



Clinical Diploma and MSc in Gestalt Psychotherapy



Metanoia Institute

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Introduction

This programme offers post-graduate training in Gestalt Psychotherapy and 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.

The total length of this programme is five years and runs for one weekend a month over ten months for the first four years, followed by an examination module.

The first two years of the Gestalt psychotherapy training provides you with an understanding of the fundamental elements of Gestalt theory and practice and supports you as you begin to work with clients. Students who pass these first two years successfully then either remain on the Gestalt psychotherapy programme or also enrol onto the MSc in Gestalt psychotherapy. It is worth noting that despite the slightly higher fee involved in following the MSc route, the vast majority of our students decide to enrol onto the MSc. This is in part, because of the additional benefits in the job market that an MSc brings and because both routes cover the same content, number of written assignments and the same requirements in terms of personal therapy, clinical work and clinical supervision.

Whichever route you choose, the remaining three years of the course include advanced theoretical understanding and implications for clinical practice. In the final year known as the Examination Year, you evidence your theoretical knowledge and clinical competence through a written and oral examination. A more detailed explanation of all five years is given below.

Successful completion of all elements of the course, should you follow the MSc route leads to both an MSc in Gestalt Psychotherapy validated by Middlesex University, and a Clinical Diploma in Gestalt Psychotherapy awarded by the Metanoia Institute. The clinical diploma also enables you to register with the UK Council for Psychotherapy (UKCP) as a qualified psychotherapist with the Humanistic and Integrative College (HIPC). Additionally, you can become a member of EAGT (European Association of Gestalt Therapy). If you opt out of the MSc, you will gain all of the qualifications listed above, other than the MSc.

Post-graduate student loans, providing you are eligible, are available once you enrol onto the

MSc. The Registrar, who can be contacted at Registrar@metanoia.ac.uk will be able to help you with details of this loan and how to apply for it. Likewise, the MSc is designated for Disabled Students Allowance and the Disability Support Officer, who you can contact at Disability@metanoia.ac.uk will be able to help you with your claim, should you be eligible.

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. Gestalt is more than psychotherapy: it is a philosophy for living and being in the world, involving mind, body and soul. 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 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 overarching 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.

Training Design for the 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/environmental 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.

Diploma Year 1- Fundamentals of Gestalt Psychotherapy

The ten units in Diploma Year 1 provide a thorough grounding Gestalt Psychotherapy theory. Emphasis is placed on experiential learning, especially paying attention to the principles of Gestalt psychotherapeutic practice, ethics, and professionalism. This year lays the Fundamentals for working with clients as a Gestalt practitioner.

Students are required to be in face to face personal psychotherapy on a weekly basis during this year and for the duration of their training.

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.

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 and clinical development which links Gestalt therapy with its roots in existential dialogue and phenomenology and includes an emphasis on developmental theories, working with trauma, sexuality and diversity. 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. Emphasis will be placed on working with specific presentations.

MSc Year 3/Diploma Year 5: (60 Credits at Level 7)

In this module, 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 dissertation case study preparation. Students will attend a minimum of 6 Metanoia Institute Gestalt exam preparation days as part of this module.

Optional Award

Please note there is an extra optional award that students on the Gestalt psychotherapy programme can enrol on during year 3/MSc Year 1, which leads to a qualification as a psychotherapeutic counsellor. The award which involves the writing of an 8000-word case study and an oral examination leads to the award of a Diploma in Gestalt Psychotherapeutic Counselling. Full details of this award will be supplied to you as you complete Diploma Year 2.

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 five years to examination. This includes two tutorials per year.
- Personal face to face psychotherapy with a UKCP registered 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 Institute's 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 psychotherapy is not included in the course fees and needs to be funded separately by the student.
- Supervised client contact: students can only enter the Clinical Practice year 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 the Clinical Practice year 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 their primary Gestalt supervisor.
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- Supervision: regular supervision, once you begin to work with clients, is an integral part of the Gestalt Psychotherapy training. Supervision is required throughout the training at a minimum ratio of one hour of supervision to every four client hours rising to 1:6 once students have accrued at least 150 hours of clinical practice. Regardless of hours or experience all students need to attend fortnightly supervision. All students need to arrange supervision with a Metanoia Institute approved primary supervisor, in consultation with their primary course tutor. At the point of final oral examination, students need to have accrued 150 hours of supervision. Please note that the cost for Gestalt 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. This non-Gestalt supervision can count for up to 50 hours of the 150 total requirement.

- Additional 120 hours of Mental Health Learning. UKCP require all psychotherapy students (unless they have substantial previous experience of mental health systems and settings) to undertake additional training to ensure that they have first-hand experience of the thinking and clinical methods used in the psychiatric profession and the main mental health delivery systems in Britain. Full details of the intended learning outcomes (required by UKCP), and the portfolio needed to evidence the meeting of these learning outcomes, can be found on our internal VLE system. The total duration of the additional mental health training should not be less than 120 hours. At least 14 of these hours (though we recommend more) must involve direct experience with service providers and users of mental health services. 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 assignments must be submitted and passed throughout the 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 as a Gestalt psychotherapist, a written and oral examination is taken.

There is regular feedback throughout the training programme. Each student is also required to keep a record of all results, tutorials, etc. There is open communication between the institute's 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.

Awards on completion of the programme

MSc in Gestalt Psychotherapy awarded by Middlesex University

Metanoia Clinical Diploma in Gestalt Psychotherapy leading to UKCP Registration

Entry Requirements

Psychotherapy is a post-graduate profession and applicants are required to demonstrate that they are

able to work at post-graduate 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 undertaken the Metanoia Institute's Certificate in Therapeutic Skills and Studies course (see below) followed by attendance at the Introductory Workshop (see below).

Certificate in Therapeutic Skills and studies

This is an introductory course, which is a pre-requisite, although does not guarantee automatic entry, for those who wish to apply for one of our counselling or psychotherapy programmes. Please note that if you have studied a similar course elsewhere and can evidence similar learning, you may not need to take this course. The course administrator, (see further below for details) will be able to give you more information about this.

The course is designed to give you the knowledge, skills, and competencies to use basic therapeutic skills ethically and safely in a variety of contexts and roles. The course is taught at various times throughout the year and costs £600. For more information and to book, [click here](#).

Introductory Workshop

The Gestalt introductory workshop is for anyone interested in learning more about a Gestalt Approach. The format of the workshop is theoretical input on the major concepts of Gestalt combined with experiential exercises, which will give participants an opportunity to apply these concepts to situations in their own lives.

The 2-day workshop is a pre-requisite for further training as a Gestalt psychotherapist.

It provides the opportunity for a mutual assessment – you of us and us of you – to make sure that we and the course are right for you.

Please note that this workshop can also be attended ahead of completing a full online application as sometimes interested applicants want to experience the approach before committing to a full application.

Introductory workshop dates for 2020/21 intake:

9.30am - 5.30pm (Sat) 9.30am - 5pm (Sun)

1st and 2nd February 2020

2nd and 3rd May 2020

13th and 14th June 2020

11th and 12th July 2020

1st and 2nd August 2020



Application and Assessment Interview

The Gestalt psychotherapy programme starts in October and as the course is usually over-subscribed, it is a good idea to consider applying around April or

May time. If you are sure that you have chosen the correct course for you then please do not wait until you have finished the pre-requisite courses above, before you apply, although do make sure that you have booked onto them.

You can send in an application by clicking the 'Apply now' section given at the bottom of the Gestalt programme page, which will prompt you to create your profile and from there, you will be taken to our online application portal to complete your application. You will also find details there for the Admissions Team, who will be happy to help you if you encounter any difficulties with your application.

Once you have submitted a completed application which clearly meets our pre-requisites and you have completed the Introductory Weekend and the Certificate in Therapeutic Skills and Studies, you will be considered for a final assessment interview.

The final interview process takes approximately an hour and involves a small group interview and/or an individual interview.

Course Dates for 2020/2021

This course will take place one weekend a month starting in October 2020.

26/27 September 2020
24/25 October 2020
21/22 November 2020
30/31 January 2021
27/28 February 2021
27/ 28 March 2021
24/25 April 2021
22/23 May 2021
26/27 June 2021
24/25 July 2021

Course Fees

Course Fees can be found on the Metanoia Institute website www.metanoia.ac.uk

For more information concerning the application process email our Academic Coordinator, Katerina Llano at katerina.llano@metanoia.ac.uk or call her on +44 (0)20 8832 3074.

