MSc./Diploma in Transactional Analysis Psychotherapy

Start Date: October 2018

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**Introduction**

This programme will provide you with a strong knowledge base and the expertise to practice as a Transactional Analysis psychotherapist with a broad range of clients in a variety of settings.

Validated by Middlesex University.
Programme Leader: Mica Douglas

This programme offers postgraduate training in Transactional Analysis Psychotherapy leading to a Diploma and/or MSc. It also leads to registration with the UK Council for Psychotherapy (UKCP), the EATA (European Association of Transactional Analysis and the EAP (European Association for Psychotherapy).

The total length of this programme is five years and runs for one weekend a month over 10 months for the first four years. This covers Diploma Years 1 and 2 which are part of the Metanoia diploma and gain the student entry to the Middlesex MSc. This is then followed by MSc Years 1 and 2 and a 3rd MSc year for writing up the dissertation and completing the viva. Students are required to complete the MSc within five years of entering MSc Year 1: Middlesex fees will be payable in years 1 and 2 (not in year 3 when the dissertation would usually be written up and the viva voce/oral examination completed).

Diploma years 1 and 2 are an essential part of the programme and serve as the basis for the Master’s component of the programme, which is entered into in the third year. Students cannot register for the MSc until they have completed these two diploma years. The Clinical Diploma in Psychotherapy and the MSc cover the same content, number of written projects per year, and have the same requirements in terms of personal therapy, clinical work and clinical supervision. All the written work is double marked. Some students elect to do the Diploma only, which leads to UKCP registration as does the combined MSc/Diploma in Transactional Analysis Psychotherapy which also carries the Master’s Degree.

Please note that post-graduate student loans are available for this course to cover MSc Years 1, 2 and 3. The course administrator will be able to help you with details of whether you would be eligible for this loan and how to apply for it. It is also eligible for Disabled Students Allowance (where applicable).

**Philosophical basis of the MSc Programme**

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-visioning 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.

**Awards on completion of programme**
- 180 Credits achieved at level 7
- MSc in Transactional Analysis Psychotherapy awarded by Middlesex University
- Metanoia Clinical Diploma in Transactional Analysis Psychotherapy leading to UKCP Registration
- The Certificate in Transactional Analysis (CTA) awarded by the European Association of Transactional Analysis (EATA)
- European Association for Psychotherapy (ECP) registration

**Training Design for the Transactional Analysis Programme**
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.

**Diploma Year 1– The Therapeutic Relationship**
The ten units in Diploma Year 1 provide 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 - TA and the Integrating Adult**
The ten units in Diploma Year 2 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".

Although these years are a part of the UKCP programme which leads to the Clinical Diploma in Psychotherapy they are not an official part of the MSc, so students are not at this stage registered with Middlesex University. They are, however, essential for entry into MSc Year 1.
Overview of the MSc Years in Transactional Analysis Psychotherapy

Meeting entry requirements and completion of Diploma Years 1 and 2.

MSc Year 1 – Diploma Year 3: (60 Credits at Level 7) The Self as Practitioner

The ten units in MSc year 1 (60 credits at Level 7) comprise 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 curriculum.

MSc Year 2/Diploma Year 4: (60 Credits at Level 7) Integration and Personal Style

The ten units in MSc year 2 (60 credits at Level 7) will focus 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 and Clinical viva Examination: (60 credits at level 7)

In this module, 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.

PLEASE NOTE

There is an extra optional award that students on the Transactional Analysis psychotherapy programme can enrol on at the beginning of Diploma year three. This award - a Diploma in Transactional Analysis Psychotherapeutic Counselling.

Programme requirements

By the completion of the programme students will have met the following requirements:

- **Formal Teaching:** usually 140 hours per year, and a total of 602 hours over 5 years to examination. This includes two tutorials per year.
- **Personal psychotherapy** with a UKCP registered psychotherapist for the duration of training is a requirement. This will be of the duration, intensity and frequency of the psychotherapy offered to clients and compatible with the Metanoia Transactional Analysis training programme. This needs to be a minimum of 40 sessions per year, over at least four years of the programme. Ongoing psychotherapy is considered ethical and responsible as well as providing a primary avenue of learning, ‘the inner map’, which we believe psychotherapists require in order to move into deep psychotherapy with clients. Please note that the cost for psychotherapy is not included in the course fees and needs to be funded separately by the student.
- **Supervised client contact:** students can enter the second year of training only when they are considered ready to see clients by their primary tutor. The level of experience of the individual student will mediate the number of clients seen at each stage of their development as clinicians. However, on entering Diploma year 2 students need to be seeing at least two clients per week. By the completion of training the student will have undertaken a minimum of 750 hours of client work supervised by the primary TA supervisor (or placement supervisors agreed by that person). Primary supervisors will submit a report every year.
- **Supervision:** regular supervision is an integral part of the Transactional Analysis Psychotherapy training. For beginners, we recommend some form of supervision weekly or at a minimum ratio of one hour of supervision to every four client hours and for all students we require some form of supervision fortnightly. All Metanoia students need to arrange supervision with a Metanoia-approved primary supervisor, in consultation with their primary course tutor. At the point of registration, students need to have accrued 150 hours of supervision. However, as students build up their client experience, a minimum of one hour of supervision for every six hours of client contact time is essential. Please note that the cost for supervision is not included in the course fees and needs to be funded separately by the student, sometimes the placement where the student gains their client hours provides free supervision.
- **Mental Health Familiarisation placement** to be completed before the viva examination. Please note that some organisations charge a cost for this and in these cases this needs to be funded separately by the student.
Written work: written projects must be submitted in the first four years of training in line with the requirements in the handbook. These will count in each case towards the end-of-year assessment. Finally, in order to qualify for the MSc/Diploma a dissertation/case study must be submitted and a viva voce examination taken. By the time students do the final viva voce examination, they will meet all the requirements for UKCP registration.

There is regular feedback in the course of the training programme. Each student is also required to keep a record of all results, tutorials etc. There is open communication between Metanoia tutors, supervisors and placement co-ordinators who work together as a team to enable students.

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

- A degree in psychology or a related discipline (such as sociology, education, theology, philosophy, etc.);
- A non-relevant degree (such as accounting, art, etc.) but also some appropriate training and/or work/life experience;
- A qualification in one of the helping professions (such as psychiatric nursing, nursing, probation, social work, teaching, etc.);
- A counselling diploma or equivalent qualification;
- 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.)

In addition to the above all applicants will have some skills, knowledge and experience with counselling.

Introductory Workshop
The TA introductory workshop is called a ‘TA 101’. It 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.

Please note that this workshop can also be attended ahead of putting in a paper application as sometimes interested applicants want to experience that setting to begin with before committing to a full application. The fee is £225, payable by cheque or debit/credit card over the phone.

Introductory workshop dates for 2017/18
14/15 April 2018, 9/10 June 2018 & 14/15 July 2018
Paper Application and Assessment Interview

Your paper application for the course should include the following:

- A full CV.
- A personal statement outlining why this programme is considered relevant to the applicant’s personal and professional development.
- Two references, one academic and one personal/professional.
- Two passport sized photographs.
- Your application will be read by the Programme Leader and/or Assessing Tutor to ensure that basic entry requirements have been met.
- Copy of relevant degree certificate.

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

Once you have submitted a completed application form which clearly meets our prerequisites and you have completed the Introductory Weekend you will be considered for a final assessment interview.

The final interview process takes approximately an hour and a half and involves a small group interview and an individual interview. The fee is can be found on the website an is payable by cheque or debit/credit card over the phone.

Full paper applications can be submitted before or after attendance at an Introductory weekend workshop.

Course dates for 2018/2019

This course will take place one weekend a month starting in October 2018.

**Dates:**
- 13/14 October 2018
- 10/11 November 2018
- 8/9 December 2018
- 12/13 January 2019
- 9/10 February 2019
- 9/10 March 2019
- 6/7 April 2019
- 11/12 May 2019
- 8/9 June 2019
- 13/14 July 2019

**Times:** 9.30am to 5.30pm.
How can I find out more about Metanoia?

You can call or email us. You can go to our website www.metanoia.ac.uk and you are also welcome to visit us. If you would like to visit us after normal office hours, please phone us in advance to let us know.

For more information concerning the application process email Thilisa Hamilton our Academic Co-ordinator at thilisa.hamilton@metanoia.ac.uk or call her on 020 8832 3074.

We really hope this leaflet has provided a brief overview of our course.

Please let us know if you have any questions.

We look forward to welcoming you to Metanoia in the near future.