Doctorate in Counselling Psychology and Psychotherapy by Professional Studies (DCPsych)

The Doctorate in Counselling Psychology and Psychotherapy by Professional Studies (DCPsych) was validated by Middlesex University in May 2006. This is a joint programme between Middlesex University and Metanoia Institute and reflects an innovative design integrating professional practice, research and inquiry, and clinical theory and process into an overall educational programme designed to produce professional practitioners of the highest quality.

The programme is approved by the Health and Care Professions Council (HCPC), the statutory regulator for practitioner psychologists in the UK. It is a legal requirement that anyone who wishes to practice using a title protected by the Health Professions Order 2001 (e.g. Counselling Psychologist) is on the HCPC Register. For more information, please see the HCPC website at: www.HCPC-uk.org

The programme is accredited by the British Psychological Society (BPS). The BPS is the professional body responsible for developing and supporting the discipline of psychology and disseminating psychological knowledge to the public and policy makers. It is the key professional body for psychology and psychologists, with numerous benefits of membership. Please see www.bps.org.uk/membership for further information. Successful completion of the DCPsych programme confers eligibility to apply for Chartered Membership of the Society and full membership of the Division of Counselling Psychology.

It is also accredited by the UK Council for Psychotherapy (UKCP) as a training towards registration as an Integrative Psychotherapist; in this respect, successful candidates are awarded the Metanoia Clinical Diploma in Integrative Psychotherapy and will also be eligible to apply for the European Certificate of Psychotherapy (ECP).

Programme philosophy

Our overall philosophy is about integration – of theory, practice and research, of the personal and the professional, and of the bringing together of different kinds of knowledge as a way of offering the highest capabilities in service provision and the related contribution to the development of practice based knowledge. There is a particular and exciting challenge in the context of this programme of taking practice as a starting point and bringing this together with doctoral level capabilities.

The importance of inquiry as a general philosophical position is key to our approach. The basic stance of ‘curiosity’ is crucial to what we teach and model in this training. Practitioners need constantly to be interested at the deepest levels in what their clients are bringing for exploration. At the same time, the professions of counselling psychology and psychotherapy need to maintain a structured interest in the evolvement of knowledge, in particular of professional knowledge, in pursuit of higher levels of practice and thinking. Our integrative approach emphasizes not only attention to theories and practices of psychological therapy, but also to the ways in which theory, practice and inquiry can themselves be more coherently integrated than has often been the case in the field to date. In relation to issues of practice, we start from the position that both counselling psychology and psychotherapy involve the considered and intentional use of an ethical relationship, grounded in a therapeutic alliance, in the service of the goals of the client. This remains true whether ‘the client’ is an individual or an organisation. Given the centrality of the intentional use of the relationship and of the self...
of the therapist in contributing to successful outcomes, we place particular emphasis on self-reflexive practice, self-understanding, interpersonal encounter and sensitivity to attunement, mis-attunement and repair in maintaining an effective therapeutic alliance. By co-creating and maintaining a clearly formulated and secure working alliance, practitioner and client alike are enabled to focus upon complex intrapsychic, interpersonal, and contextual issues within which their work proceeds. While the course seeks to educate candidates in a range of approaches covering the three main traditions of psychological therapy, our emphasis is on supporting ultimate integration in terms of a candidate’s own practice. We are also interested in theoretical integration and in the ways in which current research is supporting development towards greater integration across different modalities of psychological therapy.

The programme focuses on building integrative frameworks for the therapeutic process drawing on relational psychoanalysis, depth psychology, developmental theory and research as well as systemic, cognitive-behavioural, humanistic and existential views of the person. Recent advances in developmental and self psychology, as well as the exploration of consciousness and the contribution of research in the neurosciences, provide a particularly useful perspective against which we can explore a range of theoretical ideas, and which offer a research based approach for potential integration.

The ‘self-in-relationship’ perspective offers us a central organising principle of human experience around which we can address a number of key theoretical and clinical dimensions. Consequently, we address a number of different dimensions of relatedness in the training: the self in relation to self (the intrapsychic dimension); the self in relation to others (the interpersonal domain); the self in relation to the wider social context (the psycho-social, cultural and political perspective); the self in relation to the environment (the ecological dimension) and the self as a spiritual entity (the transpersonal experience). We consider the development of the self in relationship with others as a constantly evolving intersubjective process over the lifespan.

Our approach to training is informed also by research results that consistently point to the quality of the helping relationship in clinical work as one of the key components in a successful therapy encounter. Research also suggests that the choice of a particular theoretically based psychotherapeutic method appears to have little differential influence on the effectiveness of psychotherapy. A commitment to an intersubjective stance based in a two-person psychology presupposes the centrality of the psychotherapeutic relationship as the primary healing factor. An intersubjective approach to integration requires that counselling psychologists and psychotherapists develop an understanding of the self in its multiple facets in order to exercise flexibility, judgement, range, skills, intuition and imagination in the appropriate use of the various dimensions of a therapeutic relationship in response to the current relational needs of the client.

Our emphasis on reflexive capabilities is one of the factors that makes the doctoral level work of candidates on this programme so radical in many ways. Doctoral level work has traditionally been quite a fragmented activity, especially in the context of mainstream psychology. On this programme we are promoting the philosophical idea that fragmentation is not only problematic in practical terms, but that philosophically and theoretically it is actually impossible. Because this is such an important part of our philosophy it also manifests itself in our assessment processes in that a candidate needs to show a presence in those assessments, in effect to make a relationship with the reader of written work, or the participants in presentations, in order for the outcome to be successful. We are aware that this approach requires the full mobilisation of the candidate’s thinking, sensitivity, responsibility, maturity and ability to tolerate ambiguity and uncertainty.
In terms of the clinical setting we are aware that there are many literatures to be explored and that we cannot cover all of these on our particular programme. Our bias overall in our integrative endeavour has been towards the psychoanalytic and psychodynamic literatures in that these have, in our view, most forcefully influenced the field of psychological therapy. Current trends in that tradition, towards what is described as relational psychoanalysis, speak increasingly to the integration of psychoanalytic concepts with a more humanistic philosophy grounded also in relevant research and in the practicalities of the therapeutic endeavour.

**Overall aims of the programme**

In the context of the comments above, the more specific aims of this programme are to enable candidates to:

- Develop a coherent philosophical, professional and ethical base as an ongoing support to their practice, and become authoritative in the critical evaluation of philosophical paradigms and value systems in relation to therapeutic work;

- Critically evaluate the theories underpinning the practice of psychological therapy with particular emphasis on an integrative philosophy and related theory and research, and on a psychoanalytic/psychodynamic approach to clinical work informed by a humanistic philosophy;

- Develop a critical appreciation of broad social, cultural and political domains as they impinge on clinical theory, thinking and practice, together with a commitment to best practice and anti-oppressive approaches in clinical work;

- Evaluate the effectiveness of their own practice, and develop a capacity for reflexivity in both practice and academic pursuits as a support for accountability to the public and the profession as a senior practitioner in the field;

- Develop the capacity for critical inquiry into the nature of current and new professional knowledge and to contribute to the advancement of such knowledge in professional project work at doctoral level;

- Develop and demonstrate a commitment to in-depth personal and professional growth, enabling the development of an understanding of the process of therapy from the client’s point of view, and an appreciation of the multiple levels of complex communication that occur in the therapeutic setting.

**Entry requirements**

The programme reflects a doctoral level profession and applicants are required to demonstrate that they are able to work at doctoral level.

Applicants need to have:

- A 2:1 (or higher) degree in psychology that confers the Graduate Basis for Chartered Membership (GBC) as specified by the British Psychological Society (BPS);

- Relevant work or ‘life’ experience (e.g. volunteer/counselling roles, personal therapy etc.)

**Application procedures**

There are three stages to the application process. In the first instance we need a paper application that includes the following:

- A completed application form including a personal statement outlining why this course is considered relevant to the applicant’s personal and professional development;

- A current CV;

- Copies of relevant qualification certificates;

- Two references, one academic and one personal/professional.

Your application will be read by the Head of Faculty and/or Admissions Tutor to ensure that basic entry requirements have been met.

The next stage is attendance at one of our two day Introductory Workshops. This workshop covers a range of topics that include: The concept of integration, different theoretical models that we draw on in the training and related research issues; the integration of theory and practice and some of the challenges that a training of this kind can pose to a student. The workshop is also intended to provide participants with an experience of our ‘house style’ and philosophy of teaching and learning.
The workshop is part of the assessment process – we assess participants and also ask individuals to assess themselves against our criteria; participants’ are also assessing the extent to which our style of training is a ‘good fit’ for their own learning style.

Please note that this workshop can also be attended ahead of submitting references or certificates as sometimes interested applicants want to experience that setting to begin with. Please be aware that as workshop spaces can be limited you are advised to book on one of these sessions as soon as you feel you are ready to apply. Please contact the DCPsych Academic Coordinator for further information.

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<th>Introductory workshop dates in 2016</th>
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<td>5/6 March</td>
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Following the initial application and attendance at the Introductory Workshop suitable applicants will be invited to attend an Assessment Interview that normally involves a small group discussion session plus one-to-one interviews.

Please note: We cannot process your application if there are no references, or if other required pieces are not included; do make sure, therefore, that a full application is submitted.

Programme outcomes

On completion of this programme, successful candidates will be able to:

- Demonstrate a systematic and critical understanding of philosophy and theory in the psychological therapies, with a particular focus on an integrative approach to this work supported by developmental and psychodynamic research and thinking;

- Critically assess the complex nature of communication at multiple levels in the context of clinical work and demonstrate an ability to work effectively and ethically with such processes.

- Locate professional clinical practice in the broader domains of social, cultural and political dynamics and work with these dynamics in a way which does not foster oppression and exclusion;

- Operate reflexively in both the personal and professional contexts enabling an authoritative awareness of the professional role and a willingness to communicate with other senior professionals both within and outside the clinical field;

- Conduct independent work based practitioner research which highlights issues at the forefront of clinical practice and which contributes significant and new knowledge to the professional field;

- Appreciate the importance of personal development in the context of professional practice and understand the importance of on-going support and collaboration in this work.

Overall requirements of the DCPsych programme

- Relevant education, training and experience at entry, including the Graduate Basis for Chartered Membership (GBC) as specified by the BPS;

- Participation in all of the modules and successful completion of related requirements.

- Weekly personal psychological therapy for at least four years of the programme (minimum 40 hours per year), beginning in the Introductory Postgraduate Year.

- Supervision of clinical work with clients to the ratio of 6:1 and at least 200 hours of supervision overall.

- Completion of at least 500 hours of client work in at least three different settings.

- Completion of a mental health familiarisation placement or equivalent level of experience.

- Experience of both short term and long term therapeutic work with clients.

- Fulfilment of the assessment criteria as specified by the relevant descriptors for doctoral level work.
Diagram of the DCPsych Structure

Introductory Postgraduate Year: ‘Key Issues and Approaches in Psychological Therapy’
An overview of some important ideas and approaches drawing on theory, research and practice
Assessments: 2 written assignments and 1 presentation (60 credits at L7)
Exit award: Pg. Cert. in Psychological Studies

Year 2: Level 7 (these three modules run concurrently)
Key Issues in Practitioner Research (1) Module: 1 written assignment (20 credits L7)
Personal and Professional Learning Module: 100 hours of client work; assessed by
Reflective Essay; Supervisor’s Report & Placement Q (40 credits at L7)
Clinical Process Module - Self in Relationship (1): 2 written assignments (40 credits at L7)
Exit award: MSc in Applied Psychological Studies with submission of a Practice Evaluation Project of 10,000 - 12,000 words (40 credits at L7)

Year 3: Level 8 (these three modules run concurrently)
Practice and Professional Knowledge Module: 150 hours of client work; assessed by Reflective Essay, Supervisor’s Report & Placement Q (40 credits at L8)
Key Issues in Practitioner Research (2) Module: Research Proposal (20 credits at L8)
Clinical Process Module - Self in Relationship (2): 2 written assignments and 1 presentation (40 credits at L8)

Year 4: Level 8 (these three modules run concurrently)
Project Planning Module: 1 presentation (20 credits L8)
Advanced Practice Module: 200 hours of client work; assessed by Advanced Practice Essay, Supervisor’s Report, & Placement Report (40 credits at L8)
Key Issues in Advanced Clinical Work Module: 2 written assignments (40 credits L8)

Year 5: Level 8 (these two modules run concurrently)
Clinical Dissertation and Viva Module: 13,000 to 16,500 word Clinical Dissertation (50 credits at L8) and Clinical Viva (500 practice hours) (30 credits at L8)
Practitioner Research Project Module: 40,000 words (+/- 10%)
(100 credits at L8)
Exit award from doctoral level: MProf in Applied Psychological Studies on completion of a 25,000 word Practitioner Research Project (60 credits at L8)

540 credits achieved (160 at L7; 380 at L8)
Award of DCPsych
Application to the HCPC for Registered Counselling Psychologist status
Application to the BPS for Chartered Psychologist status
UKCP Registration as an Integrative Psychotherapist
Course Dates 2016-2017

DCPsych Year 1

2016: 8/9 October
      5/6 November
      3/4 December

2017: 14/15 January
      11/12 February
      11/12 March
      8/9 April
      13/14 May
      10/11 June
      8/9 July

DCPsych Years 2, 3 and 4

2016: 7/8/9 October
      4/5/6 November
      2/3/4 December

2017: 13/14/15 January
      10/11/12 February
      10/11/12 March
      7/8/9 April
      12/13/14 May
      9/10/11 June
      7/8/9 July

DCPsych Year 5

2016: 7 October
      4 November
      2 December

2017: 13 January
      10 February
      10 March
      7 April
      12 May
      9 June

Closing date for full applications: Friday 24\textsuperscript{th} June 2016

Applicants are advised to apply early due to the high level of interest in this programme
Course Fees

NOTE: Wherever possible, fee increases are maintained in line with inflation. The figures quoted below are from 2015/16. They are due to be reviewed at the end of April 2016.

Introductory Workshop: £265
Assessment Interview: £120

Year 1: £3,900*
Year 2: £5,988*
Year 3: £5,988*
Year 4: £5,988*
Year 5: £2,424*

*This figure is inclusive of the additional 20% Joint University Doctorate fee (payable to Middlesex University) and the Annual Metanoia Membership Fee (£40).

RAL Entry (Year 2): £560
Clinical Dissertation Submission: £790
Clinical Viva: £590
Research Dissertation Submission: £1,060
Research Viva: £580
MSc in Applied Psychological Studies (Exit Award): £750

Please note that there are some additional costs associated with this programme. All candidates are expected to engage in personal therapy for a minimum of 40 hours a year for 4 of the 5 years of the programme. Personal therapy is funded by candidates; costs vary but are likely to be in the region of £50 per hour depending on your location. In addition to placement supervision for which there is generally no charge, candidates are also expected to be in supervision with a Metanoia approved Primary Supervisor. Candidates need to allow for at least 10 hours of primary supervision a year; costs vary but are likely to be in the region of £50 per hour depending on your location.

If you have any questions or require further information please contact the DCPsyCh Senior Academic Coordinator, Roland Michaud at roland.michaud@metanoia.ac.uk or on 020 8579 2505.