



Clinical Diploma and MSc in Humanistic Psychotherapy



Metanoia Institute

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Introduction

This programme is a UKCP accredited training route leading to a Diploma and/or an MSc in Humanistic Psychotherapy. This training is designed to provide you with a strong knowledge base and expertise to practise as a Humanistic psychotherapist in a range of psychotherapy settings.

This programme is taught over five years and all teaching takes place on a Monday from 11.00 a.m. to 6.30 p.m. Years one to four have 20 taught teaching days each academic year. In year five there are 6 teaching days only.

This programme begins with Diploma Years 1 and 2 which are part of the Metanoia diploma and gain the student entry on to the MSc stage of the programme, which is validated by Middlesex University. The MSc stage consists of Years 1 and 2, together with a 3rd MSc year for writing up a dissertation and completing a final oral examination (viva). Students are required to complete the MSc within five years of entering MSc Year 1. An annual Middlesex fee will be payable in MSc years 1 and 2, though not in MSc 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 MSc component of the programme, which is entered 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 Humanistic Psychotherapy which also carries the Master's Degree.

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 programme

This is an Humanistic training programme which incorporates therapeutic theory, skills and knowledge from three therapeutic modalities: Person-Centred, Gestalt and TA.

Humanistic theories emerged in America in the 1950s as a means of offering an alternative perspective to Psychoanalysis and Behaviourism. The Humanistic tradition is underpinned by the philosophies of existentialism and phenomenology and has come to be known as the third force in therapeutic theories. Key therapeutic figures in the Humanistic movement are Abraham Maslow, Carl Jung, Rolo May, Victor Frankl, Carl Rogers, Fritz Pearls, and Eric Berne.

Humanistic practitioners firmly believe in the dignity of every human being. They acknowledge a person's responsibility for their actions and for their failure to act. They work from the premise that we all have within ourselves a tendency for a movement towards wholeness, growth and healing which is supported by the presence or absence of certain environmental factors. Humanistic practitioners also hold that as well as having self-responsibility we have a responsibility towards our fellow human beings.

Humanistic practitioners acknowledge and respect their ability to use reason, science, intuition and creativity as tools for self-discovery and the achievement of goals. They believe that wellness and health are best achieved by combining personal growth with the service for the greater good of humanity. Values that underpin the humanistic approach are: searching for meaning, focus on feelings, the importance of spirituality, development of relationships with self and other, self-actualisation, creativity, holism, intuition and responsibility to self and other.

Integral to the Humanistic programme is the emphasis we place on developing a relational therapeutic way of working. This relational stance follows contemporary research findings, which emphasise the establishment of a therapeutic relationship as the fundamental factor in positive therapeutic outcomes. We therefore believe that the relationship between the counsellor and client is at the heart of effective and ethical Humanistic practice.

The course aim to provide you with an opportunity to explore the ways in which these three Humanistic modalities understand human nature, the development of psychological difficulties, therapeutic change, the therapeutic relationship and the function of therapeutic interventions. The student will also be introduced to integrative theories as means to explore and develop their own relational Humanistic integrative stance by the end of the therapeutic training.

In addition, throughout the programme there is a strong focus on developing self-awareness and self-realisation and acknowledging and exploring difference.



Training design for the Humanistic Psychotherapy programme

The Humanistic psychotherapy course takes a meta-perspective on the principal theories/methodologies of humanistic psychotherapy, in particular the three theories of Person Centred, Gestalt and Transactional Analysis. Whilst acknowledging the fundamental beliefs and principles of the humanistic tradition which they share, students are encouraged to continually contrast these three bodies of theory, method and practice. Within this, students are assisted to bring together an awareness of the origins, development and contemporary perspectives of each tradition, and to assess, using a broad range of criteria, the appropriateness and effectiveness of each in a wide variety of different therapy settings.

Specifically the aims include:

- The provision of a thorough grounding in Humanistic psychotherapy theory and practice.
- Enabling students to establish and maintain an effective therapeutic relationship.
- Providing a sound knowledge of psychotherapy skills and of the theories underpinning the core philosophy.
- Encouraging students to integrate their learning reflexively in terms of both theory and practice.
- Providing a safe and ethical framework to allow students to practise skills as a psychotherapist.
- Encouraging and support academic underpinning of psychotherapy practice.
- Encouraging the development of reflective practice.
- Supporting students to think flexibly and critically in making therapeutic choices.
- Encouraging a sound appreciation of broad social cultural and political domains as they impinge on both thinking and practice.
- Encouraging a commitment to in-depth

- personal and professional development.
- Development of a supportive and challenging learning climate in which personal and professional development can take place.
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Overview of Diploma Years

The Humanistic Diploma and MSc Psychotherapy programme is a five-year training programme, which involves four taught years and a final year in which you complete your final written and oral examination. The programme has been designed to provide a thorough Humanistic psychotherapy training, drawing mainly on the approaches of Gestalt, Person-Centred and Transactional Analysis

Diploma Year 1- The Therapeutic Relationship and Core Therapeutic Skills

The First year of the course, provides an understanding of basic humanistic theory and practice and is essential in providing that basic knowledge, skills and insight which will support you as you prepare to start seeing clients under supervision and working as a Humanistic practitioner. You are also expected to be in personal therapy on a weekly basis during this year and for the duration of your training.

Diploma Year 2 - The Therapeutic Relationship and Clinical Practice

The second year of the course extends and refines the application of humanistic theories and in particular focuses on helping you to gain a deeper understanding of the therapeutic process and facilitates the development of the skills required to provide a therapeutic climate for clients. You will also plan, develop and carry out a clinically relevant reflective inquiry during this and all subsequent years.

Overview of MSc Years

Meeting entry requirements and completion of Diploma Years 1&2.

MSc Year 1/Diploma Year 3: (60 Credits at Level 7) The Self as Psychotherapist

The year focuses on the self as practitioner and concentrates in particular, on relational theory, methodology and practice. Relational theory often referred to as a two-person approach will form the framework for exploring

the co-created nature of the therapeutic relationship and how best to intervene therapeutically, in what are often complex and challenging transference and countertransference relationships.

MSc Year 2/Diploma Year 4: (60 Credits at Level 7) Integration and Personal Style

This year focuses on the development of a personal therapeutic style and integration. The purpose of this curriculum is to ensure that practitioners have appropriate knowledge to review and critique Humanistic theory and to emerge a personal therapeutic style out of this. Additionally, it aims to ensure that you can review Humanistic psychotherapy in relation to other relevant approaches to psychotherapy and the social, cultural and political influences that have a bearing on the work of psychotherapists.

MSc Year 3/Diploma Year 5: (60 Credits at Level 7) Dissertation and Viva Examination

The dissertation module comprises preparation and completion of a written case study/dissertation and a viva voce examination reflecting a synthesis of the student's personal approach to integration together with attendance at six examination preparation days.

Optional Psychotherapeutic Counselling Diploma

There is an extra optional award that students on the Humanistic Psychotherapy programme can enrol on at the beginning of their third year of study. This award - a Diploma in Humanistic Psychotherapeutic Counselling, provides a pathway to BACP accreditation. 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:** a total of 602 hours over 5 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 Humanistic training programme. This needs to be a minimum of 40 face to face 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.

- **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 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 Humanistic 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 and the Subject Specialist. 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**

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.

- **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 coordinators 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 Humanistic Psychotherapy awarded by Middlesex University**
- **Metanoia Clinical Diploma in Humanistic Psychotherapy granting automatic UKCP 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.

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 workshop taking place over two days, is intended to provide participants with an experience of our 'house style' and philosophy of teaching and learning, as well as a basic introduction to the humanistic philosophy, the theories covered during the training programme and to psychotherapy in general.

The workshop is also a part of the assessment process – we assess participants and 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 an application as sometimes interested applicants want to experience that setting to begin with before committing to a full application.

Introductory Workshop Dates for 2020

For our next intake in September 2020 we will be holding the following Introductory Workshops:

**30th & 31st March
2020 25th & 26th May
2020**



Application and Assessment Interview

The Humanistic psychotherapy programme starts in September 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 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 workshop 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.

Diploma Year 1 Course Dates 2020/2021:

Monday - 11.00 noon - 6.30pm

2020:	5 th /12 th October 2 nd /9 th /16 th /30 th November 7 th /14 th December
2021:	11 th /18 th January 1 st /8 th /22 nd February 8 th /15 th /22 nd March 19 th /26 th April 10 th /17 th May 7 th /14 th June

Course Fees

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

Further Information:

For more information regarding the course you may contact the Director of Studies on catriona.mackay@metanoia.ac.uk

You may also contact our Academic Coordinator, at ulriche.prempeh-tawiah@metanoia.ac.uk

Any enquiries regarding the application process you may call 020 8832 3070 or email directly to admissions@metanoia.ac.uk

