

Clinical Diploma and MSc in Person-Centred Psychotherapy & Applications



Metanoia Institute

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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.

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).

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 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 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 moderated or double marked. The combined MSc/ Diploma in Person-Centred Psychotherapy leads to UKCP registration and 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 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, 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

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 therapist 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.

Training Design for the Person-Centred Programme

This course aims to support students to develop as 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 'tribe' of the person-centred approach including Mearns' and Cooper's work on relational depth and configurations of self, Prouty and Warner's work on pre-therapy and difficult 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 Stern and Bowlby) again with the emphasis being on relating these ideas to 21st century person-centred developmental theory.
- Research methodology, both that are 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 Schore, Cozolino and Bromberg with particular emphasis on the implications for clinical practice and a Person-Centred approach in working with trauma.

Clinical Diploma Year 1 – An Introduction to Person-Centred Psychotherapy.

The ten units in Diploma Year 1 provide an introduction to Person-Centred Psychotherapy and an overview of a number of different theoretical and practical approaches to therapy. They also give an introduction to research principles, as well as outlining principles of assessment, risk assessment and approaches to presenting difficulties with diverse 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.

Clinical 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

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 'mental disorders' and psychotherapy processes 'in awareness', explicit and 'edge of awareness' implicit levels of functioning. These will be considered alongside the person-centred understanding of psychopathology and its approach within the psychotherapy relationship. The psyche-soma impact of trauma, 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 person-centred 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) include 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)

MSc Year 3 – Examination Module

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

Optional Award on route to the MSc/Diploma in Contemporary Person-Centred Psychotherapy & Applications

There is an extra optional award that students on the Person-Centred Psychotherapy programme can enrol on at the beginning of their third year of training. This award is a Diploma in Person-Centred 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.



Awards on completion of the programme

MSc in Person-Centred Psychotherapy and Applications awarded by Middlesex University
Metanoia

Clinical Diploma in Person-Centred Psychotherapy and Applications leading to UKCP Registration

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 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 Institute's Person-Centred training programme. This needs to be a minimum of 40 face to-face sessions per year continuing up to the MSc Viva. 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 (and/or placement supervisors agreed by the primary course tutor). 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, person-centred students need to arrange supervision with a

Metanoia (person-centred) 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) – an additional 120 hours of learning about mental health. 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 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 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 taken. By the time students successfully complete the final viva voce, they will meet all the requirements for UKCP registration.
- Students will also be expected to make seminar presentations in the course of the training.
- Regular feedback is provided during 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 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.

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 Accreditation of Prior Learning [APL] 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](#) or visit our website.

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 2021/22 intake:

Time: 10am -5pm Sat & Sun

To view future workshop dates and make a booking please visit our website and click on '**Apply Now**'.

<https://www.metanoia.ac.uk/introductory-workshops/msc-in-contemporary-person-centred-psychotherapy-application/>



Application and Assessment Interview

The Person-Centred 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 person-centred 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 2021/2022

This course will take place one weekend a month starting in October 2020. Times: 9.30am to 5.30pm.

25/26th September 2021
23rd/24th October 2021
20th/21st November 2021
December 2021 – No classes
29/30th January 2022
26/27th February 2022
26/27th March 2022
23rd/24th April 2022
21st/22nd May 2022
25/26th June 2022
23rd/24th July 2022

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, at imogen.thomas@metanoia.ac.uk or call her on +44 (0)20 8832 3076

