



Clinical Diploma and MSc in Transactional Analysis Psychotherapy



Metanoia Institute

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Introduction

This programme offers post-graduate training in Transactional Analysis Psychotherapy and will provide you with a strong knowledge base and the expertise to practice as a Transactional Analysis psychotherapist with a broad range of clients in a variety of settings.

The total length of this programme is four taught 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 Transactional Analysis psychotherapy training provides you with an understanding of the fundamental elements of Transactional Analysis 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 TA psychotherapy programme or enrol onto the MSc in TA 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 projects 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 engages you in advanced theoretical discussions and the practice implications arising from these and supports you as you develop and integrate a personal style of Transactional Analysis. In the final year known as the Examination Year, you evidence that integration through a written and oral examination. A more detailed explanation of all five years is given further below.

Successful completion of all elements of the course, should you follow the MSc route leads to both an MSc in Transactional Analysis Psychotherapy validated by Middlesex University, and a Clinical Diploma in Transactional Analysis 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 will become a Certified Transactional Analysis Psychotherapy a TA qualification that is awarded by the European Association of Transactional Analysis (EATA) and the possibility of further registration with the European Association for Psychotherapy (EAP). 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

Transactional Analysis, in recognition of its multifaceted nature, is perhaps best described as an integrative approach to psychotherapy. Unlike an "eclectic" approach, in which a practitioner chooses the best or most appropriate ideas and techniques from a range of theories and models for an integrative approach, brings together different theories and models, from a variety of approaches and develops them into a new theory or model.

Transactional Analysis was Eric Berne's model of integration. His aim was to develop a comprehensible, effective, and powerful theory that could be used, as the name suggests, to analyse how people relate and communicate (transact), both with themselves and with others, and, where these communications limit intimacy, spontaneity and awareness (Berne, 1961) to open up alternative relational possibilities and expectations. To achieve the above, he innovatively combined psychoanalytic thought with a humanistic philosophy, which emphasised the potential for change and the importance of involving the client as an equal partner in the work. Coupled with this he integrated theories from social psychiatry that highlighted the link between mental health and life stressors such as unemployment, racism, sexism etc., and cognitive-behavioural approaches, which revolved around helping people to identify and change dysfunctional thinking, behaviour, and emotional responses.

At the Metanoia Institute, we offer a training which adheres to Berne's integrative approach. Our course honours TA's psychoanalytic roots and holds its object relations model of ego states as central to practice. We also emphasise its value as an accessible and effective theory of change and as a method of understanding relationships and life script. Underpinning the course are the humanistic values upon which Transactional Analysis is based. These include a belief that human beings are inherently relational, co-operative, growth-seeking and with a natural aspiration towards autonomy. There is also an emphasis on self-responsibility and the possibility of change. In addition, and as the institute is at the forefront of developing and teaching "Relational Transactional Analysis," we place particular emphasis on those parts of Berne's theory which draw upon, and bear witness to, the value he placed on working with unconscious processes.

Relational TA, is the name used to describe the re-



visioning and re-working of Transactional Analysis theory and methodology and best describes the way that we teach TA at the Institute. Relational TA, focusses on in-depth, often unconscious, relational transferential expectations and the way that these manifest in the therapeutic relationship. Central to this training, as in all the trainings at the institute, is a belief in the core importance of the therapeutic relationship. The relationship - how it is established and maintained; how it can sustain the inevitable ruptures and disappointments, how it can provide a new experience in the present - is in our view at the very heart of good Transaction Analysis psychotherapy. In true Bernian fashion, whilst teaching all of the theories that he developed and drew upon, we will invite you to develop your own model of integration out of what you learn and discover.

Training Design for the TA Programme

The programme provides a structured psychotherapy training using Transactional Analysis. This includes:

- The facilitation of a learning climate in which personal and professional development can take place in an enjoyable and stimulating way; The creation of an environment where differences – of race, culture, sexuality and gender as well as learning styles – can be recognised and appreciated;
- A thorough grounding in the theory and practice of Transactional Analysis, including Relational Transactional Analysis psychotherapy, leading to certification as an internationally recognised Transactional Analysis psychotherapist and UKCP registration;
- The establishment of high standards of ethical and professional practice;
- An understanding of TA within the wider context of other approaches to psychological therapy and mental health care.

Clinical Diploma Year 1 – The Therapeutic Relationship.

The ten units in Clinical Diploma Year 1 provide an understanding of the fundamental elements of Transactional Analysis theory and practice and are essential in providing that basic knowledge, skills and insight which will support students to begin seeing clients under supervision and working as Transactional Analysis practitioners. Students are also expected to be in personal psychotherapy on a weekly basis during this year and for the duration of their training.

Clinical Diploma Year 2 – TA and the Integrating Adult

The ten units in Clinical Diploma Year 2 extends and refines the application of TA concepts and in particular

focuses on helping trainees to develop their ability to strengthen the Adult ego state, using TA concepts which focus mainly on cognitive and behavioural changes. This year includes an emphasis on TA assessment, strengthening Adult, decontamination and the related implications for clinical work. In this year, students will also engage with a reflective inquiry question "How do I become an effective practitioner?".

MSc Year 1 – The Self and Practitioner

The ten units in MSc year 1 (60 credits at Level 7) comprise advanced theoretical discussion which links Transactional Analysis therapy with its roots in psychodynamic dialogue and phenomenology and includes an emphasis on relational ways of working, particularly working with unconscious processes through the transferential and countertransferential relationships. This year is dedicated to deepening theoretical understanding and integration into practice.

MSc Year 2 – Integration and Personal Style

The ten units in MSc year 2 (60 credits at Level 7) will focus on the integration of advanced Transactional Analysis theory and practice, the continued deepening of clinical practice, and on the development of a personal therapeutic style.

MSc Year 3 – Examination Module

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 case study preparation. Students will attend a minimum of 6 Metanoia Institute TA exam preparation days as part of this module.

Optional Award

Please note there is an extra optional award that students on the Transactional Analysis psychotherapy programme can enrol on at the beginning of 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 Transactional Analysis 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 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 Transactional Analysis 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 determine 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 500 hours of client work supervised by the primary TA supervisor (or placement supervisors agreed by that person). Primary supervisors will submit a report every year. Students also need to have 250 'other hours' which can be client work or could be any hours spent in a helping capacity, teaching, youth work, fostering, etc., which they have amassed during their training or shortly before starting it.
- Supervision: regular supervision, once you begin to work with clients, is an integral part of the Transactional Analysis Psychotherapy training. For beginners, we recommend supervision weekly, or 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 registration, students need to have accrued 150 hours of supervision. 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.
- 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 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 and passed throughout the training in the 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 TA psychotherapist, a written and oral examination is taken.

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 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 Transactional Analysis Psychotherapy awarded by Middlesex University
 Metanoia Clinical Diploma in Integrative Psychotherapy leading to UKCP Registration
 Certified Transactional Analysis Status (CTA) awarded by the European Association for Transactional Analysis (EATA)

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 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 TA introductory workshop is called a 'TA 101'. It is designed for anyone interested in Transactional Analysis as a method of understanding communication, the 'games people play' and personal life patterns. It is for people who may want to use TA in their professional or personal lives as well as those who are interested in becoming Transactional Analysis counsellors or psychotherapists.

The format of the workshop is theoretical input on the major concepts of TA combined with experiential exercises, which will give participants an opportunity to apply these concepts to situations in their own lives.

The 2-day TA 101 is the official internationally recognised introduction to Transactional Analysis, and it is a pre-requisite for further training as a TA psychotherapist. A 101 at Metanoia Institute 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.

Introductory workshop dates for 2020/21 intake:
9.30am - 5.30pm (Sat) & 9.30am - 5pm (Sun)

13th / 14th March 2021
23rd / 24th April 2021
15th / 16th May 2021
12th / 13th June 2021
17th / 18th July 2021



Application and Assessment Interview

The TA 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 at the bottom of the TA 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 2021.

2nd / 3rd October 2021

30th / 31st October 2021

27th / 28th November 2021

8th / 9th January 2022

5th / 6th February 2022

5th / 6th March 2022

2nd / 3rd April 2022

30th April / 1st May 2022

4th / 5th June 2022

2nd / 3rd 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, Manos Kouvedakis at manos.kouvedakis@metanoia.ac.uk or call him on +44 (0)20 8832 3074.

