Diploma in Transactional Analysis Psychotherapy
with Optional MSc in TA Psychotherapy
(MSc Validated by Middlesex University)

Starting October 2015
Introduction to Transactional Analysis

Transactional Analysis offers a unique way of understanding personality, behaviour and relationships. It offers the theoretical framework and relational methodology for an in-depth approach to counselling and psychotherapy, yet its language and major concepts are accessible to all, making it also ideal for brief cognitive-behavioural intervention in, for example, mental health settings.

The Transactional Analysis department offers two full training programmes leading to qualification: one in psychotherapy and one in counselling. We also offer short courses as well as training for supervisors and trainers. These courses are suitable for counsellors, psychotherapists, psychologists, psychiatrists, social workers, probation officers and others in the helping professions.

The Transactional Analysis Diploma Year 1 is also available as a ‘stand alone’ year (Foundation Year) and is suitable for people from other walks of life (e.g. education or organisations) who want to integrate TA into their personal or professional lives. It has been designed to incorporate the essential elements of a foundation training, as identified in the doctoral research of a member of the staff team (van Rijn 2005).

Philosophy of the Department

Transactional Analysis, in recognition of its multifaceted nature, is perhaps best described as an integrative approach to psychotherapy. Unlike an “eclectic” approach, in which a practitioner chooses the best or most appropriate ideas and techniques from a range of theories and models, an integrative approach, brings together different theories and models, from a variety of approaches and models them into a new theory or model.

Transactional Analysis was Eric Berne's model of integration. His aim was to develop a comprehensible, effective, and powerful theory that could be used, as the name suggests, to analyse how people relate and communicate (transact), both with themselves and with others, and where these communications limit intimacy, spontaneity and awareness (Berne, 1961) to open up alternative relational possibilities and expectations. To achieve the above, he innovatively combined psychoanalytic thought, with a humanistic philosophy, which emphasised the potential for change and the importance of involving the client as an equal partner in the work, with theories from social psychiatry that highlighted the link between mental health and life stressors such as unemployment, racism, sexism etc and cognitive-behavioural approaches, which revolved around helping people to identify and change dysfunctional thinking, behaviour, and emotional responses.

At Metanoia, we offer a training which adheres to Berne’s integrative approach. Our course honours TA's psychoanalytic roots and holds its object relations model of ego states as central to practice. We also emphasise its value as an accessible and effective theory of change and as a method of understanding relationships and life script. Underpinning the course are the humanistic values upon which Transactional Analysis is based. These include a belief that human beings are inherently relational, co-operative, growth-seeking and with a natural aspiration towards autonomy. There is also an emphasis on self-responsibility and the possibility of change. In addition, and as Metanoia is at the forefront of developing and teaching “Relational Transactional Analysis”, we place particular emphasis on those parts of Berne’s theory which draw upon, and bear witness to the value he placed on working with unconscious processes. Relational TA is the name used to describe the re-visionsing and re-working of Transactional Analysis theory and methodology so that it better supports a therapist who wishes to work with, in depth, often unconscious, relational transferential expectations of others. Central to this training, as in all the trainings at Metanoia, is the belief in the core importance of the therapeutic relationship. The relationship - how it is established and maintained; how it can sustain the inevitable ruptures and disappointments, how it can provide a new experience in the present - is in our view at the very heart of good transaction analysis psychotherapy. In true Bernian fashion, whilst teaching all of the theories that he developed and drew upon, we will invite you to develop your own model of integration out of what you learn and discover.

Introductory Workshop also known as the TA101

The ‘TA 101’ is for anyone interested in Transactional Analysis as a method of understanding communication, the ‘games people play’ and personal life patterns. It is for people who may want to use TA in their professional or personal lives as well as those who are interested in becoming Transactional Analysis counsellors or psychotherapists.

The format of the workshop is theoretical input on the major concepts of TA combined with experiential exercises which will give participants an opportunity to apply these concepts to situations in their own lives.

The 2-day TA 101 is the official internationally recognised introduction to Transactional Analysis, and it is a prerequisite for further training as a TA counsellor/ psychotherapist/organisational or educational practitioner. A 101 at Metanoia provides the opportunity for a mutual assessment – you of us and us of you – to make sure that we and the course are right for you.

Qualifying courses in the Transactional Analysis Department

The Transactional Analysis Counselling Diploma – with optional BSc (Hons) in Reflective Therapeutic Practice with additional hours of supervised practice can lead to accreditation as a BACP registered practitioner with additional hours of supervised practice.

The psychotherapy diploma – with optional MSc – leads to international accreditation as a Certified Transactional Analysis Psychotherapist (CTA Psychotherapy) and UKCP registration. En route senior psychotherapy students (third year and above) may, if they choose, undertake extra work which will lead to an additional qualification – a Diploma in Transactional Analysis Psychotherapeutic Counselling.
Clinical Diploma in Transactional Analysis Psychotherapy with Optional MSc in TA Psychotherapy

Metanoia offers a comprehensive and exciting programme designed to provide thorough psychotherapy training leading to:

- The Diploma in Transactional Analysis Psychotherapy awarded by Metanoia Institute;
- The Certificate in Transactional Analysis Psychotherapy (CTA) awarded by the European Association of Transactional Analysis (EATA);
- The MSc in Transactional Analysis Psychotherapy awarded by Middlesex University (optional);
- UKCP registration as a Transactional Analysis Psychotherapist.
- EAP (European Association of Psychotherapy) Certification can be applied for

Structured over four years of part-time study, plus a dissertation module, this programme aims to provide a supportive and stimulating learning environment, which enables the development of highly competent, ethical and reflective psychotherapy practitioners.

**Aim of the TA Psychotherapy Course**

The programme provides a structured psychotherapy training using Transactional Analysis. This includes:

- The facilitation of a learning climate in which personal and professional development can take place in an enjoyable and stimulating way;
- The creation of an environment where differences – of race, culture, sexuality and gender as well as learning styles – can be recognised and appreciated;
- A thorough grounding in the theory and practice of Transactional Analysis, including Relational Transactional Analysis psychotherapy leading to certification as an internationally recognised Transactional Analysis psychotherapist and UKCP registration;
- The establishment of high standards of ethical and professional practice;
- An understanding of TA within the wider context of other approaches to psychological therapy and mental health care.

**Entry Requirements for TA Psychotherapy Course**

Psychotherapy is a postgraduate profession and applicants are required to demonstrate that they are able to work at postgraduate level. Applicants will have ONE (or more) of the following:

- A degree in psychology or a related discipline (such as sociology, education, theology, philosophy, etc.); OR
- A non-relevant degree (such as accounting, art, etc.) but also some appropriate training and/or work/life experience; OR
- A qualification in one of the helping professions (such as psychiatric nursing, nursing, probation, social work, teaching, etc.); OR
- A counselling diploma or equivalent qualification; OR
- Significant relevant work and/or life experience. (Students in this last category will need to use the APEL (Accreditation of Prior Experiential Learning) process to establish equivalence once they have been assessed for suitability for psychotherapy training.)

**Application Procedures for TA Psychotherapy Course**

Step 1: Ensure booking on to an Introductory Workshop (TA101) (to be done at the same time or before submitting the full course application form)

Step 2: Complete Metanoia Institute’s course application form ensuring that it is accompanied with the following:
- A full CV;
- Two references, one academic and one personal;
- copies of Degree certificate and all relevant certificates;
- one passport sized photo (no need to wait on references they can follow, as long as we have them in time for the interview stage of the process).

Step 3: Your application will be reviewed to ensure that basic entry requirements have been met.

Step 4: You will be invited for assessment interview following attendance at the introductory workshop. **Please note**: relevant application materials (e.g. CV’s and photos etc.) should be submitted at the same time in order for us to process your application as quickly as possible.

Application forms can be completed on the interactive online application form and printed and posted or downloaded, handwritten and posted in with the relevant accompanying documents and payments.
Training programme design

The Diploma/MSc is a part-time training that takes a minimum of four years of structured learning of which the last two years contribute to the MSc. In addition, there is a dissertation module. The Diploma course and the MSc cover the same content and have the same requirements in terms of written work, personal therapy, clinical work and supervision, however the MSc written work is further assessed by a second marker and moderated by the external examiner, and therefore an additional fee is required to cover the MSc processes as illustrated in the course fees.

Individuals who wish to enter the TA psychotherapy course midway through the programme without attending previous years may do so by showing, through the Accreditation of Prior Learning (APL) process, that they have already gained equivalent educational experience (courses workshop, etc) and or life experience.

Diploma Year 1 is an essential part of the course and serves as a mutual assessment and preparation year preceding the long-term commitment to psychotherapy training. After the second year students may opt to follow the MSc validated by Middlesex University and at this point they formally register for this degree with the university.

Each training year for the Diploma/MSc is divided into ten 14-hour modules. These modules cover the theory and practice of Transactional Analysis and the integration of relevant theories including those related to cultural diversity, human development, psychopathology, assessment and diagnosis, brief therapy, group treatment, and ethics and professional responsibilities. Also included are differential treatment planning strategies, practice and coaching in appropriate intervention skills as well as ways of evaluating effective psychotherapy, both at the micro level of intervention and at the longer term level of outcomes over time.

Course structure—Overview of training

The training years, usually taken as a continuous sequence, are as follows:

**Diploma Year 1**

The First year of the course, provides an understanding of the fundamental elements of Transactional Analysis theory and practice and is essential in providing that basic knowledge, skills and insight which will support students to begin seeing clients under supervision and working as Transactional Analysis practitioners. Students are also expected to be in personal therapy on a weekly basis during this year and for the duration of their training.

**Diploma Year 2**

The second year of the course extends and refines the application of TA concepts and in particular focuses on helping trainees to develop their ability to strengthen the Adult ego state, using TA concepts which focus more on cognitive and behavioural changes. This year includes an emphasis on TA assessment, strengthening Adult, decontamination and the related implications for clinical work. Students in this year will also engage with the research question "How do I become an effective practitioner".

**Diploma Year 3/MSc Year 1**

Comprises advanced theoretical discussion which links Transactional Analysis therapy with its roots in psychodynamic dialogue and phenomenology and includes an emphasis on relational ways of working, particularly working with unconscious processes through the transferential and countertransferential relationships. This year is dedicated to deepening theoretical understanding and integration into practice.

**Diploma Year 4/MSc Year 2**

Is open to students who have completed the previous three years or at least 360 hours of Metanoia approved training. The focus in this year is on the integration of advanced Transactional Analysis theory and practice, the continued deepening of clinical practice and on the development of a personal therapeutic style.

**Dissertation module (maximum of 3 years)**

In this module the students consolidate their learning, write the dissertation and prepare for the oral examination. It provides the opportunity to receive exam-focused supervision and guidance on case study preparation. Students will attend a minimum of 6 Metanoia TA exam preparation days as part of this module.
Course requirements

⇒ Formal Teaching: 140 hours per year; usually 560 hours over four years.
⇒ Personal psychotherapy during training is a requirement. (It is also a requirement of UKCP.) This is considered ethical and responsible as well as a primary avenue of learning the 'inner map' which we believe psychotherapists require in order to offer depth psychotherapy. This process has as goals: the alleviation of psychological or emotional distress; the facilitation of self-understanding and growth; as well as self-support through the demands of the training.
⇒ Supervision: an average of one hour of supervision to six hours of client contact is our recommended ratio. All Metanoia tutors run supervision groups and provide individual supervision. Supervision with other TA trainers, especially during exam preparation, is also encouraged.
⇒ Course Written Work, this consists of 3x 3000 word essays per year, completion of Personal Learning Journals per year.
⇒ Clinical Practice: for final accreditation students must have 750 hours of relevant life or work experience. Of these, 500 must be as a psychotherapist using TA and be supervised by a TA supervisor.
⇒ 20 days Mental Health Familiarisation Placement needs to be completed.

Accreditation requirements

⇒ Pass grade at each of the formal taught years.
⇒ The dissertation – 24,000 words, involves an extended case study with theoretical section and a description of the psychotherapist's professional context and development in the course of training. Candidates must obtain a pass in the written examination in order to be eligible for the viva exam. Final dissertations are all double marked.
⇒ The oral examination – an externally moderated viva of approximately one hour – forms the final stage of the process. Candidates will bring three taped segments of their work of about five minutes duration per segment.
⇒ All elements of the examination must achieve a pass mark for the candidate to have an overall pass.
⇒ On successful completion of the course the MSc in Transactional Analysis Psychotherapy will be awarded by Middlesex University.
⇒ Achievement of the MSc depends upon successfully completing the clinical diploma course.
⇒ If, for any reason, an MSc student decides not to complete the dissertation year and achieve the MSc, he or she may opt to accept the Middlesex University validated Post Graduate Diploma in Transactional Analysis Psychological Studies.

Recognition

On completion of the TA psychotherapy training programme candidates will acquire the following:
Diploma in TA Psychotherapy (from Metanoia Institute); MSc in TA Psychotherapy (From Middlesex University); CTA status (Certified Transactional Analyst from EATA—European Association of Transactional Analysis); UKCP Registered Psychotherapist; Candidates can also apply for EAP (European Association of Psychotherapy) Certification.

Additional TA training alongside the Psychotherapy course

Senior psychotherapy students (third year and above) may opt to take the Diploma in Transactional Analysis Psychotherapeutic Counselling whilst working towards their Psychotherapy Diploma/MSc. As the first three years of the TA psychotherapy course share many similarities with the modules taught on the counselling course, third year psychotherapy students may, by attending three extra days of training and successfully completing a case study (8,000 words) and viva examination, gain a Diploma in Transactional Analysis Psychotherapeutic Counselling. Full details can be found on our website.

Transactional Analysis Psychotherapy Course Dates

2015: 25/26 July, 26/27 September,
2016: 30/31 January, 2/3 April, 25/26 June, 23/24 July

Transactional Analysis Introductory Workshop (TA101)

2016: 30/31 January, 2/3 April, 25/26 June, 23/24 July

Transactional Analysis Psychotherapy Course Fee’s

Please see full fee details on our website (www.metanoia.ac.uk/TAP)

Required Therapy and Supervision is at an additional cost payable directly to your Therapist/Supervisor and is not included in the course fees.
Programme Structure Chart

Entry Level
First degree or equivalent

Diploma Year 1 Level 7
- 10 monthly weekend training days (140 hours)
- Attendance at 2 half hour tutorial
- Weekly Personal Psychotherapy (40 hours min)
- 3 x 3000 word essays
- Personal Learning Journal
- Final Presentation

Diploma Year 2 Level 7
- 10 monthly weekend training days (140 hours)
- Attendance at 2 half hour tutorial
- Weekly Personal Psychotherapy (40 hours min)
- Case Work/Client contact (80 hours min)
- Fortnightly Supervision (20 hours)
- 3 x 3000 word essays
- Personal Learning Journal
- Final Reflective Inquiry Presentation

Diploma Year 3/MSc Year 1 Level 7 (60 Credits)
- 10 monthly weekend training days (140 hours)
- Attendance at 2 half hour tutorial
- Weekly Personal Psychotherapy (40 hours min)
- Case Work/Client contact (80 hours min)
- Fortnightly Supervision (20 hours)
- 3 x 3000 word essays
- Personal Learning Journal

Diploma Year 4/MSc Year 2 Level 7 (60 Credits)
- 10 monthly weekend training days (140 hours)
- Attendance at 2 half hour tutorial
- Weekly Personal Psychotherapy (40 hours min)
- Case Work/Client contact (80 hours min)
- Fortnightly Supervision (20 hours)
- 3 x 3000 word essays
- Personal Learning Journal

Dissertation Module Level 7 (60 Credits)
- Attendance at a minimum of 6 Exam Prep workshops
- 24,000 word Dissertation/Written Exam
- 1.5 hour Oral Examination
- Ongoing Personal Psychotherapy
- Ongoing Client Contact
- Ongoing Supervision

A minimum of the following must be accrued before sitting the Oral Examination:
- Personal Psychotherapy - 160 hours min
- Client Contact - 750 hours min
- Supervision - 150 hours minimum (40 hours min must be with Primary Supervisor)
- Case Discussion/Group Supervision - 70 hours min

Diploma in Transactional Analysis Psychotherapeutic Counselling
(Awarded by Metanoia Institute)

Exit Award - Post Grad Diploma in TA Psychological Studies
(Awarded by Middlesex University)