

MSc in Gestalt Psychotherapy.

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

Validated by Middlesex University
Programme Leader: Dr Diane Hodgson

This programme offers postgraduate training in Gestalt 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 EAGT (European Association for Gestalt 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 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 Gestalt 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

Our Gestalt training is based on a holistic and relational approach to working with clients. Central to our philosophy is the primacy of the relationship as the main healing factor as well as attendance to both mind and body processes. We aim to provide the conditions in which the liveliness, vitality and excitement of existence can be experienced directly and students are encouraged to build upon their existing knowledge and experience and learn experientially from their interactions in the training group. This requires a respectful stance to individual learning needs and styles, as well as insight to appreciate diversity, for example of race, culture, gender, sexual orientation and class.

A core aspect of Gestalt is responsiveness to current field conditions. Our training is therefore sensitive to current research and emerging theory and to promoting evidence-based practice as applicable. This careful and thorough integration of theory to practice is fundamental to effective clinical and organisational practice.

We are passionate in our commitment to the continuing evolution of Gestalt in which rigorous practice is combined with a creative, relational and existential approach. We see Contemporary

Gestalt Psychotherapy as providing an over-arching meta-perspective within which other psychotherapeutic perspectives can be creatively integrated.

Finally, one of the fundamental beliefs of the Metanoia Institute is that effective education takes place in an environment that is both supportive and challenging. Tutors and students alike are recognised as adults of worth who bring to this shared task their respective knowledge, experience, skills, values, beliefs and needs. Consequently all courses facilitated by the Institute value the contributions of both the tutors and the students and those contributions jointly form an active part of the educative process throughout training.

Awards on completion of programme:

180 Credits achieved at level 7

MSc in Gestalt Psychotherapy awarded by Middlesex University

Metanoia Clinical Diploma in Gestalt Psychotherapy leading to UKCP Registration

European Association for Gestalt Psychotherapy Registration

European Association for Psychotherapy (ECP) Registration

Training Design for Gestalt Programme

The overall aim of the programme is to support students to become competent, reflexive Gestalt practitioners who can take a research approach, have an ability to integrate theory and practice and can work effectively in a variety of settings.

Aims of the Training Programme

- To facilitate a thorough and experiential knowledge of Gestalt therapy including basic philosophy such as the theory of phenomenology, dialogic relationship, existentialism and field theory.
- To provide an in-depth understanding and integrating of Gestalt therapy, theory and practice while fostering a relational, embodied, and creative way of working.
- To emphasise self-directed learning and self-support in order to establish high standards of competence.
- To incorporate high standards of competence and ethics in Gestalt therapy practice.
- To facilitate an understanding of Gestalt within the context of other psychotherapies and its potential contribution to political and social issues.
- To be aware of current research and be able to take a research approach to clinical practice.
- To support the student to become a competent, professional psychotherapist.

Overview of the Diploma Years in Gestalt Psychotherapy

Diploma Year 1- An Introduction to Gestalt Psychotherapy

The ten units in Diploma Year 1 provide an introduction to Gestalt Psychotherapy and is devoted to basic theoretical and experiential training, especially paying attention to the principles of Gestalt psychotherapeutic practice, ethics, and professionals. This year lays the Fundamentals for working with clients as a Gestalt practitioner.

Diploma Year 2

The ten units in Diploma Year 2 will extend and refine the application of Gestalt concepts, develops students' clinical work and their identity as Gestalt psychotherapists. This year includes an emphasis on Gestalt assessment and implications for clinical work.

PLEASE NOTE

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 Gestalt Psychotherapy

MSc Year 1/Diploma Year 3: (60 Credits at Level 7)

The ten units in Advanced Year/MSc year 1 (60 credits at Level 7) comprises advanced theoretical discussion which links Gestalt therapy with its roots in existential dialogue and phenomenology and includes an emphasis on developmental and self-theory. This year is dedicated to deepening theoretical understanding and integration into practice.

MSc Year 2/Diploma Year 4: (60 Credits at Level 7)

The ten units in Clinical Practice Year/MSc year 2 (60 credits at Level 7) will focus on the integration of advanced Gestalt theory and practice and continuing to deepen clinical practice.

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

In this module, the 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.

PLEASE NOTE

There is an extra optional award that students on the Gestalt psychotherapy programme can enrol on at the end of year two. This award - Diploma in Gestalt Psychotherapeutic Counselling. For more details on this award please contact Clare Pudney clare.pudney@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 with a UKCP registered Gestalt 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 Gestalt 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 personal psychotherapy is not included in the course fees and needs to be funded separately by the student. This needs to be face to face.
- 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 500 hours of client work supervised by the primary Gestalt 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 Gestalt 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 Gestalt 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 to get the most benefit from the training and professional development structures.

Award

180 Credits achieved at level 7

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

European Association for Psychotherapy (ECP) Registration

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 comprises theoretical input interwoven with experiential learning in order to give the participants a flavour of the Gestalt Psychotherapy philosophy. The 2-day workshop carries 14 hours training credit.

Attendance on the course is a necessary pre-requisite for anyone wishing to apply for the Gestalt psychotherapy or psychotherapeutic counselling training.

By the end of the course participants will have:

- Understood a number of core principles of Gestalt theory.
- Understood how these can be applied to facilitating growth in human potential for an individual, group and organisational contexts.
- Participated in a number of experiential exercises designed to bring theory to life.
- Participated in a Gestalt-informed learning group.
- Developed greater awareness of oneself as a person and practitioner.
- Acquired skills for facilitating change in their existing practice areas.

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

Introductory workshop dates for 2020

1st and 2nd February 2020

2nd and 3rd May 2020

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 £95.00, payable by cheque or debit/credit card over the phone.

Course dates for 2019/2020

5th & 6th October 2019
2nd & 3rd November 2019
30th November & 1st December 2019
4th & 5th January 2020
1st & 2nd February 2020
29th February & 1st March 2020
28th & 29th March 2020
2nd & 3rd May 2020
6th & 7th June 2020
4th & 5th July 2020

For more information concerning the application process email Clare Pudney our Academic Co-ordinator, at clare.pudney@metanoia.ac.uk or call her on +44 (0)20 8832 3092