



MSc in Creative Writing for Therapeutic Purposes

PROGRAMME INFORMATION BOOKLET



MSc in CREATIVE WRITING FOR THERAPEUTIC PURPOSES 2018/19

What?

A unique non clinical MSc course in Creative Writing for Therapeutic Purposes. Exit Points available at Post Graduate Certificate (Year One) and Post Graduate Diploma (Year Two)

Who?

Designed for individuals who wish to work as a creative writing for therapeutic purposes facilitator, and who already engage in their own creative writing practice, whether personally or professionally. They may be involved either voluntarily or on an employed basis in helping professions, such as counselling, psychotherapy, social work, teaching, or the probation service; applicants may also be drawn from the arts professions and people who have engaged seriously in creative writing practice.

Why?

To provide a broad, analytical and integrated study of the growing area of creative writing for therapeutic purposes, building upon students' prior knowledge and skills gained from a relevant first degree and/or experience, with a strong emphasis on the integration of theory and practice.

How?

Theoretical study, experiential learning, groupwork, practical skills training, peer feedback and creative & personal development.

Where?

Engineers House
Clifton Down
Avon
Bristol
BS8 3NB

When?

Year 1: 20 days over 10 weekends (Saturday & Sunday)
Year 2: 20 days over 10 weekends (Saturday & Sunday)
Year 3: Independent Study with Research Adviser support

Course Dates

2018: 29/30th September, 13/14th October, 3rd/4th November, 24/25th November
2019: 26/27th January, 23rd/24th February, 30th/31st March, 11/12th May, 15/16th June,
6/7th July.

**Come along to our Introductory Workshop Day on Saturday 19th May 2018
to experience a 'taster' session. Cost £75**

❖ Introduction to Metanoia Institute

Metanoia Institute was founded in the early 1980's and was one of the first organisations in the country to offer humanistically oriented professional counselling and psychotherapy training programmes. We gradually extended to include Integrative training. We now offer training in counselling, psychotherapy, and counselling psychology leading to diploma level and academic awards and also to potential professional registration with the British Association for Counselling and Psychotherapy (BACP), the United Kingdom Council for Psychotherapy (UKCP), The European Association for Psychotherapy (EAP), The European Association for Integrative Psychotherapy (EAIP), the Health Professions Council (HPC) and the British Psychological Society (BPS). We also run therapeutic practitioner training in Creative Writing for Therapeutic Purposes. These trainings are all validated by Middlesex University. We host a professional doctorate (DPsych) and a Doctorate in Counselling Psychology and Psychotherapy (DCPsych) as joint programmes with Middlesex University. Other post-qualification training includes certificate and diploma courses in supervision, a Master's course in coaching and a thriving CPD programme.

Our courses are designed to enable students to 'take a year out' if necessary, in order to consolidate learning, concentrate on personal development, or alleviate family and job pressures. All of our training programmes emphasise individual learning needs, the development and maintenance of high standards of practice based on well established theoretical models and current research, and the importance of an ethical framework for professional practice.

❖ Engineers House – Bristol Campus

The MSc in Creative Writing for Therapeutic Purposes is taught in Bristol at Engineers' House, a beautiful Grade II listed conference centre in Clifton Down which is a historically and architecturally interesting area of the city.

The house was built in 1831 by Charles Dyer, a leading Bristol architect. Its most famous owner was Charles Pinney, the Mayor of Bristol during the Bristol City Riots, and although it is sometimes referred to as 'The Mayor's House', it was actually the private home of the Pinney family between 1835 and 1867. The building has a 19th century elegance and charm and the picturesque grounds overlook Westbury Park. Whilst the venue itself is steeped in history, it also provides modern IT and conference facilities which include free Wi-Fi throughout the building. There is a lift between floors, adapted toilet (on entry level) and bicycle racks. Refreshments are available at all times and lunch is available to order. A tailor-made library box is available on site for the course, access to online services and buffet lunch most days (paid for locally).

❖ The Programme

The MSc in Creative Writing for Therapeutic Purposes is validated by Middlesex University. This means if you successfully complete all parts of the programme you will receive the Middlesex University qualification of MSc in Creative Writing for Therapeutic Purposes and may, if you wish, attend the appropriate Middlesex University graduation ceremony. You will enrol with Metanoia Institute.

❖ Rationale for the Programme

Creative writing for therapeutic purposes (cwtp) is a growing field of research and practice. This course aims to prepare students for the considerable challenges and demands of working in the field of creative writing for therapeutic purposes. Successful participants will be well-rounded, resourceful, flexible, responsive, professional, self-aware, knowledgeable and confident in the scope of their expertise and already be engaged in their own creative writing practice, whether personally or professionally. There is a strong emphasis on creating opportunities to develop the personal qualities that becoming a facilitator of creative writing for therapeutic purposes demands.

The course will offer students opportunities to engage with the theory and research which underpins this field in ways that foster their own critical abilities. Students will be encouraged to find their own voice on major issues.

❖ Aims of the Programme

By the end of the programme students will have:

- an understanding of the concepts and processes, and competence in skills of creative writing for therapeutic purposes to a level appropriate for effective professional (non-clinical) practice;
- developed a critical appreciation of creative writing for therapeutic purposes related research and underpinning theories;
- developed a commitment to creative, self and professional development informed by peer, tutor and, where appropriate, participant relationships;
- developed knowledge and understanding about the applications of creative writing for therapeutic purposes in specific contexts;
- the concepts, skills, attitudes and critical capacities necessary to deliver and evaluate their own work and those of others engaged in creative writing for therapeutic purposes.

❖ Outline of the Programme

The core values of the course emphasise people's potential for growth, change and movement in a positive direction in their lives. These values are embedded in the style and conduct of the MSc and explored through the four main threads of the course:

- Theory of creative process and literary theory, creative writing for therapeutic purposes, psychology and its application to personal and professional practice of creative writing for therapeutic purposes.
- Theoretical underpinnings from appropriate counselling disciplines and their application to personal and professional practice of cwtp.
- Groupwork, focusing on personal and professional development.
- Developing a critical understanding of social science research methodologies relevant to research in the field of creative writing for therapeutic purposes.

The course is structured in six modules, as follows:

Year One

- Module One *Introduction to Creative Writing and its Therapeutic Applications*
Module Two *Reflective Personal Writing*
Module Three *Therapeutic Settings and Established Theories*

Year Two

- Module Four *Facilitating Therapeutic Groups*
Module Five *The Question of Writing Therapy*
Module Six *Research Methods for Therapeutic Settings*

❖ Theory and Practice

The MSc in Creative Writing for Therapeutic Purposes draws from the range of current literature on theory and practice in both creative writing for therapeutic purposes and counselling. It is open to theory and practice from other established creative and therapeutic disciplines, as well as ethical and philosophical viewpoints and practices that support creative and therapeutic processes.

Writing theory and practice will be explored, including craft, form, genre, content and underlying philosophical and literary theory. Relevant 'creative' literature will be studied and skills in identifying relevant literature to be applied in practice will be developed.

Whilst the course's core counselling values are humanistic and person centred, the central approach is viewed through the five relationships model (Clarkson). This approach allows for the synthesis of elements from some main theoretical models and represents an integrated foundation and framework for identifying and practising relevant skills within the context of developing therapeutic relationships. At different stages in the course, students will also have the opportunity to 'taste' other approaches to counselling and to explore the integration of frameworks and techniques in their developing style of creative and therapeutic work.

Our aim is that, by the end of this course, students will have developed clear creative and therapeutic styles appropriate for them, their target client group/s and their working context. To this end, attention will be paid to creative and therapeutic processes in working with people of different ages and life-stages; to working in the context of particular settings, groups and differing cultures; and to the ethics, limits, management and evaluation of creative writing for therapeutic purposes. Students will understand and become aware of the ethical issues and dilemmas associated with research, including those associated with different cultural and ethnic groups. In keeping with the status of the MSc as a non-clinical training, students are not required to undertake a formal clinical placement. Opportunities to practice the skills which are introduced during the training will be provided in the context of its experiential components.

❖ Practical skills

The practical training is a key component of the course and is intended to link closely with theoretical frameworks. Students will be identifying, learning and practising skills at increasing levels of complexity, while exploring their relationship to creative and therapeutic theories and processes, within the experiential components of the course.

Creative writing practice is an essential part of the course. Students are required to keep a learning journal and practice reflective and reflexive writing, as well as developing their creative writing skills and knowledge of relevant literature and skills in peer-supervision.

Co-operative working with colleagues and tutors is a central feature of the MSc course, and as part of this activity, students will learn to evaluate critically their own and others' competence. Throughout this work, students will be encouraged to develop and articulate their own personal philosophy of creative writing for therapeutic purposes and research.

❖ Groupwork

Course members will be expected to engage practically and theoretically with groupwork. This means being mindful of the group-life and individuals' developing and changing roles and behaviour within the group. Throughout the course, the group will provide the principal opportunity for students to focus on their personal development and to integrate their learning on the course. The intention is to provide time within the programme when issues of immediate concern to the group or to individuals can be addressed and explored, so that personal and professional development can be appropriately extended (e.g. via opening rounds, business, teaching and learning time, and plenary discussions).

The group also provides a practice ground for exercises, sharing work and discussing theory and practice. The aim is that by the end of the course individuals will have a group of peers with whom to discuss theory and practice beyond the life of the course. Groupwork provides an opportunity to reflect on the personal impact of the learning and the application of this learning to their work and development as facilitators and individuals.

Leaderless small group work forms part of the afternoon schedule and allows students to reflect on working with groups; a chance to notice what works and what doesn't; when it is possible to work collaboratively and when group members need more autonomy.

❖ Research Methods Module/ Dissertation

The Research Methods module provides education and training in the processes and skills of research relevant to the discipline of creative writing for therapeutic purposes and counselling and psychotherapy. It offers an understanding of the philosophical underpinnings of the relevant social science research methodologies and facilitates an understanding of the ethical issues relevant to research in these fields, and with different cultural groups. The education and training offered by the module prepares students ethically, methodologically and conceptually for their own research.

The Dissertation builds upon the first six taught modules of the programme. The dissertation is the crucial final element in the development of the MSc in Creative Writing for Therapeutic Purposes. It is conducted independently, with the support of a research adviser and peer group(s).

❖ Assessment

The course is assessed summatively:

- modular assessment of written essays
- final dissertation

and formatively:

- with ongoing assessment of practical skills, group process work and personal readiness
- submission of two creative writing portfolios (Module One and Two)
- sample workshops presented to peers and tutors (Module Four)
- a presentation to the group of a topic of curiosity (Module Five)
- a reflective journal evidenced through assignments
- a presentation discussing the application of research methods, integrating the learning from the course
- peer discussion

Students must satisfactorily complete each academic year, before proceeding to the next. At any point, as part of continuous assessment, students may decide to withdraw or be advised to leave the course. Contracts are provided for each academic year, for which the student is liable for the year's fees. Students may elect to exit the programme with a PGCert Award on successful completion of year one, or with a PGDip Award on successful completion of year two. Those continuing to the MSc qualification will undertake a dissertation, which will be supervised in their third year.

❖ Organisation & teaching

The MSc in Creative Writing for Therapeutic Purposes is a two-year part-time course, taught for 20 days per academic year over ten weekends, in each of the first two years. In addition, students will be expected to attend tutorials, usually two half-hour tutorials per term, which will often, by arrangement, be on the teaching day, or via phone or email. Tutorials should enable students to monitor their progress, both personal and professional. A third year provides opportunity for students' own independent guided research, exploring a topic of specific interest to the student that is relevant to both theory and practice. Topics selected for dissertations will develop through their taught units and experiences in the field as well as from discussion with relevant professionals.

The course demands considerable commitment of energy and time, over and above time spent at the course for study, reflection and personal work. We recommend setting aside 5 study hours per week for the duration of the course.

Course members will experience teaching and learning in the whole group and in small groups for practice, personal development and peer-discussion, and in a range of interactive, experiential and skills training activities, including the use of audio-visual equipment.

Contact time will take place during 10 weekends (9.00am-5.00pm on Saturday and Sunday) from September or October to July in Years One and Two. As above, tutorials will take place outside contact hours, by arrangement with individual tutors, but do consider lunch times as likely tutorial times.

❖ Entry requirements

Applicants will normally be expected to:

have an undergraduate degree **or** equivalent qualification.

- be using creative writing, whether personally or professionally.
- Have completed a Short Course Certificate in Counselling (**minimum 15 hours**), or equivalent academic/practical experience
- be willing to undertake counselling for themselves, if appropriate (10 hours are required by the end of Year Two)
- have some work experience, in either professional or voluntary settings, involving the practice of empathic/therapeutic skills.
- possess the personal qualities which have been identified as crucial in therapeutic work and in courses of this kind, namely warmth of personality, flexibility of thinking, the capacity for sensitive response to a wide range of people and issues and the ability to critique and evaluate ideas and outcomes.

N:B Students will need regular access to a computer with high-speed access to the Internet, preferably from home for downloading handouts and communication purposes.

Accreditation of Prior and Experiential Learning (APEL)

- APEL is a process through which an individual may be awarded credit for the learning achieved through formal and informal learning experiences.
- It is possible for some students to enter the programme at the beginning of Year Two, if they have the equivalent learning outcomes for Year One. If you feel you may qualify for APEL please contact: cristina.soares@metanoia.ac.uk

❖ Fees

Year 1 Current course fees for 2017/18 are: £4,300 inclusive of annual Metanoia Membership and annual Middlesex registration fee. Assessment Interview fee: £30. Introductory Workshop fee: £75. *All fees are reviewed annually.*

❖ Applications

Your **completed application form** should be accompanied by:

- **2 completed references** by referees who can give up-to-date information on the candidate's personal qualities, actual and potential strengths in creative writing and counselling skills, relevant experience to date.
- **Twelve sides of creative writing**, in any form or genre, which may be work in progress and not necessarily of publishable quality, as evidence of your engagement in creative writing for therapeutic purposes.
- **Assessment Interview fee** of £30, please make cheques payable to Metanoia Institute.

Please send your completed application form, reference forms and payment to **Cristina Soares, Metanoia Institute, 13 Gunnersbury Avenue, Ealing, London W5 3XD**

If you have any queries about any administrative aspect of your application please contact Cristina on 020 8579 2505/020 8832 3096 (direct line) or e-mail

cristina.soares@metanoia.ac.uk For academic related queries please contact Claire Williamson: claire.williamson@metanoia.ac.uk

❖ Interviews

Interviews will normally be offered to those applicants whose forms indicate that they meet the entry requirements indicated on the previous page of this Programme Information Booklet. They are normally held, by arrangement, in June, July and September.