

Diploma/MA in Humanistic & Integrative Psychotherapy | Curriculum

In the first two years of training the course meets weekly, with 32 day-long meetings within each academic year. Full attendance is required. Trainees are also expected to support their learning by reading all set books for the stage as well as a selection from a broader reading list. We recommend allowing at least six hours per week for private study.

Psychotherapy Diploma Year 1

The Experiencing Self: A Lifelong Development

In this first year of the professional training trainees will be introduced to key psychoanalytic ideas and their development since Freud. They will explore the relational and developmental contexts which shape experience starting from birth. Central to the beginning of the training is an understanding of the idea of a person's 'psychobiography' and its implications in theory making and in each individual's development as a psychotherapist.

Trainees work with clients in agency placements where they receive regular supervision. A percentage of these placement hours can count towards the final required practice hours for submission if supervised by a UKCP accredited supervisor.

In addition to the placement, trainees meet one day a week for theoretical and experiential seminars, work discussion groups, skills practice and Process group.

Each trainee receives three tutorials during the year (two of 25 minutes and one of 50 minutes), which take place outside the designated course time.

MA Module 1

The Primacy of the Client / Therapist Relationship

Trainees will register for the MA programme at the beginning of this academic year and begin the process of setting up in private practice with the support of tutors and supervisors.

The agency placement from the previous year is usually dropped during this year to allow room for a private practice to develop. In addition to this, the course meets one day a week for theoretical seminars, facilitated peer supervision groups, Process group and a final one-day workshop.

Each trainee receives three tutorials of 50 minutes which take place outside the designated course time. They are also required to arrange and meet the cost of fortnightly supervision sessions outside of course times. This is initially with core teaching staff and subsequently choosing from a pool of BCPC approved supervisors. Trainees may have to travel as supervisors are taken from a wider geographical location.

MA Module 2

Development of an Authentic Therapeutic Approach

Trainees meet three Saturdays per year for group days. In addition to this, trainees are required to undertake 'Relational Process', a 72 hour Core Study Course in Terms one and two and in Term 3, 'Integrating Body process in Psychotherapy', a unit of 36 hours, taught over 3 weekends.

Trainees in Modules 2 continue to develop their private practice and continue in individual and peer supervision. Overall this year furthers the process of integrating the learning from previous stages while moving into the role of psychotherapist.

Each trainee receives two tutorials of 50 minutes in the year.

MA Module 3

Integration within the Wider Context

Trainees meet three Saturdays per year for group days. In addition to this, trainees will fulfil learning outcomes for a mental health placement (minimum 36 hours), plus 'The Ecological Self and the Environmental Crisis', a unit of 36 hours taught over 3 weekends. Private practice continues to develop with individual and peer supervision.

Each trainee receives two tutorials of 50 minutes in the year.

MA Module 4

Development of Research Methodology and Integration of Therapeutic Practice

The module consists of 18 day-long meetings. It allows for trainees, now confident and competent in their practice, to articulate their own style and theoretical perspective as they prepare for the final submission of written work. The training group forms a learning community to help each trainee develop their thinking and plan their writing. Trainees are introduced to experiential research methods to identify and define individual research interests and are encouraged to find creative means of exploring their dissertation subject area.

Each trainee receives three tutorials of 50 minutes which take place outside the designated course time.

MA Module 5 – no formal teaching hours

Dissertation and Final Submission

By this stage trainees should have accrued the 450 hours of practice required to submit their final papers and write a clinical case study. Although final submission will generally happen by the end of this year, we allow up to two years from the end of M4 for trainees to submit their final qualifying papers for the MA/Professional Award.

Tutorials are arranged on the basis of individual need and paid for separately. It is recommended that trainees have a minimum of three tutorials per year. Trainees remain in their personal therapy up until the point of submission.