



**Diploma/MSc
in Integrative
Psychotherapy**

Start Date:
October 2019

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Programme Leader: Dr Steven Smith
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Introduction

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

Validated by Middlesex University Programme Leader: Steven Smith.

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

The total length of this programme is five 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 Integrative 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

We start from the position that psychotherapy is the considered and intentional use of a relationship, grounded in the therapeutic alliance, in the service of the goals of the client. We view the psychotherapeutic relationship as a co-constructed endeavour in which both the client and the therapist are active partners.

Given the centrality of the intentional use of the relationship and of the self of the psychotherapist in contributing to successful outcomes, we put emphasis on self-reflective practice, self-understanding, interpersonal encounter and a sensitivity to attunement, mis-attunement and repair in maintaining an effective therapeutic relationship. By co-creating and maintaining a clearly formulated and secure therapeutic alliance, practitioner and client alike are enabled to focus upon complex interpersonal and intrapersonal issues.



From this intersubjective perspective we focus on both the explicit verbal levels of communication and the implicit, non-verbal levels of relating; on the conscious and non-conscious dimensions of communication.

We view the change process as happening at the complex interface of these overlapping dimensions of experience. In the words of Allan Schore (2012) we regard psychotherapy as not solely the 'talking cure' but very much the 'communicating cure' at multiple levels of experience and interaction.

Such an intersubjective approach to psychotherapy integration requires that psychotherapists develop an understanding of the self in its multiple facets in order to exercise flexibility, judgment, range, skills, intuition and imagination in the appropriate use of the various dimensions of a therapeutic relationship in response to the current relational needs of the client.

We are not teaching a particular model of integration, rather we are supporting participants in the challenging task of learning to integrate theories and competencies from several traditions in the field of psychotherapy into an evolving integrative framework of their own.

The training embraces a clinical developmental view of the evolving self, whilst at the same time stressing the importance of the impact of the social, cultural, economic, ecological and political context on the individual's self identity.

This training will require of the psychotherapist a commitment to maintain and tolerate several views, even when these may appear to be contradictory, in an effort not to foreclose prematurely on a particular point of view. These differing views serve as a system of continuing self-supervision so that any position taken is a flexible one and responsive to the particular circumstances of a particular client at a particular time in a particular context. Such an approach to psychotherapy integration can serve as an underpinning for both brief-term and longer-term psychotherapy.

Awards on completion of programme:

180 Credits achieved at level 7
MSc in Integrative Psychotherapy awarded by Middlesex University
Metanoia Clinical Diploma in Integrative Psychotherapy leading to UKCP
Registration European Association for Integrative Psychotherapy
Registration European Association for Psychotherapy (ECP) Registration

Training Design for Integrative Programme

Each year of the training includes

- theoretical integration of relevant theories
- relevant research, relevant strategies
- practice and coaching in the appropriate intervention skills
- education in models and methods of evaluating the outcomes of psychotherapy conducted in a particular field.

The process of psychotherapy over time is built into the overall course design.

- Each module's design is responsive to and negotiated in terms of student and trainer needs and interests.
- Throughout the modules advantages, disadvantages, uses, contra-indications and caveats are explored in depth
- In terms of when, why and with whom (in terms of individual differences), certain therapeutic strategies and relationship stances would be given precedence over others at particular periods in a person's psychotherapy. The special demands of brief-term and longer-term therapy are addressed throughout the training.

Diploma Year 1- An Introduction to Integrative Psychotherapy

The ten units in Diploma Year 1 provide an introduction to Integrative Psychotherapy and an overview of a number of different theoretical and practical approaches to psychological therapy. They also give an introduction to research principles, as well as outlining principles of assessment, risk assessment and approaches to presenting difficulties with different types of clients. Students begin to formulate their own integrative philosophy which will guide their clinical work and are required to do a presentation on that topic by the end of this year.

Diploma Year 2 - Clinical Process: Self in Relationship

The ten units in Diploma Year 2 will encompass an exploration of current developmental and neurobiological theories and research. These offer significant insight into the development of self in relationship; related theoretical and practical concepts and methodologies which inform clinical practice; and the contexts and power processes in which psychotherapy is theoretically and practically located.

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 Integrative Psychotherapy

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

MSc Year 1 – Diploma Year 3: (60 Credits at Level 7) The Process of Psychotherapy: Self in Relationship

The ten units in MSc year 1 (60 credits at Level 7) will encompass the following: "An exploration of the person of the psychotherapist in relationship with the client (including sexuality and gender issues) will form the focus of the year from the primary perspectives of self psychology, relational psychoanalysis and psychotherapy, intersubjectivity theory, existentialism and body process work. The impact of trauma and early developmental processes on the integrity of the self will form a part of the curriculum."

MSc Year 2/Diploma Year 4: (60 Credits at Level 7) Developing an Integrative Framework for Clinical Practice

The ten units in MSc year 2 (60 credits at Level 7) will encompass the following: "The focus of this year will be on the process of integration stressing the co-creation of the therapeutic relationship at conscious, explicit

and unconscious, implicit levels of functioning. There will also be coverage of differential treatment planning for different client presentations from an integrative framework using current systems of classification of mental disorders. There is a particular emphasis on refining personal style and personal frameworks for integrative practice".

Dissertation and Clinical viva Examination: (60 credits at level 7)

The dissertation module comprises preparation and completion of a written case study/dissertation and a viva voce examination reflecting a synthesis of the student's personal approach to integration together with attendance at six examination preparation days.

Conclusion

An understanding of the process of psychotherapy over time is built into the overall programme design. In the course of the programme we focus on the intersubjective nature of the therapeutic endeavour at conscious and unconscious levels of communication. In the process of training, the advantages and disadvantages, the effectiveness and the contra-indications of different interventions, therapeutic strategies and relationship modalities are explored in depth in relation to client presentation. An awareness of the power base implicit in the therapeutic relationship, the impact of the person of the psychotherapist and the embeddedness of the psychotherapeutic endeavour within a social, economic, environmental and political context are given careful consideration.

Close attention is paid to achieving effective outcomes in psychotherapy drawing on the rich body of outcome research in the field. Students are encouraged to 'research' their own practice in relation to current issues in the research literature.

PLEASE NOTE

The Diploma in Integrative Psychotherapeutic Counselling is an extra optional award that students on the Integrative psychotherapy programme can enrol on at the beginning of Diploma year three. For more details on this award contact email Cathy Simeon our Senior Academic Co-ordinator, at cathy.simeon@metanoia.ac.uk

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 needs to be face to face with a Registered UKCP Psychotherapist who is sympathetic with the Integrative ethos of our training'.
- This will be of the duration, intensity and frequency of the psychotherapy offered to clients and compatible with the Metanoia Integrative 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 450 hours of client work supervised by the primary 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 Integrative Psychotherapy training. For beginners, we recommend some form of supervision weekly, 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 module leader. At the point of registration, students need to have accrued 150 hours of supervision. However, once students have accrued 150 hours based on fortnightly supervision, they can then have, a minimum of one hour of supervision for every six hours of client contact. 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.
- Seminar attendance: attendance at Saturday night seminars is highly recommended. Students will also be expected to make seminar presentations in the course of the training.
- 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 to get the most benefit from the training and professional development structures.

Award

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Metanoia Clinical Diploma in Integrative Psychotherapy leading to UKCP Registration
European Association for Integrative

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 APL (Accreditation of Prior 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 workshop is intended to provide participants with an experience of our 'house style' and philosophy of teaching and learning. It is also a part of the assessment process – we assess participants and also ask participants to assess themselves against our criteria. Participants' are also assessing the extent to which our style of training is a 'good fit' for their own learning style.

The workshop covers a range of topics that include:

- The concept of integration
- Different theoretical models that we draw on in the training and related research issues The integration of theory and practice
- Some of the challenges that a training of this kind can pose to a student.

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 2019

- **23rd and 24th March**
- **27th and 28th April**
- **25th and 26th May**
- **22nd and 23rd June**

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 Faculty Head and/or Assessing Tutor to ensure that basic entry requirements have been met.
- Copy of relevant degree certificate

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

Please note: We cannot process your 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 individual interview process takes approximately 45 minutes. These interviews take place in the weeks that follow an Introductory workshop.

Course dates for 2019/2020

2019

12/13 October, 9/10 November,
7/8 December

2020

11/12 January, 8/9 February,
7/8 March, 4/5 April, 9/10 May,
13/14 June, 11/12 July.

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 Cathy Simeon our Senior Academic Co-ordinator, at cathy.simeon@metanoia.ac.uk or call her on +44 (0)20 8832 3072.