

Diploma in Integrative Psychotherapy

Course Leader – Lydia Noor

What is Integrative Psychotherapy?

The integrative psychotherapist integrates different elements from different psychotherapy models or schools of psychotherapy in the treatment of a client. Integrative psychotherapy seeks to develop knowledge of psychotherapeutic approaches and combines these in a way that reverberates with the psychotherapist and proves useful to the client in practice. The term 'integrative' also refers to the process of integrating the many components of personality. The personality self includes elements that are both in and out of awareness. In all of us there are disowned, unaware, or unresolved aspects. Integrative Psychotherapy supports in making these parts into a more interconnected way, reducing the use of defences that inhibit freedom and limit flexibility in all interactions with the other and the self. It works in connecting the 'whole'.

At SCPTI the relational-developmental process-based approach is central to integrative psychotherapy and this is based on the following assumptions:

- Our early relationships experiences form the basis on which we learn to relate to others
- Early relationships may support or hinder the development of the personality in the 'here and now'
- If aspects of our younger selves have not been encouraged and supported we may find these elements inhibit us in our current relationships
- The client – psychotherapist relationship is central to therapeutic healing
- Integrative psychotherapy will support the client to understand their developmental self in order to address relational issues and develop new ways of relating that serve them better.

The course components are as follows: -

- Group process
- Integrative psychotherapy theory
- clinical practice
- supervision
- personal development

Who is the course aimed at?

The course is aimed at mature (25 years plus) candidates who have already achieved degree level education. In addition to the taught weekend modules, the course is at Master's level, where the emphasis is placed on the trainees to undertake an auto-didactic route to learning. We welcome all members of the community, attracting entrants from the caring/helping professions; counsellors, nurses, doctors, psychologists, social workers, teachers, voluntary sector workers. It provides an excellent training for anyone wanting to move into psychotherapy in primary care, and/or wishing to develop their own private practice. Acceptance for training is based on a selection process comprising of meeting the criteria, written application, interview and references.

Mental Health Workshop

For students who aren't currently employed work in a Mental Health Setting a three-day Mental Health Workshop will be a mandatory additional requirement. The fee for this course will be the responsibility of the student and will be in addition to course fees.

Optional Workshops

Each year a series of workshops are available, attendance at which is optional. These may include – deaf awareness, defensiveness and shame, self-harm, bodywork, the transpersonal and research in psychotherapy.

Supervision

Following successful completion of the first year, students will be expected to find a training placement to further enhance their skills in a real-life environment. It is a mandatory, and essential requirement that students arrange for supervision of this work with a suitably qualified, UKCP supervisor. Students will be expected to complete 40 hours of supervision in both the second and third years. To reduce the cost and encourage mutual learning, this will normally take place in a group format. The cost of the supervision is not included in the course fees.

Personal therapy

All participants of the course will be expected to undertake their own personal therapy from the start of training and for the duration of the course. The choice of a suitable therapist is, of course, a very personal thing, however, the therapist must be fully qualified and UKCP accredited. The course is deemed to have ended upon successful completion of the diploma. The fees for the therapy will be the responsibility of the student. A personal learning journal will be kept from the start of therapy.

Assessment

Assessment of knowledge and skills development is an ongoing part of the course, and will comprise self, peer and tutor assessment via written projects, case study, training log and technical demonstrations. A training log must be kept from the start of training for this purpose.

Award of Diploma in Integrative Psychotherapy

Successful candidates will be awarded the Diploma in Integrative Psychotherapy following successful completion of coursework assignments, and an end of training case study and tape transcript. In addition, candidates must have attended all training workshops and met the clinical obligations, including, client hours, supervision and personal therapy. As the course is aimed at Postgraduates, in the final year of study trainees will be required to undertake an extended Case Study (10,000-12,000 words) and a detailed Transcript analysis.

Course structure

There will be seven three-day workshops and one five-day workshop during each academic year of the course, run over weekends, (Fri – Sun), with the five-day workshop running from Wednesday-Sunday. The training day will normally run between 9am and 5.30pm, with a morning and afternoon tea breaks and lunch break. There is an ample supply of accommodation available in this seaside resort, at very reasonable prices. Information on B&B accommodation is available from the SCPTI office.

Applications

Fees

The annual training fee is £2200. Fees may be paid in a lump sum or by standing order over twelve months (there is a £50 administrative fee for paying in instalments).

Accreditation

We are pleased to announce that the course is accredited by the Psychotherapeutic Counselling and Intersubjective Psychotherapy College (PCIPC) of the United Kingdom Council for Psychotherapy (UKCP). This College establishes the highest level of psychotherapeutic counselling accreditation in Europe.