Humanistic Psychotherapy Training

Diploma in Humanistic Psychotherapy

Starting September 2017

Metanoia Institute
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Metanoia Institute is a Registered Charity 1050175
Introduction

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

■ A Diploma in Humanistic Psychotherapy awarded by Metanoia Institute;

■ UKCP registration as a Humanistic Psychotherapist (please see note on last page)

■ Upon completion of the first two diploma years, students have the option to join our MSc in Humanistic Psychotherapy ran in conjunction with Middlesex University (please see MSc leaflet)

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.

Entry Requirements

Psychotherapy is a postgraduate profession and applicants are required to demonstrate that they are able to work at post-graduate 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.)

Aims of the training programme

The programme provides a structured psychotherapy training using Humanistic approaches. 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 the Humanistic and integrative approaches of Person Centered, Gestalt and Transactional Analysis.

■ The establishment of high standards of ethical and professional practice;

■ An understanding of Humanistic Psychotherapy within the wider context of other approaches to psychological therapy and mental health care.

Training Programme Design

The diploma is a part-time training that includes four years of structured learning (of which the last two taught years contribute directly to the MSc should you wish to undertake this option), plus a fifth dissertation year in which the student undertakes their final exams.
Each training year takes place over several Monday’s during term time, from 1pm – 8.30pm. These days cover the theory and practice of Humanistic Psychotherapy 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.

Broadly, the years follow the following format:

**Year 1**
The Therapeutic Relationship and Core Skills (30 Mondays throughout the year - September to July)

The aim of this first year is to introduce the essential elements of the therapeutic relationship in relation to humanistic philosophy, to develop humanistic theory and skills and prepare and support students as they begin to work with clients. In the first term students will explore the philosophy and theory of the approach and will be encouraged to evaluate this approach in the context of other psychological theories and their own experience.

In the second term, the focus will expand to actively prepare students for clinical practice and the third term to supporting them as they begin to work with clients. In particular students will be assisted to maximise their learning from their clinical work, so that they can both integrate humanistic theory and begin to develop themselves as effective humanistic therapists.

**Year 2**
The Therapeutic Relationship and Clinical Practice (25 Mondays throughout the year - September to July)

In this year, the focus for training will be on the application of theoretical knowledge and understanding to clinical practice. The training units are designed to respond to the needs of students as they begin to see clients under supervision. Students, with the support of their tutor, supervisor and practice manager, are invited to engage with the research question “How do I become an effective practitioner?”

The structure of the units includes practical exploration of issues such as assessment, treatment planning, and the implications of short and longer-term work as well as tracking the likely process of a therapeutic engagement as it unfolds over time.

Overall the aim this year is to prepare students with the necessary skills and knowledge to work effectively with clients and will include opportunities to integrate the philosophical, theoretical, ethical and practice elements of their learning.

**Year 3**
Comparative Theories (16 Mondays throughout the year - September to July) 60 credits at level 7.

This year comprises advanced theoretical discussion which links Humanistic 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.
Candidates must obtain a pass in the written examination in order to be eligible for the viva exam.

- The oral examination – an externally moderated viva of approximately one hour – forms the final stage of the process. Candidates will bring three short taped segments of their work and discuss these in relation to Humanistic theory and practice.

- Students will also submit a personal training log containing a CV and log of hours and two letters of endorsement from supervisors/tutors.

- All elements of the examination must achieve a pass mark for the candidate to have an overall pass.

On successful completion of the course, candidates will receive a Clinical Diploma in Humanistic Psychotherapy and for those who choose to enrol on the MSc programme - an additional qualification of MSc in Humanistic Psychotherapy.

If, for any reason, a diploma student decides not to complete the dissertation year and achieve the diploma, he or she may opt to accept the award of Diploma in Humanistic Psychological Studies. This award will not qualify you for UKCP accreditation however.

There is an optional module that third year students can take during this year if they so wish. By writing an 8,000 word extended case study, attending 3 exam prep days and sitting a 1 hour oral examination (viva), successful candidates can obtain an additional qualification - Diploma as a Humanistic Counsellor.

Year 4
Clinical Integration (16 Mondays throughout the year - September to July)
60 credits at level 7.

The focus in this year is on the integration of advanced Humanistic theory and practice, the continued deepening of clinical practice and on the development of a personal therapeutic style.

Year 5 - Dissertation Year

In this year students consolidate their learning through the writing of a 15,000 word dissertation, attending 3 exam preparation day and sitting an oral examination. This module carries the remaining 60 credits at Level 7 that make up the 180 credits needed for the award of Clinical Diploma.

Final Examination

- The dissertation - 15,000 words - involves an extended case study with a theoretical section and a description of the psychotherapist’s professional context and development in the course of training.
**Structure Diagram**

**Entry:** Appropriate First qualification or equivalent

**Year 1**
30 days x 7 hours a day over 12 months

- Module 1 – Humanistic Theory and Practice
- Module 2 – Humanistic Therapeutic Skills
- Module 3 – Personal/Professional Development

4 x 2,500 word essays; 4 hours a month (minimum) of personal psychotherapy; 25 hours (minimum) of clinical practice; 6 hours (minimum) of fortnightly clinical supervision; private study

**Year 2**
25 days x 7 hours a day over 12 months

- Module 1 – Humanistic Theory and Clinical Practice
- Module 2 – Reflective Inquiry Module Part 1
- Module 3 – Reflective Inquiry Module Part 2
- Module 4 – Personal/Professional Development

2 x 3,000 word essays; 1 x 2,500 word essay; 1 x 5,000 word essay; 4 hours a month (minimum) of personal psychotherapy; 80 hours (minimum) of clinical practice; 20 hours (minimum) of fortnightly clinical supervision; 25 hours of peer discussion group; private study

**Exit Award:**
Post Graduate Diploma in Humanistic Studies
60 credits at level 7

**Interim Award:**
Metanoia Diploma in Humanistic Counselling

**Year 3**
16 days x 7 hours a day over 12 months

- Module 1 – Humanistic Theory and Practice (20 credits at Level 7)
- Module 2 – Reflection on Reflective Practice (20 credits at Level 7)
- Module 3 – Personal/Professional Development (20 credits at Level 7)

3 x 3,000 word essays; presentation; personal therapy; private study; clinical practice; supervision

**Exit Award:**
Post Graduate Diploma in Humanistic Studies
120 credits at level 7

**Year 4:**
16 days x 7 hours a day over 12 months

- Module 1 – Humanistic Theory and Practice (20 credits at Level 7)
- Module 2 – Theoretical Dialogues (20 credits at Level 7)
- Module 3 – Personal/Professional Development (20 credits at Level 7)

3 x 3,000 word essays; 4 hours a month (minimum) of personal psychotherapy; 125 hours (minimum) of casework, 20 hours (minimum) of fortnightly clinical supervision; 30 hours of peer discussion group; private study

**Metanoia Dissertation Year**
60 credits at level 7
3 exam prep days; practice; supervision; 18,000 word dissertation and 1.5 hour viva examination

**Graduation:**
Metanoia Diploma in Humanistic Psychotherapy awarded by Metanoia Institute
Eligibility for UKCP Registration
Course Requirements

- Formal Teaching: 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 supervisors, especially during exam preparation, is also encouraged.

- Course Written Work: In the first year there are four pieces of written work (4 x 3,000 words each). In year two, there are four pieces of written work (3 x 3,000 and 1 x 5,000 words each). In years three and four there are also three pieces of written work (3 x 3,000 words each). There are also skill assessments and student presentations throughout the years. In addition, an extended case study, with theoretical discussion, forms part of the final Humanistic accrediting examination.

- Clinical Practice: for final accreditation students must have 500 hours of clinical experience

Please note: Students without previous relevant training or experience will also need to arrange a mental health familiarisation placement (as per UKCP requirements).

APL

Individuals who wish to enter the 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.

Recognition

All of the psychotherapy programmes at Metanoia are recognised by the Humanistic and Integrative Psychotherapy College of the UK Council for Psychotherapy. Full recognition of a programme can only be applied for once the training has run through one full training - as a new training (our initial intake was Sept 2015) we cannot yet apply for this accreditation. However the programme fulfils all of the necessary requirements specified by UKCP and accreditation will be applied for at the earliest possible opportunity, so that you are awarded this recognition on graduation.

Introductory Workshop

2017: 27th March
26th June
21st August
4th September

Course Dates

2017: 18/25 September,
2/9/16/30 October,
6/13/20/27 November,
4/11 December

2018: 8/15/22/29 January,
5/19/26 February,
5/12/19 March,
16/23/30 April,
14/21 May,
4/11/18/25 June,
2 July
(NB two dates are for tutorials)

Fees

Introductory workshop £ 105
Assessment interview £ 65

The annual course fees can be found on our website

Personal counselling/therapy and supervision throughout the course are additional costs.

To apply

To apply or if you have any questions you can contact the Academic Coordinator for this course, Richard Jameson on 020 8832 3087 or by email richard.jameson@metanoia.ac.uk