

## Metanoia Institute Scholarship Fund Personal Statement Submission Criteria

To support your application for the Metanoia Institute Scholarship Programme, which is aimed at broadening access to the psychological professions and fostering a more representative workforce in the UK, we encourage you to submit a personal statement that aligns with the following criteria. This scholarship is designed for individuals from underrepresented groups and communities to equip future professionals to champion diversity, access, and participation within the profession. Your personal statement should reflect this ethos and demonstrate how you are a strong candidate to fulfil these goals.

### Personal Background and Motivation

- **Representation and Identity:** Clearly outline your personal background, focusing on your identity as a member of an underrepresented or marginalised group within the UK (e.g., based on ethnicity, gender, socioeconomic status, disability, care experienced status etc.).
- **Barriers and Challenges:** Reflect on any barriers you have faced in accessing education, training, or career opportunities, particularly in the psychological professions. Consider including challenges related to social, cultural, or systemic inequalities.
- **Inspiration for Psychotherapy Training:** Describe what motivated you to pursue psychotherapy training, including any personal experiences or insights that have influenced your decision to enter this field.

### Contribution to Broadening Access

- **Championing Diversity and Inclusion:** Explain how you see yourself as a future champion of diversity and inclusion within the psychological professions. How does your personal experience and perspective contribute to breaking down barriers for others from underrepresented groups?
- **Impact on the Profession:** Share how you intend to contribute to broadening access and participation within psychotherapy, both during and after your training. How will your presence in the profession help to create a more inclusive and representative workforce?

### Community Engagement and Impact

- **Connection to Your Community:** Demonstrate your existing connection with your community (e.g., through lived experience, volunteer work, activism, or other forms of engagement). Explain how your training as a psychotherapist will benefit not only yourself but also the wider community you belong to.
- **Addressing Community Needs:** Identify the specific psychological or emotional needs within your community or other marginalised groups. How do you plan to use your skills, once trained, to meet these needs and increase access to psychological support for individuals who may currently face barriers to accessing such services?

- **Future Vision:** Articulate how you envision playing a role in shaping the future of psychotherapy, particularly in making it more accessible to a diverse range of individuals and communities.

### **Commitment to Advocacy and Social Change**

- **Ethos of Empowerment:** Describe how you plan to move away from traditional models of charitable support, focusing instead on empowerment and advocacy. How will your work contribute to shifting the narrative from passive support to active participation and leadership within marginalised communities?
- **Leadership and Influence:** Provide examples of any leadership or advocacy roles you have taken on in your community, workplace, or educational environment, and discuss how you plan to make use of this experience to influence the future of the profession.

### **Long-Term Vision for Professional and Personal Development**

- **Training and Career Goals:** Outline your long-term goals for your psychotherapy training and career. How will this scholarship help you achieve these goals, and how will you, in turn, use your professional development to support others?
- **Contribution to Social Equity:** Consider how your presence in the profession will contribute to addressing broader issues of social equity, mental health disparities, and systemic inequality within the UK's psychological professions.

### **Commitment to Broadening Access to Psychological Services**

- **Practical Plans for the Future:** Provide specific examples of how you intend to practice psychotherapy in a way that enhances access to underrepresented communities. Whether through culturally sensitive practice, community-based mental health initiatives, or other innovative approaches, illustrate your commitment to making psychotherapy services more inclusive and accessible.
- **Wider Impact:** Beyond direct practice, discuss how you plan to influence systems or policies that affect access to mental health services on a broader scale, such as through advocacy, research, or public engagement.

### **Formatting and Submission Guidelines**

- **Word Count:** 1,000–1,500 words
- **Structure:** Clearly organise your personal statement using the above categories as a guide.
- **Tone:** Write in a personal, authentic voice that reflects your lived experience and professional aspirations.
- **Deadline:** Ensure your statement is submitted by the specified deadline.
- **Submit the statement via the application form at [metanoia.ac.uk](https://metanoia.ac.uk)**

### Alternative: Audio or Video Submission

- **Length:** 8-12 minutes
- **Content:** Address the same criteria outlined in the written personal statement
- **Format:**
  - **Video:** MP4 or MOV, with a resolution of at least 720p
  - **Audio:** MP3 or WAV
- **Submission:** Upload your audio or video file directly through the application form at [metanoia.ac.uk](http://metanoia.ac.uk)

### Evaluation Criteria

Your personal statement will be assessed based on:

1. **Alignment with the Scholarship's Goals:** How well your background, goals, and vision align with the scholarship's aim of broadening access to the psychological professions.
2. **Contribution to Diversity:** The potential impact of your presence within the profession and how you will contribute to a more representative and inclusive workforce.
3. **Community Impact:** Your demonstrated connection with your community and how your training will directly benefit underserved or underrepresented groups.
4. **Clarity and Cohesiveness:** The quality, structure, and clarity of your personal statement in articulating your motivations, vision, and commitment to the field.

This personal statement is your opportunity to reflect on your unique journey and how you aim to make a meaningful contribution to the field of counselling and psychotherapy and the communities you serve. We look forward to reading your submission and supporting the next generation of champions in mental health.