

**MSc /Diploma in
Contemporary
Person-Centred
Psychotherapy &
Applications**



Start Date:
September 2019

Metanoia Institute

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Faculty Head: Heather Fowlie

Programme Leader: Anne Smith

Middlesex University Link Tutor: Anne Worthington

Introduction

This programme will provide you with an academically robust knowledge base as a practitioner researcher and the expertise to practice as a UKCP qualified Person-Centred psychotherapist with a broad range of clients in a variety of settings.

Validated by Middlesex University
Programme Leader: Dr Anne Smith

The programme is a postgraduate training in Contemporary PC Psychotherapy leading initially to a Clinical Diploma followed by an MSc Award. It also leads to registration with the UK Council for Psychotherapy (UKCP), and the EAP (European Association for Psychotherapy).

The total length of this programme is five years. This covers Diploma Years 1 and 2 which are part of the Metanoia Clinical Diploma and gain the student entry to the Middlesex MSc Years 1 and 2.

The 3rd MSc year (year 5) consists of designing and carrying out a research dissertation study and sitting a Viva Voce examination on the student's psychotherapy practice. 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 assignments 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 Person Centred 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

The Person-Centred Approach builds from the belief that it is neither possible nor helpful to try to be the expert on another person's experience. Therapy is seen as a collaborative relationship in which the therapist strives to relate to the whole person of the client. In this way, we create the conditions where more of the client's own subjective feelings and experiences are available to their awareness and new emotional meanings can emerge. Thus the 'self' of the counsellor is a crucial aspect of the approach and hence a major emphasis within the training. Equally so, emphasis is placed upon the human potential for growth and personal development, articulated within a PC psychotherapeutic understanding of personality development and both intrapersonal and interpersonal processes.

This approach is richly and substantially supported by both process and outcome research studies as well as by findings of recent research in the fields of child development and neuroscience. In our contemporary person centred training, there is an emphasis on exploring how developments in the approach and across the broader fields of child development, attachment, personality and neuroscience impact on person-centred theory and practice.

Awards on completion of programme

- 180 Credits achieved at level 7
- MSc in Contemporary Person Centred Psychotherapy and Applications awarded by Middlesex University
- Metanoia Clinical Diploma in Person Centred Psychotherapy leading to

- UKCP Registration
- European Association for Psychotherapy (ECP) registration



Training Design for Person Centred Programme

This course aims to support students to develop as sophisticated person-centred therapists familiar with issues and approaches used in a variety of settings where contemporary therapeutic work is evolving and able to relate these to the person-centred approach.

The course will provide opportunities for in-depth exploration of:

- Ongoing developments in theory and practice within the 'family' of the person-centred approach including Mearns' and Cooper's work on relational depth and configurations of self, Garry Prouty and Margaret Warner's work on pretherapy and fragile process respectively and developments in experiential and focusing oriented therapy.
- Current models of psychopathology in use within mental health services including approaches to diagnoses (DSM 5), issues of risk and mutual assessment of competence and availability for psychotherapy. The course includes a mental health familiarisation placement and the emphasis will be upon gaining an understanding of the models currently prevalent within mental health settings

and relating these to person-centred approaches.

- Influential models of child development (including the work of Danial Stern and John Bowlby) again with the emphasis being on relating these ideas to 21st century person centred developmental theory.
- Research methodology, both that compatible with the person-centred paradigm and approaches to research used within the wider field. We intend to support students to develop as sophisticated consumers of research who are able to critique from a person centred perspective, as well as evaluate published research across the field from an informed and robust perspective.
- Neurobiological underpinnings relevant to psychotherapy including the work of Allan Schore, Cozolino and Bromberg with particular emphasis on the implications for clinical practice and a PC approach in working with Trauma.



Diploma Year 1- An Introduction to Person Centred Psychotherapy

The ten units in Diploma Year 1 provide an introduction to PC 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 Person Centred philosophy which will guide their clinical work and are required to do a presentation on that topic by the end of this first year of training.

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 Person Centred 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 focus upon mental health, the DSM 5 classifications of personality disorders and psychotherapy processes at conscious, explicit and unconscious implicit levels of functioning. These will be considered alongside the PC understanding of psychopathology and its approach within the psychotherapy relationship. The psychosoma impact of trauma, shame based experiences and early developmental processes on the integrity of the self will form a part of the curriculum.

In this year, students will refine their own approach as a PC psychotherapist and deliver a presentation to explicate their position in relation to their learning thus far.

MSc Year 2/Diploma Year 4: (60 Credits at Level 7) Developing a Person Centred Framework for Clinical Practice

The ten units in MSc year 2 (60 credits at Level 7) includes a focus upon an exploration of the person of the psychotherapist in relationship with the client, including sexuality, gender and power issues.

Significantly, this year provides a substantial foundation for the undertaking of the research dissertation study in MSc Year 5. Students will write an ethical proposal to conduct research in an area/ on a topic of their own practice interest on which detailed feedback will be given. Their proposal can serve as their actual application to the Metanoia Research Ethics Committee (MREC).

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

The dissertation module comprises the design, carrying out, analysis and interpretation, and written completion of a research project plus a viva voce examination reflecting a synthesis of the student's personal approach to PC psychotherapeutic practice. This, together with mandatory attendance at six examination preparation days (for which the hours of attendance contribute to the UKCP required training hours).

Optional qualification en route to the MSc/ Diploma in Contemporary PC Psychotherapy & Applications

There is an extra optional award that students on the PC Psychotherapy programme can enrol on at the beginning of their third year of training. This award is a Diploma in PC Psychotherapeutic Counselling from which it is possible to gain a practitioner qualification prior to eligibility for UKCP Registration. For more details on this award please contact the programme administrator. Contacts are listed at the end of this document.



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 or BACP accredited Person Centred psychotherapist (approved equivalence required) 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 Person Centred training programme. This needs to be a minimum of 40 face-to-face sessions per year continuing up to the MSc Viva examination. 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 personal 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 person-centred 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 primary course tutor. At the point of UKCP 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 (MHFP) is required 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 research 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.

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 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.

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 2018/19

2nd & 3rd of February 2019

30th & 31st of March 2019

6th & 7th of July 2019

20th & 21st July 2019

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 your 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 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.

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

Fees below based on those for the academic year 2019/20

Clinical Diploma in Psychotherapy -
£4,300

MSc in Person Centered Psychotherapy
and Applications -
£6,000

Course dates for 2019/2020

This course will take place one weekend a month starting in September 2019. One of the Units for MSc Years 1 & 2 will take place as a residential weekend.

Dates:

28 / 29th September 2019
26 / 27th October 2019
23rd / 24th November 2019
25 / 26th January 2020
22nd / 23rd February 2020
21st / 22nd March 2020
25 / 26th April 2020
23rd / 24th May 2020
27 / 28th June 2020
18 / 19th July 2020

Times: 9.30am to 5.30pm.

MSc Residential: Venue and Unit date
TBC



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 Imogen Thomas our Academic Co-ordinator imogen.thomas@metanoia.ac.uk or call her on 020 8832 3076.



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 in the near future to Metanoia