



In partnership with



**Middlesex
University
London**



MA/Diploma in Therapeutic Fostering and Adoption

validated by Middlesex University

October 2019



**Programme Leader:
Mica Douglas**

2019/2020





Aims of the Course

This comprehensive programme has been designed to equip those working with fostered and adopted children with the skills, knowledge and attitudes that are necessary to provide the child with the emotional and therapeutic support that they need.

These qualifications, both a MA and a Diploma, are intended to support the children's workforce and will add value to the qualifications some students may already have in their chosen area of work, for example, as foster parents, social workers, teachers, learning mentors, psychologists and residential workers. This programme would be of particular interest for people working in fostering who want to enhance their skill and understanding of children who have experienced significant harm.

Psychotherapists and counsellors may use the course to enhance their therapeutic work or move into working with children as well as adults. People who are not already therapeutically trained may use this course as a pathway to other therapeutic qualifications, for instance by using it to APL (Accreditation of Prior Learning) onto a psychotherapy or counselling diploma.

The overall aims of the course are to:

- Promote advanced knowledge of, and critical engagement with, the existing research in the therapeutic field of what works with children and young people who have been through the care system.
- Promote advanced knowledge of a range of qualitative and quantitative research methods and their application to the appraisal of therapeutic work with children and young people who have been through the care system.
- Promote advanced knowledge of the debates which have arisen in the UK about the politics of therapeutic work with children and young people.
- Encourage students to conduct research into some aspect of their practice as part of their dissertation.
- Demonstrate advanced knowledge of theories and their application to practice.
- Support students to critically evaluate the effectiveness of their own practice.
- Encourage a sound appreciation of broad social cultural and political domains as they impinge on both thinking and practice.

Course Outline

The first year concentrates on exploring the concepts and manifestations of developmental trauma, attachment and identity. In addition, it will focus on the fostering development of a firm foundation of competence, attitude and skills for thinking therapeutically about children and young people and also, through a reflective inquiry, on developing the capacity for self-reflection. The unit outlines are:

Unit 1	Principles of working therapeutically with children and young people
Unit 2	Protecting children, Ethics and Research
Unit 3	Qualities of parenting from the inside out
Unit 4	Creative Arts and Symbolic Play
Unit 5	The experience of being a child
Unit 6	Developmental Trauma and Executive Function
Unit 7	Attachment difficulties
Unit 8	Unconscious communication
Unit 9	Communicating with children with diverse needs
Unit 10	Reflective Inquiry, ending the year

The second year concentrates on exploring the concepts of Mentalisation, Mental Health and embodied behaviour. In particular, the year will focus on understanding, and working with, the manifestations of severe attachment difficulties and arrested development. The unit outlines are:

Unit 1	Holding the child in mind – Mentalisation and the art of reflective function
Unit 2	Childhood disorders
Unit 3	Eating disorders and other behaviours to manage distress
Unit 4	Exploring the tasks of adolescence
Unit 5	Inappropriate sexualised behaviour
Unit 6	Anger, rage and shame
Unit 7	Dissociation
Unit 8	Trauma and the defenses of the self
Unit 9	Understanding sibling groups



Training programme design

The MA/Diploma in Therapeutic Fostering and Adoption is a part-time training course. Students wishing to enrol on the programme will need to have significant experience of Therapeutic Fostering and Adoption and/or previous training in the field.

The programme is normally studied over three years part-time – two taught years, plus a dissertation module which takes anything up to a year to complete (see pathways flowchart below). Applicants may be able to submit an application for Accredited Prior Learning (APL) and only do one taught year. Details of the APL process can be obtained from the Programme Administrator.

It is anticipated that all students will want to study for both the MA and the Diploma at the same time. In fact the programmes and course work requirements are identical and differentiated only by a higher fee for the MA, which covers the additional costs incurred in validating the course. It is possible, however, to enrol on the Diploma route only. The Diploma is awarded by the Metanoia Institute.

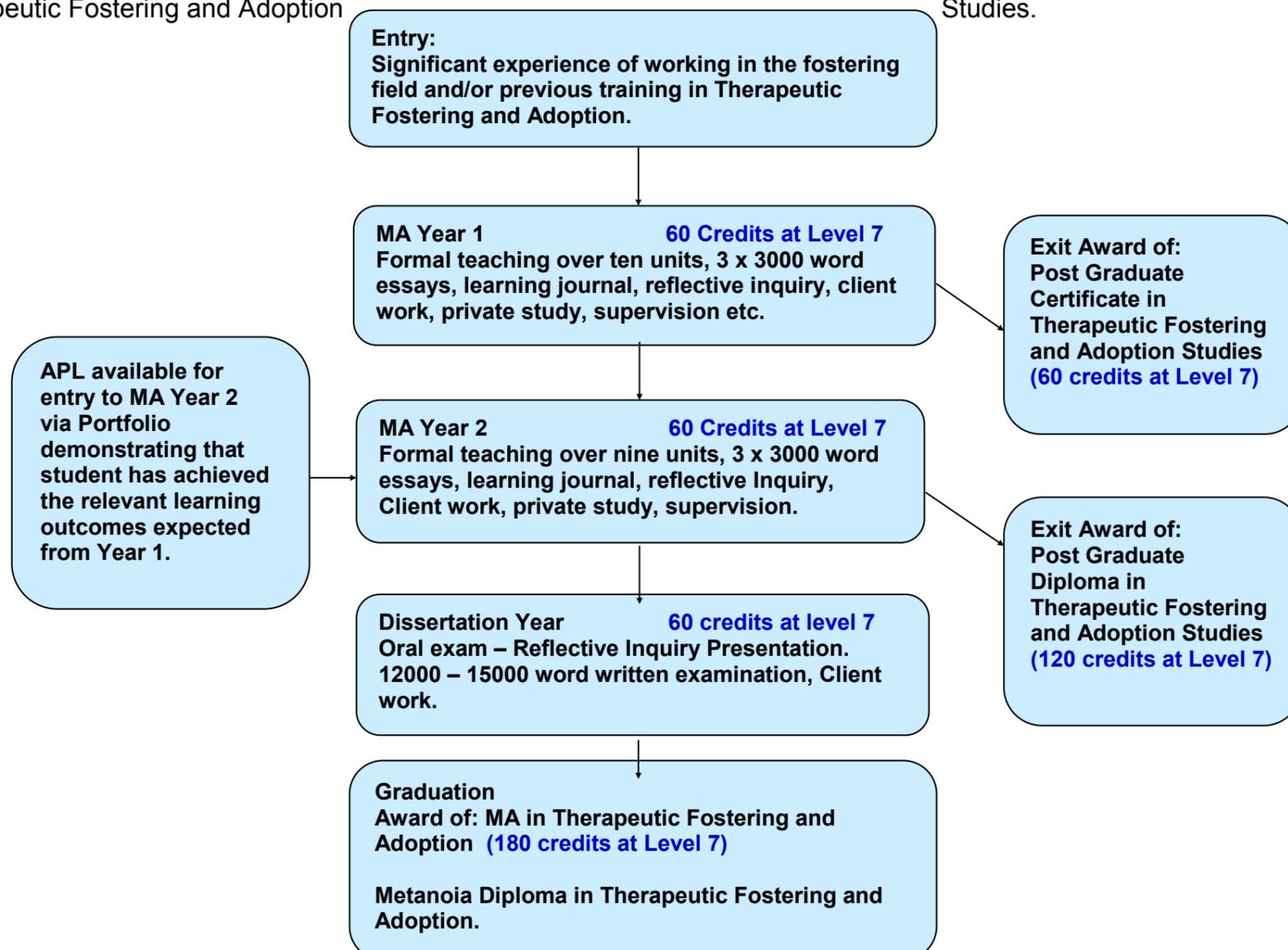
The taught parts of the programme are arranged in two modules, the first comprising of 20 days, and the second 18 days, (one days a month). Each module is carried out over one year of study both attract a credit rating of 60 credits at Level 7. Woven throughout and between the modules are a variety of requirements for group and private study, practice, supervision and personal development, as well as written assignments. There is a third module - the Dissertation Module - during which the student writes a 12,000 - 15,000 word written dissertation and sits an oral examination.

The two taught years include theory, which is primarily Transactional Analysis, but also includes other perspectives, relevant research and the integration of theory into fostering practice. Students are supported to develop as competent fostering practitioners who can address professional/ethical issues and integrate their training, personal therapy, clinical and supervision experiences to develop their fostering skills and expertise.

Over the two years students will be supported to develop a firm foundation of competence, attitude and skills for thinking therapeutically about looked after children and young people and to build upon this understanding by thinking further about practice issues and methods of intervention, particularly when working with children with severe attachment difficulties and developmental trauma.

Students will conduct a reflect inquiry into their practice, over the lifetime of the course, and in the dissertation year they will present a 30 minute oral presentation of their findings, as well as write a 12,000 – 15,000 word written case study on their work with a young person, using the findings from their reflective inquiry to reflect upon this.

Students are expected to undertake the whole programme, but as can be seen from the pathways diagram below, there are two exit awards for those on the MA programme, who find themselves unable to complete the course. On successful completion of year 1, students in this position can take the exit award of Post Graduate Certificate in Therapeutic Fostering and Adoption Studies and those successfully completing year 2 could take the exit award of Post Graduate Diploma in Therapeutic Fostering and Adoption Studies.





Course requirements

Formal Teaching: 140 hours per year.

Clinical Practice: students must be working with looked after or adopted children for at least 10 hours a week.

Supervision: students are required to undertake a minimum of monthly casework supervision (individually or in groups) throughout the course of the training.

Personal Learning Journal: students write a learning journal over each academic year, reflecting on experiences in training with particular reference to the content and processes of the training units.

Course Written Work: in both years, there are three pieces of written work (3,000 words each).

Reflective Inquiry Project: each year students will develop, undertake and present the findings of a Reflective Inquiry Project.

Dissertation Year: in order to qualify for the MA and Diploma, the student must pass both an oral examination in which they present the findings of a reflective inquiry that they have been engaged in throughout the life-time of the course and a theoretical dissertation of 12,000 – 15,000 words.

Recognition

Students who successfully complete this course, will receive an MA in Therapeutic Fostering and Adoption which is validated by Middlesex University, and a Diploma in Therapeutic Fostering and Adoption awarded by the Metanoia Institute.

Venue & course dates

London

Location: Metanoia Institute, 13 Gunnersbury Avenue, Ealing, London, W5 3XD or 13 North Common Road, Ealing, London, W5 2QB. Exact site to be confirmed.

2019/20: Course to run on one Monday & Tuesday per month from October through to July. There are twenty teaching days in total.

DATES: TBC

Fees

Course Fees can be found on our website.

Entry requirements

The MA/Diploma in Therapeutic Fostering and Adoption is a part-time training course and students wishing to enrol on the programme will need to have significant experience of Therapeutic Fostering and Adoption and/or previous training in the field.

Many people applying for this course will be experienced foster parents who have already completed a certificate course in therapeutic fostering and/or adoption, or be qualified and experienced in one of the helping professions, such as social work, psychotherapy, teaching etc.

Application procedures

Applicants must complete an application form, which can be found via our website.

<https://metanoia.heiapply.com/application/register>

This must be accompanied by: two references, one academic and one personal.

Your application will be read by the Admissions Tutor to ensure that basic entry requirements have been met, after which you will be invited for an assessment interview. Please note: relevant application materials (e.g. copies of certificates etc.) should be submitted at the same time in order for us to process your application as quickly as possible.

For full details of the programme and application procedures,
please contact our Senior Academic and Research Coordinator: cristina.soares@metanoia.ac.uk

Metanoia Institute, 13 Gunnersbury Avenue, Ealing, London, W5 3XD

T: 020 8832 3096

www.metanoia.ac.uk

Registered Charity No. 1050175

