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Registered Charity 1050175

PERSON CENTRED
DEPARTMENT

Person Centred Department

The Person Centred Approach is perhaps the first truly 'relational' therapy and the most widely known and practiced approach within the counselling field in the UK.

The founder of the approach, Carl Rogers, felt that it was neither possible nor helpful to try to be the expert of another person's experience. The approach therefore seeks a holistic view and entails both counsellor and client striving to make real human contact. (Thus the 'self' of the therapist is a crucial aspect of the approach and a major emphasis within the training.) The approach has always been 'radical' in that it strives to address power inequalities between counsellor and client and puts forward the challenging contention that at core, each person has the capacity for health, growth and creativity. It is as a consequence of social, economic, cultural, religious and parental influences that we may learn to inhibit our natural, organismic drive to satisfy these capacities. In this way we may lose touch, to a greater or lesser extent, with our ability as a whole organism to know what is good for us, our 'organismic valuing process'. Within a genuine, accepting and empathic relationship, people have the potential to reconnect with this and recognise for themselves, what is hurting and what is healing.

Rogers was the first person to really try to de-mystify the therapy relationship and open it up to scrutiny through recording and painstaking research analysis of the necessary and sufficient conditions for therapeutic change. There is now very widespread agreement across the range of schools of counselling and psychotherapy that the relationship variables identified by Rogers, along with client variables, are the most important predictors of beneficial outcome. The approach is richly supported by both process and outcome research studies as well as by the findings of recent research in the fields of child development and neuroscience.

The Person Centred Department offers full training to qualification in counselling and in psychotherapy. Training groups begin at different times in the year to support students to progress at their own pace. We also provide a vibrant programme of workshops and seminars by national and international leaders in the field. The 'Fundamentals' year can also be taken as a 'stand alone' year, suitable for anyone seeking to build on their understanding and practice of counselling skills.

Qualifying courses

The Person Centred Counselling Diploma – with optional BA (Hons) – is accredited by the British Association for Counselling and Psychotherapy (BACP). Alongside additional counselling practice and supervision requirements this programme will meet the overall criteria for BACP Registered Practitioners.

The MSc/Postgraduate Diploma in Contemporary Person Centred Psychotherapy and Applications has been designed to fulfil UKCP requirements for registration as an individual psychotherapist.

Both the counselling training (on completion of a mental health familiarisation programme) and the psychotherapy training also provide eligibility for registration with the Psychotherapeutic Counselling Section (PCS) of UKCP.

There are no formal entry requirements for the counselling training (only 'personal readiness') and so it is particularly appropriate for those who are looking to gain a recognised professional qualification.

Introductory workshops

This 2-day workshop gives participants the opportunity to explore the personal and professional qualities and issues involved in the practice of Person Centred therapy. The workshop will comprise a mix of theoretical input and experiential exercises designed to give participants an overview of the Person Centred Approach and of what it would be like to train at Metanoia. The weekend, therefore, also supports the process of mutual assessment: for the participant of Metanoia; and, for us an experience of applicants taking part in a range of group activities and individual reflection.

Introductory workshop dates

| | |
|-------|--------------------------------------------------------------------------|
| 2009: | 19/20 September, 14/15 November |
| 2010: | 20/21 February, 17/18 April, 10/11 July, 11/12 September, 13/14 November |
| 2011: | 12/13 February, 9/10 April, 9/10 July |

Entry requirements

Metanoia's counselling courses do not require any specific academic or training qualifications. Applicants need to show that they are interested in learning more about counselling and in developing the personal and professional qualities involved in the practice of counselling or counselling skills. These include the ability to develop a high level of empathy with the client, tolerance of different value systems, a willingness and ability to cope with deep feelings and the capacity for self-awareness and self-reflection. All applicants are required to attend an introductory workshop and an assessment interview.

Prospective students need to consider whether to apply for the Diploma, the BA (Hons) or the MSc in Psychotherapy. Applicants who wish to take the degree will need to satisfactorily evidence that they will be able to cope with the academic requirements. This may be done in two ways; evidence of previous academic training to this level or above can be submitted to your Primary Tutor at the beginning of the first year or BA registration can be



BA (Hons)/Diploma in Person Centred Counselling



The Metanoia Diploma in Person Centred Counselling is accredited by the British Association for Counselling and Psychotherapy (BACP). It is also offered as a BA (Hons) in Counselling option validated by Middlesex University. Over three years part-time plus a dissertation module, these programmes aim to provide a supportive and stimulating environment, enabling the development of highly competent, ethical, counselling practitioners. On successful completion, those following the Diploma Programme will be awarded the Metanoia Diploma in Person Centred Counselling (BACP Accredited). Those taking the optional academic qualification, will be awarded both the BA (Hons) in Counselling validated by Middlesex University and the Metanoia Diploma in Person Centred Counselling (BACP Accredited).

The first year of the Diploma constitutes a Metanoia Certificate in Person Centred Counselling Skills.

These programmes, when supplemented by additional counselling practice and supervision requirements, will meet the overall criteria for BACP Registered Practitioners.

Aims of the training course

The overall aim of the Person Centred Counselling programme is to provide students with a supportive environment in which they can develop those theoretical, conceptual and practical skills and insights which will enable them to become highly competent Person Centred counselling practitioners.

The specific objectives of the programme are to:

- Facilitate the growth of a learning environment characterised by the Person Centred 'core conditions' of genuineness, acceptance and empathy in which personal and professional development can take place in an enjoyable and stimulating way;
- Foster a learning environment where diversity can be recognised and appreciated;
- Provide students with opportunities to develop their theoretical understanding, their clinical skills, and their self-awareness;
- Enable students to develop a sound understanding of the theory and philosophy of the Person Centred Approach and to be able to evaluate the approach and their own experience, within a wider theoretical, socio-political and cultural context;
- Create high standards of competency in professional and ethical practice;
- Develop an awareness and understanding of the issues involved in working as a Person Centred practitioner in a variety of different contexts;
- Provide students with a range of assessment and feedback opportunities and skills.

made following successful submission of the first assignment at Unit 5 of Year 1. Applicants wishing to take the MSc Psychotherapy will need to attend the relevant orientation and interview day.

Application procedures

Applicants for the Diploma, BA and the MSc (as a first training) are required to attend an introductory workshop and an assessment interview.

Applicants for the MSc in Psychotherapy as a post-graduate training will need to attend an orientation and interview day.

Applicants must complete the application form, ensuring that the introductory workshop date is completed. This must be accompanied by:

- A full CV;
- Two references;
- Four passport sized photographs.

Your application will be read by the Head of Department and/or Admissions Tutor to ensure that basic entry requirements have been met. You will be invited for assessment interview following attendance at the introductory workshop.

Please note: relevant application materials should be submitted at the same time in order for us to process your application as quickly as possible.

Philosophy of the department

The Person Centred Approach grew from the recognition, by its founder, Carl Rogers, that existing therapies, in reducing people to their component parts, missed something fundamental about the experience of being human. In what perhaps remains the most profound challenge to the therapeutic orthodoxy, Rogers also asserted that it was neither possible nor helpful to try to be the expert of another person's experience.

The trainings provided by the department are guided by deep commitment to the values inherent in the work of Carl Rogers and subsequent theorists and this shapes the relationship between tutors and students, with students being encouraged to take responsibility for their own learning needs whilst being robustly supported and guided by tutors.

Training programme design

Weekend format

There are start dates for each year of the course at different times of the year. This is done to support students in taking responsibility for progressing through the training at their own pace, taking 'time out' to address specific areas of personal or professional development if necessary between training years or because of unforeseen life events. This provides the flexibility for students to re-join the next training year when ready. Each year consists of ten monthly 2-day training Units which begin at 9.30am and end at 5.30pm each day. Students will remain within the same training group for the duration of a training year.

Year 1/Fundamentals year

The Fundamentals is a self-contained year of theoretical and experiential training. It can be undertaken by those who wish to learn more about the Person Centred Approach in order to develop their understanding and practice of Person Centred principles within their ongoing work, whether in business, education, the helping professions or the wider field of mental health as well as those wishing to train as person centred therapists.

The aim of this first year is to introduce and develop Person Centred counselling theory and skills. Students will explore the philosophy and theory of the approach and will be encouraged to evaluate this approach in the context of other counselling theories and their own experience. The year includes considerable emphasis on the development of the 'skills' of Person Centred Counselling, including opportunities to make use of the Institute's webcam recording facilities.

Throughout the year, students will be given the opportunity to discuss their readiness to begin counselling practice and their progress towards the second year with their Primary Tutor. Self, peer and tutor feedback is an ongoing process throughout the year.

Year 2

In this year, the focus for training will be on the application of theoretical knowledge and understanding to clinical practice. Issues such as working with mental health crises, bereavement and loss, gender and sexuality and power and prejudice will be explored from a Person Centred perspective. Attention will also be given to a consideration of issues for the Person Centred counsellor in working in time-limited and longer-term settings. From the beginning of this year students will be seeing clients (normally two or more per week) and receiving appropriate supervision. This practice is usually either at a voluntary counselling placement or at Metanoia's own Counselling and Psychotherapy Service (MCPS). Self, peer and tutor feedback continues to be an ongoing process throughout the year.



Year 3

The aim of the third year is to prepare students with the necessary skills and knowledge to enter into the professional field of Counselling. This will include opportunities to integrate the philosophical, theoretical, ethical and practice elements of their learning.

While the format of the third year is similar to years one and two, there will be greater emphasis on students assuming responsibility for their own learning requirements and strategies. This will include a research and presentation project.

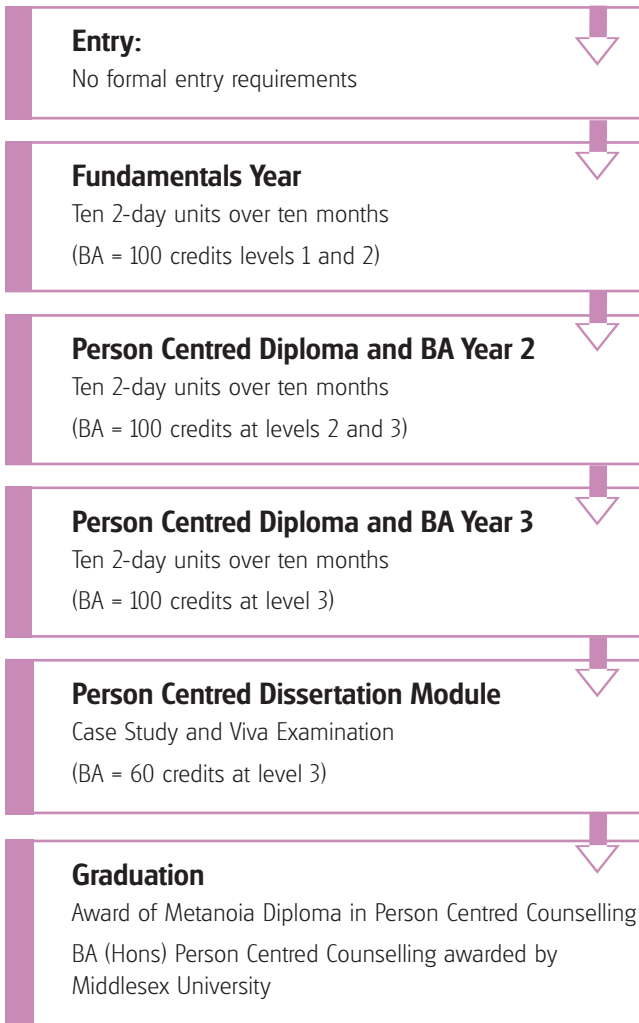
Significant time during year 3 will focus on preparation for the Dissertation Module. This is likely to include the use of audiotapes of current client work, videotapes of live practice, presentations, mock vivas and case study discussion. Self, peer and tutor feedback is an ongoing process throughout the third year.

NB: To satisfactorily complete each year, receive a certificate of attendance and progress in the training, students will need to attend a minimum of three tutorials with their Primary Tutor and pass all relevant learning assignments.

Dissertation module

Students may begin to meet some requirements of this final year during or following their third year of training. The dissertation module will include the preparation for the viva assessment, a clinical 'study of a counselling relationship' and completion of the related training units.

Structure of the Programme



Related training units

Students are required to attend a minimum of four related training units (56 hours) throughout the life of the course and up until the Viva. It is strongly recommended that they attend at least one related training unit per year. An additional fee is payable for each related training unit.

Personal therapy

It is an essential part of counselling training that the student experiences first hand, as a client, the approach they are developing. Students will be required to set up personal therapy for themselves by the end of Unit 3 of the first year. It is usually expected that personal therapy will be weekly and continue throughout the training. This ensures that the student is supported in all aspects of their training and clinical practice.

Further details are available from administration.

Programme requirements

Year 1

During the first year a student's ability to undertake the training will continue to be assessed. Assessment will be self, peer and tutor based and will include a consideration of:

- A commitment to underpinning their training and self-development through their own ongoing personal counselling/psychotherapy. This needs to continue for the duration of the training;
- The student's current level of maturity and stability and their capacity and commitment to engage with the course material as a whole;
- The student's level of life and work experience and ability to learn from this;
- The student's current level of self-awareness and the ability to participate in the experiential learning environment within both large and small group settings;
- The student's potential to develop a helping relationship and an awareness of how prejudice and social oppression might impact this;
- The student's ability to reflect on their learning/personal process in an ongoing learning journal;
- The student's ability to manage the academic requirements of the course and to maintain adequate private study.

Year 2

Second year courses commence throughout the year, subject to availability. To move into the second year students will need:

- To have completed 40 hours of personal, weekly counselling (or exceptionally whatever is negotiated as equivalence);
- To have completed all relevant learning assignments from the first year;
- To secure an offer of a counselling placement in readiness to begin building their practice hours;
- To have their application for the second year of training endorsed by their Primary Tutor;
- To become a Student Associate of the British Association for Counselling and Psychotherapy;
- To maintain their learning journal and private study.

Year 3

Third year courses commence throughout the year, subject to availability. To move into the third year students will need:

- To have completed 80 hours of personal weekly counselling. (or exceptionally whatever is negotiated as equivalence);
- To have completed all relevant learning assignments from the second year;
- A minimum of 80 hours client contact and 20 hours Person Centred supervision since commencement of the course;
- A minimum of 35 hours of peer group case discussion;
- To have their application for the Third Year of training endorsed by their Primary Tutor;
- To maintain their learning journal and private study.

Differences in studying for the BA (Hons) and Diploma courses

Training groups for each year will include a mix of students, some studying for the Diploma and some studying for both the Diploma and either the BA (Hons) or the MSc Psychotherapy.

The Diploma and BA (Hons) courses include the same content and course requirements in terms of training, and personal therapy. However, students on the BA programme will need to fulfil further requirements. These include:

- The submission of their learning journal;
- Attendance at three tutorials per year;
- Additional written assignments, meeting different academic criteria.

Written assignments

Students studying for the Diploma will need to complete a 5000 word essay in the first and second years. They will also submit a Case Study of 5000 – 8000 words.

The submission of a tape of practice, transcript and reflective commentary is also required at the end of each year. In year 3 this is formally assessed as an academic assignment.

Students studying for the BA (Hons) with the Diploma need to complete two 5000 word essays in the first and second years of the training. In the third year students complete one essay. They also submit a tape/transcript along with a reflective commentary at the end of each year. In year 3 this is formally assessed as an academic assignment.

Two Supervised Practice Reports are required, one at the end of the second and third years. They will subsequently submit a Case Study of 8000 – 10,000 words.

Diploma requirements

On successful completion of the following the student will be awarded a Metanoia Diploma in Person Centred Counselling (BACP Accredited):

- Completion of the three years training units;
- Completion of four related training units (56 hours);
- A minimum of 150 hours supervised counselling experience;
- A minimum of 33 hours of recognised Person Centred supervision;
- A minimum of 70 hours peer group case discussion;
- Ongoing personal counselling/psychotherapy throughout the taught training (usually this will mean a minimum of 120 hours by graduation);
- Completion of all written assignments (two essays of approximately 5000 words, one audio/videotape and transcript/reflective commentary of live practice and a Case Study of 5000 – 8000 words);
- Two audio tapes and transcripts/reflective commentary of client work;
- Maintaining a learning journal;
- Viva assessment.

BA (Hons) requirements

On successful completion of the following the student will be awarded a BA (Hons) in Counselling and a Metanoia Diploma in Person Centred Counselling (BACP Accredited):

- Completion of the three years training units;
- Completion of four related training units;
- A minimum of 150 hours supervised counselling experience;
- A minimum of 33 hours of recognised Person Centred supervision;
- A minimum of 70 hours peer group case discussion;
- Ongoing personal counselling/psychotherapy throughout the taught training (usually this will mean a minimum of 120 hours by graduation);
- Completion of the written assignments;
- Maintaining a learning journal;
- Completion of the Dissertation Module;
- Two audio tapes and transcripts/reflective commentary of client work;
- One audio/videotape and transcript/reflective commentary of live practice;
- Viva assessment.

Course dates

All three taught years of the Person Centred Counselling programme commence at regular intervals throughout the year, subject to availability. Dates will be issued on attendance at an introductory workshop. The courses normally start at the beginning of the autumn and spring terms.



Name: Keeley Taverner
Current training year: Diploma year 2
Occupation: Probation Service Officer
Location: Middlesex

A year ago I could barely pronounce the name, a year on and Metanoia is a part of my every day vocabulary. There's an openness and transparency in the learning style here that I've never experienced at any other place of learning. I experience unique, challenging and thought provoking relationships here, with fellow students and staff alike. Tutors are also involved in the learning process, and are supportive, inspiring, encouraging and exceptionally well trained and experienced. This means that I feel safe to learn, safe to express my inner workings, and safe to fully experience experiential learning at its best. I'm honoured to be here, and glad that I'm developing my skills in an institute of leading excellence.

MSc in Contemporary Person Centred Psychotherapy and Applications



Metanoia offers a dynamic and comprehensive programme designed to provide thorough psychotherapy training in an environment where students are encouraged to take responsibility for their own growth, learning and some of the design of their own training.

The training seeks to model:

- Tutors and students sharing the responsibility for the co-construction of a facilitative learning environment characterised by the Person Centred 'core conditions' of genuineness, acceptance and empathy in which personal and professional development can take place in an enjoyable and stimulating way;
- Openness to diversity and self-awareness;
- Genuineness and relational depth between tutors and students.

Aims of the training course

The overall aim of the Contemporary Person Centred Psychotherapy programme is to provide students with a supportive environment in which they can develop those theoretical, conceptual and practical skills and insights which will enable them to become highly competent Person Centred Psychotherapists.

The specific objectives of the programme are to:

- Provide students with the knowledge, skills and experience to prepare them to work as competent Person Centred Psychotherapists in both brief and longer term therapy;
- Provide an environment for effective learning which will encourage and motivate students to learn, and promote autonomous learning;
- Enable students to develop lifelong learning and research skills;
- Enable students to develop as reflective practitioners within the field of psychotherapy able to engage in meaningful dialogue with practitioners from other orientations and in a range of multi-disciplinary contexts;
- Enable students to develop an awareness and understanding of the wider political, social and cultural context of psychotherapy;
- Enable students to develop anti-oppressive practice in their therapeutic work;
- Enable students to establish high standards of ethical and professional practice.

There are a variety of routes into this training.



It can be taken as a first therapy training by those able to demonstrate an ability to study at postgraduate level. For this route the MSc is a part time training over a minimum of four years of structured learning of which the last three years contribute to the MSc.

For those taking this route it is possible to gain a Diploma in Psychotherapeutic Counselling along the way (on completion of three years of training).

The Certificate year comprises ten, 2-day weekend modules running once monthly. For this route, MSc Years 1 and 2 are made up of 10 modules, each comprising a Friday (1-8.30pm) and a 2-day weekend running once monthly plus a residential weekend at the beginning and end of each year.

MSc Year 3 is made up of 10 modules each comprising a Friday (1-8.30pm) running once monthly plus a residential weekend at the beginning and end of each year.

Applicants with an existing Diploma/BA in Person Centred Counselling may apply for direct entry into MSc year 1. In this instance all three MSc years are made up of 10 modules, each comprising a Friday (1-8.30pm) once a month plus the two residential weekends for each year.

Fundamentals year

The aim of the fundamentals year is to introduce and develop Person Centred theory and practice. Students will explore the philosophy and theory of the approach and will be encouraged to evaluate this approach in the context of other theories of therapy and their own experience. The year includes considerable emphasis on the development of the 'skills' of Person Centred therapy, including opportunities to make use of the Institute's webcam recording facilities.

Throughout the year, students will be given the opportunity to discuss their readiness to begin counselling practice and their progress towards the second year with their Primary Tutor. Self, peer and tutor feedback is an ongoing process throughout the year.

MSc year 1

Contemporary person centred psychotherapy, comparative child development and context

This year provides opportunities to examine ongoing developments in Person Centred theory and practice including the work of Dave Mearns on relational depth and configurations of self. Influential models of child development (including the work of Daniel Stern and John Bowlby) and contemporary neuroscientific research relevant to psychotherapy will be drawn upon with the emphasis on their implications for Person Centred development theory and clinical practice. This year will enable students to relate these ideas to their own developing practice and this will be supported with attention to the socio-political and cultural context in which the Person Centred Approach originated and is currently developing.

MSc year 2

Contemporary person centred psychotherapy, ethics, use of self and research methodology

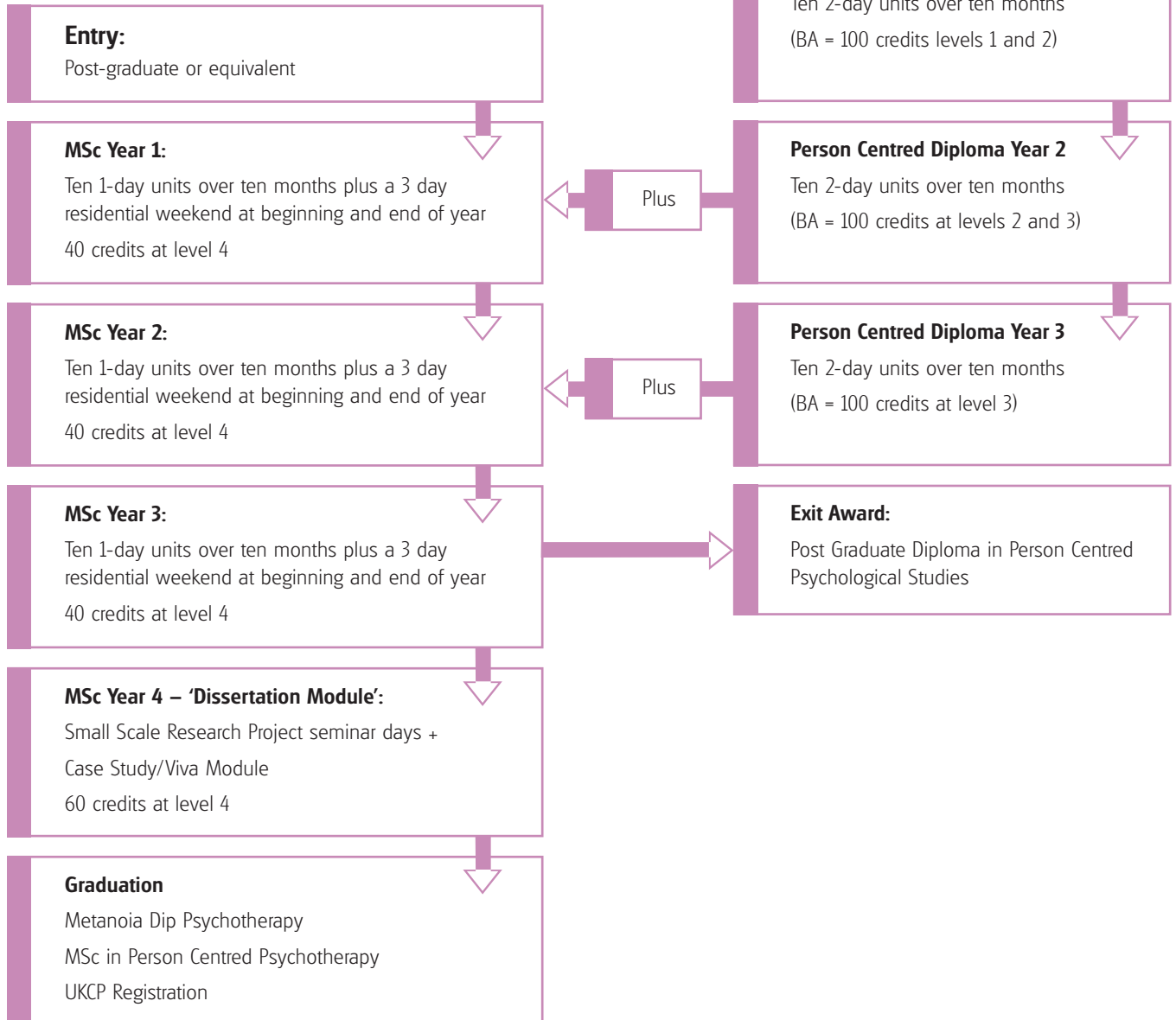
This year provides opportunities for students to develop their awareness of ethical decision making and professional practice in a variety of settings. Attention will be given to an exploration of personal values and beliefs and how these support and inform clinical practice. The year also provides opportunities to explore the impact of the person of the therapist, issues of power, personal history and therapist characteristics, on clinical practice. The relationship between congruence, transparency and self-disclosure, will be considered along with the implications for working at relational depth.

The year also introduces psychotherapy as a research endeavour and will aim to equip students with the tools to become both sophisticated consumers of research able to critique from a Person Centred perspective and practitioner-researchers placing themselves at the centre of their own practice.

Entry requirements

Psychotherapy is a postgraduate level training. Candidates therefore will normally hold either a relevant first qualification OR have adequate relevant training and experience to satisfy APL criteria and evidence readiness to study at postgraduate level.

Structure of the Programme



MSc year 3

Contemporary person centred psychotherapy, advanced clinical specialisation

This year will provide opportunities to deepen the aware practice of Person Centred Psychotherapy. There will be opportunities to extend and refine personal and professional awareness of a variety of practice issues including a Person Centred perspective on the body in psychotherapy, the role of shame and issues raised by working trans-culturally. The year will also enable deeper exploration of key commonalities and differences between the differing 'tribes' within the Person Centred Approach with emphasis being given to students being able to find their own position and identity within these closely associated perspectives.

This year will also provide opportunities to deepen understanding of the models of psychopathology and mental health crisis prevalent in the UK's mental health system including DSMIVTR categories. These more 'diagnostic' categories will be related to Person Centred models of mental distress, including Margaret Warner's concept of 'fragile process' and Garry Prouty's work on 'Pre-Therapy' supporting students to become influential within informed dialogue with professionals whose approaches maybe rest upon different underlying assumptions.

Residential Weekends

These important aspects of the course enable more expansive time to be spent together as a group at the beginning and end of each MSc training year. Residential weekends offer time to the life of the group and provide further opportunities for creativity, feedback and community, supporting both group and individual development.

Dissertation module

The Dissertation Module consists of two parts, the Case Study/Viva Unit and the Research Unit. In the course of both of these units students will also continue the process of formulating their own personal model of Person Centred Psychotherapy, as well as incorporating research, philosophy and thinking into this Person Centred stance. At this level study is more self-directed; there are no day units during this year, but a number of preparation days and seminars are offered to trainees to support the completion of the case study and the research project. Preparation days are also offered to support development towards the viva examination. Sometimes this Module can be done in parallel with MSc Year 3, course dates permitting. However this places a high demand on the student and would not normally be recommended.

Case study/Viva unit

(Word Count: 10 – 12,000 words)

This unit involves the preparation of a substantial case study which provides evidence of the student's integration of theory and practice in their clinical work. A viva examination demonstrating the student's clinical work is also a part of this unit, and takes place after completion of the case study.

Research unit

(Word Count 5000 words)

This unit involves the design and carrying out of a small-scale research project relevant to the theory and practice of Person Centred psychotherapy. This research project needs to be submitted before attendance at the viva examination.

Related training units

Over the course of their training, students are required to complete 56 hours of related training units. These are 2-day Workshops (14 hours each), on a number of themes, provided by Metanoia on a rolling programme. It is strongly recommended that you complete at least one for each year of the course so that you can integrate these broader issues into your training experience. An additional fee is payable for each related training unit.

Recognition

Upon graduation successful candidates will receive the award of an MSc in Contemporary Person Centred Psychotherapy and Applications validated by Middlesex University.

The MSc has been designed to fulfil both UKCP requirements for registration as an individual Psychotherapist and the European Association of Psychotherapy (EAP).

Accreditation requirements

- Participation at all taught units, (or negotiated equivalence) tutorials etc. usually over a period in excess of 4 years.
- Supervision: 200 hours.
- Successful completion of all written work.
- Personal weekly individual and/or group psychotherapy throughout.
- A mental health familiarisation programme (unless previous relevant experience can be evidenced).
- Client hours: 500 by graduation.
- 120 hours of peer case discussion.

Course dates (date in brackets for MSc only option)

| | |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2010–2011: | (10)/11/12 September, (8)/9/10 October, (12)/13/14 November, (10)/11/12 December, (14)/15/16 January, (11)/12/13 February, (11)/12/13 March, (8)/9/10 April, (13)/14/15 May, (10)/11/12 June, (8)/9/10 July |
| 2011–2012: | (9)/10/11 September, (7)/8/9 October, (11)/12/13 November, (9)/10/11 December, (13)/14/15 January, (10)/11/12 February, (9)/10/11 March, (13)/14/15 April, (4)/5/6 May, (8)/9/10 June, (6)/7/8 July |

Entry to second and subsequent years of training

At the end of the first (or Fundamentals) year students are assessed by their Primary Tutor and the Department Head. In some cases a student.



Name: Gabriel Silveira
Current training year: MSc2
Occupation: Counsellor
Location: Cardiff

I graduated as a psychologist and psychotherapist in Brazil and was excited about coming to live in Britain. Finding this course that values experiential process and applied academic knowledge has certainly been a very fortunate outcome for me.

I find that at Metanoia I have been invited into an exciting journey of ongoing development, feeling challenged both as a professional and as a person whilst being consistently supported and valued.

The facilitative environment that first attracted me to the person centred approach is deeply present in the learning process and has helped me to feel at ease to explore issues ranging from professional reflections to deep level personal exploration. My conviction about the value of person centred therapy is strengthened through my lived experience of the manner in which the course has been run.

I travel a considerable distance to attend but am happy that I made the right choice of course and wholeheartedly recommend it to others.

Person Centred Department Staff

Head of Department

Peter Pearce

MSc Psychotherapy (Middlesex), UKCP Registered Psychotherapist, EAP Registered Psychotherapist, BACP Senior Registered Practitioner, BACP Senior Registered Trainer, UKRC Registered Independent Counsellor.

Course Tutors

Professor Paul Barber

Fellow of Roffey Park and Visiting Professor within Lifelong Learning at Middlesex University.

Catherine Dwyer

Diploma in Person Centred Counselling.

Dagmar Edwards

MSc, Dip. Couns, Dip. GPTI, UKCP Registered Psychotherapist.

Kieran McCrystal

BA (Hons) in Person Centred Counselling (Middlesex), Certificate in Supervision, BACP Accredited Practitioner.

Natasha Morgan

MA (Oxon), Dip Person Centred Counselling (Metanoia Institute), Dip GPTI, MSc Clinical Psychotherapy, Cert. Supervision, BACP Accredited Practitioner, UKCP Registered Psychotherapist.

Margaret Ridgewell

M.Ed, MSc Psychotherapy, BA, PGCE, Dip Couns (Metanoia Institute), Dip IDHP, Dip GPTI, UKCP Registered Psychotherapist.

Ros Sewell

MSc Psychological Counselling and Psychotherapy (Surrey), Advanced Diploma Counselling (Univ. of London), BACP Senior Registered Practitioner, RGN, RM, Dip. Drama Therapy.

Geraldine Thomson

BA (Liverpool), Diploma in Person Centred Counselling (Metanoia Institute).

Mike Worrall

BA (Oxon), Diploma in Person Centred Counselling (Metanoia Institute), Certificate in Person-Centred Supervision, BACP Senior Registered Practitioner.

Visiting Tutors

Professor Mick Cooper

Professor of Counselling at the University of Strathclyde.

Professor Stephen Joseph

Professor of Psychology, Health and Social Care at the University of Nottingham, Co-director of the Centre for Trauma, Resilience and Growth.

Colin Lago

Director of the Counselling Service at University of Sheffield from 1987-2003, now a freelance consultant.

Administration Staf

Academic Co-ordinator for the programmes

Sylvia Vargas

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