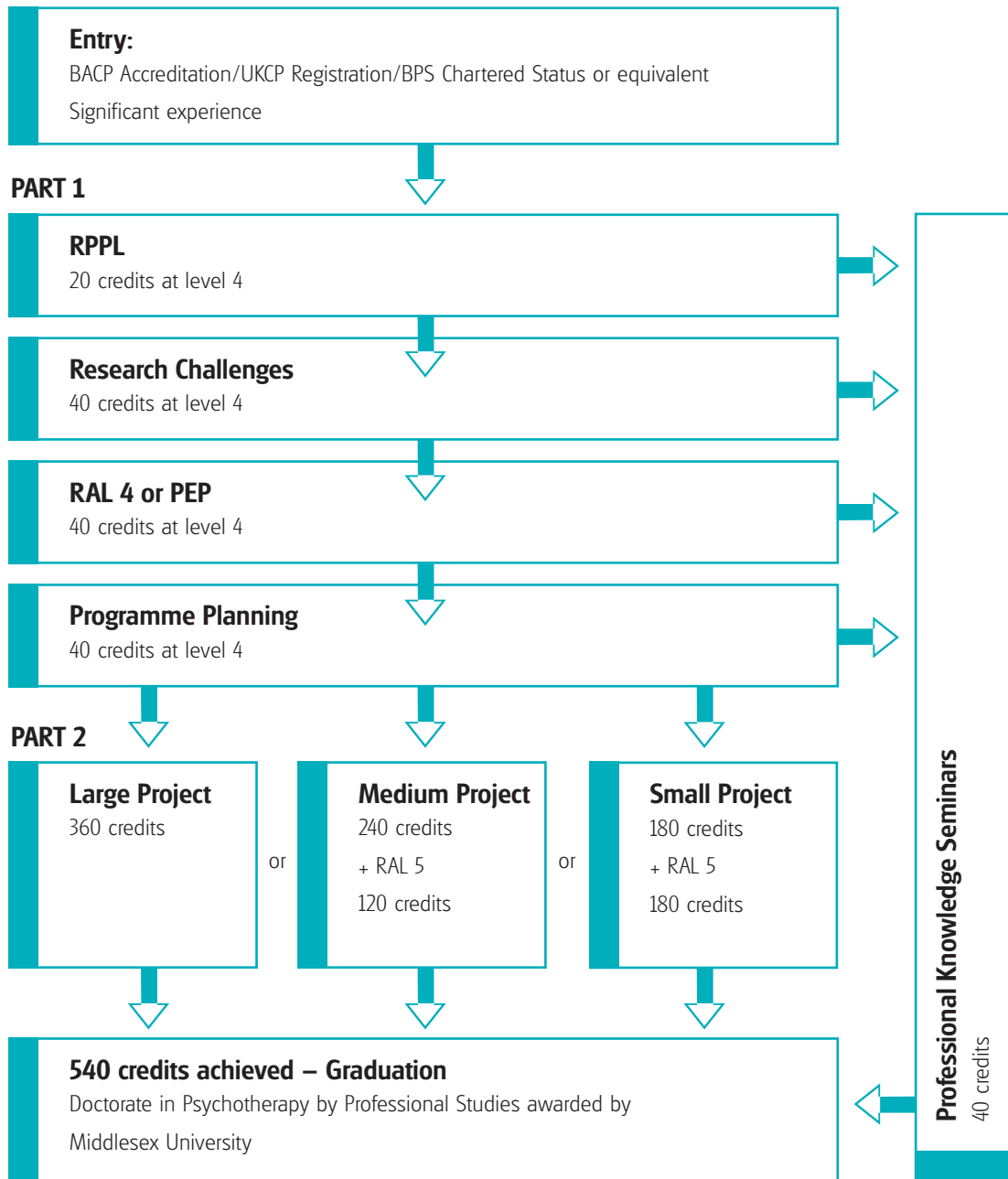
The Final Doctoral Project must always contain or be accompanied by critical inquiry, commentary and reflection. However the focus and product(s) of the research inquiry can take a variety of forms. The following are a few examples:

- The establishment and evaluation of a psychotherapy or counselling agency/service;
- A video, film or CD ROM presentation of your professional contribution to the field;
- A written textbook;
- An illustrated manual;
- A practice based case study involving mutual evaluation of the therapeutic encounter;
- A training course design;
- A report on a consultancy exercise involving the application of psychotherapeutic theory in an organisational context;
- A series of articles in peer reviewed professional journals.

The final projects will be required to show that they are of Doctoral standard in terms of:

- Distinctiveness of thought, knowledge and depth of reflection appropriate to this level of academic and professional ability;
- Thorough, creative and appropriate use of a method/s of enquiry from the wide range of research approaches now available;
- Evidencing a significant contribution to the fields of psychotherapy and counselling and/or evidencing that this piece of psychotherapy research has significantly influenced a related field;
- Having been tested and evaluated for their usefulness within the field of psychotherapeutic or counselling practice;
- Being able to stand up to ethical and professional scrutiny and challenge.

Structure of the Programme



Forming a community of scholarly practitioners

The learning method is essentially self-directed. You will be engaged in a form of collaborative inquiry with the team, fellow candidates, colleagues and research participants. The members of the Programme Team will provide you with an appropriate degree of regular support and direction and, in the case of the research seminars, an initial contribution in the form of taught and experiential input and suggested reading lists. However, as doctoral candidates, you will be expected to engage in an autonomous form of learning, doing extensive reading in the subject area, viewing your own professional experience as research and formulating your own distinctive ideas and approaches. This programme is designed to encourage collaborative and individual work. It provides a forum for high level debate and exchange and an opportunity to professionally network. Interaction with the team, colleagues, advisors, colleagues from Middlesex University, academic consultants and visiting professional experts broadens your knowledge and expertise and puts you in contact with or expands your existing contacts in the field particularly in your area of enquiry.

On our doctoral programmes we recognize the value of tutors who themselves hold doctoral level qualifications as well as extensive experience of undertaking and supervising practitioner research at that level. At the same time these tutors understand and work with the Metanoia 'house style' which involves candidates in their own learning process and seeks to integrate theory, research and practice.



Name: Olivia Lousada

Current training year: Graduated 2007

Occupation: Psychotherapist

Good fortune brought me to the door of Metanoia's Doctoral Programme that engages in the ongoing inquiry into the relationship of science and the arts.

The programme challenged, stretched and broadened my project, my thinking, my creativity and my commitment to my research. I am enormously indebted to the support and encouragement I was given. As a student rep I saw the work that Metanoia and Middlesex University did to meet the demands they faced in keeping the programme in a state of emergence and innovation.

Balancing the management of uncertainty between our roles as students and professionals was part of the ongoing dance in quest of the outcomes of our researches.

Doctorate in Psychotherapy by Public Works (DPsych)



Metanoia Institute invites applications from suitable candidates for the award of DPsych by Public Works. This doctorate is designed on the same principles and assessed by the same criteria as the DPsych (Prof).

The award will appeal to UK and international senior practitioners who have made substantial contributions to the field of psychological therapy through a range of publications and/or public works such as establishing and running a counselling service, policy documents, strategic plans, major organisational change, innovative and successful training programmes etc., which have been pivotal in the field and commended, reviewed and recognised by peers. Current candidates are based in the UK, Europe, the US and Far East.

This doctorate provides candidates with an opportunity to undertake a thorough and reflexive audit of their existing and completed doctoral-level work. Candidates are not required to undertake new research projects.

Procedures for entry are application and interview.

If you are successful:

- You will enrol with Metanoia Institute and Middlesex University and will normally complete your doctorate in one year.
- You will be allocated a highly experienced Academic Adviser who will support and guide you through the process and requirements.
- You will prepare a context statement of 15,000-20,000 words which, along with the public works being cited, will address the doctoral (Level 5) criteria of assessment and demonstrate doctoral descriptors of professional knowledge and leadership. You will be supported in this by your Academic Adviser and by the guidelines in the Handbook. The context statement will critically examine your current professional position and understanding and make explicit your claim to meet the assessment criteria holistically via the range of works submitted. The context statement and the public works must together illustrate leading edge outcomes of high level professional work.
- You will submit the context statement and supporting evidence within 6 months of enrolment to the registration panel for approval as a doctoral level submission. Revisions may be required.
- You submit the final version and present the work at an oral board.

Further details of this senior doctorate can be obtained from Professor Simon du Plock (Head of Department).



Name: Dr. Ken Evans

Current training year: Graduated 2009

Occupation: Psychotherapist and trainer

Location: Scarborough, Yorkshire

As a senior trainer and academic working in 14 European countries I found the doctorate worked for me, beyond my expectations. The programme was flexible enough to adapt to a demanding professional schedule and at the same time challenged me to serious critical reflection as well as inspire a vision that retained my interest and commitment. I wrote much of the doctorate in a range of hotels of varying standards across Europe and in some unusual places, such as an east European airport during a 7 hour flight delay, and with my lap top powered via a coca cola machine. Tutorial and administrative support was excellent throughout and I ended with a work of which I feel proud and which is making a positive strategic contribution to the development of the profession in the UK and Europe.

Post Qualification Doctorates Department Staff Metanoia Institute

Head of Department

Professor Simon du Plock

DPSych (Prof), MA, MA, BSc (Hons), AdvDipExPsych, C.Psychol, Chartered Counselling Psychologist, C.Sci, AFBPsS, UKCP Registered Psychotherapist, Foundation Member with Senior Practitioner Status of BPS Register of Psychologists Specialising in Psychotherapy, European Certificate of Psychotherapy.

Module Leaders and Academic Advisers

Professor Maja O'Brien

PhD, C.Psychol, Chartered Counselling Psychologist, Visiting Professor at Middlesex University.

Professor Derek Portwood

PhD, MA, PCE, ALCD (Hons),
Founder and former director of National Centre for Work Based Learning Partnerships (now Institute of Work Based Learning), Middlesex University.

Professor Paul Barber

PhD, MSc, BA, RNT, SRN, RMN, RNMS, UKCP Registered Psychotherapist, Fellow Roffey Park Institute.

Advisers

Dr. Ruth Caleb

DPSych (Prof), MA, PGDip Research Studies, BSc(Hons), UKCP Registered Psychotherapist.

Dr. Robert Moore

DPSych (Prof), M.Ed, M.Med.Sci, AD.DipSup, BD, BA, ICP.

Dr. Sofie Bager Charleson

PhD, MSc, BSc, BACP, AHPP, UKCP Registered Psychotherapist.

Dr. Nigel Copsey

DPSych (Prof), MSc, BD, AKC, Mth, UKCP Registered Psychotherapist.

Dr. Sally Denham Vaughan

DPSych, BSc (Hons), MSc, AFBPsS, C.Psychol, Chartered Clinical Psychologist, Chartered Counselling Psychologist, Coaching Psychologist, Dip GPTI, TSM (GPTI), UKCP Registered Psychotherapist, MSCP.

Dr. Alistair McBeath

PhD, MA, BSc, C.Psychol, AFBPsS, BACP Accredited Practitioner, Foundation Member with Senior Practitioner Status of BPS Register of Psychologists Specialising in Psychotherapy, European Certificate of Psychotherapy.

Dr. Werner Prall

PhD, MSc, MA, UKCP Registered Psychoanalytic and Integrative Psychotherapist.

Dr. Christine Stevens

PhD, MA, BSc, UKCP Registered Psychotherapist.

Recognition of Academic Learning Consultant

Dr. Neil Gordon

DPSych (Prof), MSc, Dip Psych Couns, Dip Clin Teaching, PGCE, RMN, RNT, FHEA.

Administration Staff

Academic Co-ordinator for the programmes

Mandy Kersey

Office: +44 (0)20 8579 2505

Direct line: +44 (0)20 8832 3073

Email: mandykersey@metanoia.ac.uk

Middlesex University

Dr. Pauline Armsby

PhD, MPhil, PGC (PCE).

Chair of Assessment Boards.

Dr. Annette Fillery-Travis

MA, PhD, CChem, FRSC.

Link Tutor.

Academic consultants include:

Professor Julia Buckroyd

UKCP Registered Psychotherapist.

Professor Michael Carroll

C.Psychol., PhD, MA, BA, BACP Registered Supervisor, Visiting Industrial Professor, University of Bristol, Fellow BACP, Fellow APECS Accredited Executive Coach and Executive Coach Supervisor.

Professor Kim Etherington

PhD, MSc, Dip Couns. Dip OT.

Dr. Ken Evans

DPSych, Dip Soc Admin, BSc, Fellow Royal Society of Arts, Fellow EAIP, UKCP Registered Psychotherapist, European Certificate of Psychotherapy.

Emeritus Professor Douglas Hooper

Consultant Clinical Psychologist, PhD, BA FBPsS, C.Clin.Psychol, C.Counselling Psychol, FBACP, Chair, Centre for Social Policy, Dartington Warren House Research Group, Vice President National Relate.

Dr Anne Kearns

DPSych (Prof), MSc.

Dr. Anne-Marie Salm

PhD, Dip Biol. Hom, Diplom Psychology (Germany), Chartered Clinical Psychologist, Chartered Counselling Psychologist.

Doctorate in Counselling Psychology and Psychotherapy by Professional Studies (DCPsych): Doctoral Conversion Programme



The Doctorate in Counselling Psychology and Psychotherapy by Professional Studies (DCPsych): Doctoral Conversion Programme is a joint programme between Middlesex University and Metanoia Institute. This is a post-qualification programme and has been derived from the longer Doctorate in Counselling Psychology and Psychotherapy by Professional Studies (DCPsych) which is a first training (see page 23). The Doctoral Conversion Programme has been designed for Chartered Counselling Psychologists who also have a master's degree and who are interested in developing their work at doctoral level.

A key feature of the Doctoral Conversion Programme is the integration of research and practice as a core philosophy. Candidates on this programme are therefore expected to pursue doctoral level work in the context of some area of practice with which they are involved and through which they would both articulate and demonstrate a significant contribution to the fields of counselling psychology and psychotherapy.

Entry requirements

We recognize that applicants will already have completed a master's level programme and will have accumulated the required 180 credits at level 4. They will also already have BPS Chartered Counselling Psychologist status and will therefore have acquired the relevant BPS competencies from previous training. However, as the award of DCPsych in the context of the validated Middlesex/Metanoia programme reflects a particular philosophy and way of approaching clinical work, we do require candidates on application to demonstrate the following:

- An integrative framework based on the theory and practice of the psychological therapies, and which draws on the literatures of both counselling psychology and psychotherapy;
- The capacity to work at relational depth with clients that would include significant experience of personal psychological therapy.

In order to confirm the demonstration of these requirements as well as the necessary credits at master's level, we require applicants at entry to submit a reflective essay of 2,000 words (+/-10%) that makes a persuasive case for the attainment of the above requirements and that also includes a portfolio of supporting evidence that these have been achieved. We refer to this as a Recognition and Accreditation of Learning (RAL) submission at Level 4. This submission is part of the application process and a place on the programme is subject to an appropriate case being made.



Application procedures

An application form for the Doctoral Conversion Programme can be obtained from our Integrative Academic Co-ordinator (see contact details on next page). The completed form needs to be submitted along with a full CV, the reflective essay referred to above, and two references, one academic and one personal.

The application will be assessed by the Head of Department and/or Admissions Tutor to ensure that basic entry requirements have been met. Suitable applicants will then be invited to attend a formal assessment interview.

Programme Design

The Doctoral Conversion Programme is designed on a modular basis enabling candidates to build up to the necessary level of credit required for the award of the DCPsych. Year 1 begins with an Introductory Day and is followed by three modules covering the development of a Professional Practice Portfolio, the design and development of the Research Proposal, and a consideration of Professional Knowledge. These modules provide a grounding in some key issues relevant to the development of doctoral projects as well as creating an opportunity for candidates to work collaboratively and learn from each other.

Year 2 focuses on Programme Approval and Project Development. Candidates meet together for a series of seminars over the year in order to hone their research projects for formal presentation to the Programme Approval Panel (PAP) and to pursue the further development of final project work. The Programme Approval process will normally take place at the beginning of this year so that the final project can be officially confirmed and registered with the university.

Structure of the Doctoral Conversion Programme

This is a part-time programme which runs over 2 years.

Entry:

Requires a Masters Degree with BPS Chartered Counselling Psychologist status and a Level 4 RAL submission covering key learning outcomes at masters level relevant to the philosophy of the DCPsych (180 credits L4)

DCP Year 1:

- **Module 1:** Professional Practice Portfolio: 6,000 word Reflective Essay (60 credits L5)
- **Module 2:** Key Issues in Practitioner Research (Advanced): 3-5,000 word Research Proposal (20 credits L5)
- **Module 3:** The Articulation of Professional Knowledge: 5,000 word essay (40 credits L5)

Exit award: MProf on successful completion of a 12-15,000 word Practitioner Research Project (40 credits at level 4)

DCP Year 2:

Programme Approval and Project Development

7 x ½ days and 1 full day over the year to support final project submission

Final Projects – There are three options for final projects, the length of which will depend on whether or not a Recognition and Accreditation of Learning (RAL) submission at level 5 has been made, and at what level of credit. The choices are as follows:

- Option 1: Practitioner Research Project: 30,000 words (140 credits at L5) with 10,000 word L5 RAL submission (100 credits)
- Option 2: Practitioner Research Project: 40,000 words (180 credits at L5) with 6,000 word L5 RAL submission (60 credits)
- Option 3: Practitioner Research Project: 50,000 words (240 credits at L5) no RAL submission

The Practitioner Research Project submission will also include an Oral Presentation of the work undertaken. Together, these assessments form the final requirements of the programme for the award of the DCPsych.

Overall 540 credits are achieved, 180 at Level 4 and 360 at Level 5.

Final Projects

There are three options for final projects, the length of which will depend on whether or not a Recognition and Accreditation of Learning (RAL) submission at level 5 has been made, and at what level of credit.

Recognition and Accreditation of Learning (RAL) at Level 5

Recognition and Accreditation of Learning (RAL) is similar to the APL process but in this case specifically addresses learning that might not have occurred in the context of traditional course settings. For example, if a candidate has set up a service provision and has led this at a senior level of capability then this could be recognized in a form which allowed the accumulation of appropriate credit. Submission would be of a detailed description of the 'product' itself, plus an accompanying written commentary. In this way, a candidate could potentially accumulate a number of level 5 credits, thus making the final project requirement somewhat shorter. There are three project options as outlined on the course diagram.

Course dates: For details of dates for the next intake please contact our Integrative Academic Co-ordinator – see contact details below.

Doctorate in Counselling Psychology and Psychotherapy by Professional Studies (DCPsych): Doctoral Conversion Programme Staff

Programme Leader and Joint Head of the Integrative Department

Professor Vanja Orlans

MA, MSc, MSc, MSc, PhD, Dip. GPTI, ATSM (GPTI), AFBPsS, UKCP Registered Psychotherapist, Chartered Occupational Psychologist, Chartered Counselling Psychologist, Foundation Member with Senior Practitioner Status, BPS Register of Psychologists Specialising in Psychotherapy, Visiting Professor at Middlesex University.

Joint Head of the Integrative Department

Professor Maria Gilbert

MA (Clin Psych), BA(Hons) (English), Chartered Clinical Psychologist, TSM (GPTI), TSTA (ITAA), UKCP Registered Psychotherapist, BACP Accredited Supervisor, Visiting Professor at Middlesex University.

Integrative Department Research Co-ordinator and Core Tutor

Dr. Patricia Moran

BSc, MSc, PhD, Coaching Dip, AFBPsS, MBACP, Chartered Psychologist.

Further details on the broader Integrative staff team are on pages 29 and 30.

Administration Staff

Integrative Academic Co-ordinator

Cathy Simeon

Office: +44 (0)20 8579 2505

Direct line: +44 (0)20 8832 3072

Email: cathsimeon@metanoia.ac.uk