



Diploma in Integrative Psychotherapy

Course Leader – Vivien Sabel

What is Integrative Psychotherapy?

I am often asked what is integrative psychotherapy. My usual response is, this is a good question that does not have a simple answer! 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" of integrative psychotherapy 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 defense that inhibit freedom and limit flexibility in all interactions with the other and the self. It works in connecting the 'whole'.

At SCPTI we value the relational-developmental approach 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 crucial 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: -

* 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.

Year One

- 1 An introductory module and academic responsibilities. The role of therapist. Gestalt as an integrative model
- 2 Human development 1
- 3 Human development 2
- 3 Human development 3
- 4 Human development 4
- 5 Human development 5
- 6 Human development 6
- 7 Three-way workshop with Relational Counsellor & Gestalt students with a focus neuroscience
- 8 Two-way workshop with Gestalt students focusing on Oppression and empowerment

Year Two

- 1 An introductory module and academic responsibilities. An introduction to Clarkson's model of integration
- 2 Assessment and intervention planning from a Gestalt perspective
- 3 Assessment and planning
- 4 Personality styles 1
- 5 Personality styles 2
- 6 Ethics 2
- 7 Three-way workshop with Relational Counsellor & Gestalt students with a focus on loss, endings and suicide
- 8 Two-way workshop with Gestalt students focusing on equality and diversity including creative techniques

Year Three

- 1 An Introductory module and academic responsibilities. An introduction to Evan's and Gilbert's Model of Integration.
- 2 An Introduction to the Gestalt Cycle of Needs

- 3 Projection/projective identification. An introduction to Object relations.
- 4 Object relations
- 5 Transference and countertransference
- 6 Experimentation
- 7 Three-way workshop with Relational Counsellors & Gestalt students
- 8 Two-way workshop with Gestalt students covering shame, pride and envy

Year Four

- 1 An introductory model and academic responsibilities. History of psychotherapy/the development of SCPTI's model of integration. Reasons for entering the profession of psychotherapy.
- 2 Focus on Gestalt
- 3 Ethics 1
- 4 Transactional Analysis
- 5 Erskine's model of integration
- 6 Buber's I-It to I-Thou
- 7 Beyond the therapy room
- 8 Two-way workshop with the Gestalt students subject covered sexuality

NB The integrative training is a roll on-roll off programme and you may enter the course in any one of the years above. These workshops are subject to change.

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.

Course Leader

Vivien Sabel has worked as a Psychotherapist/Counsellor/Clinical Supervisor for over ten years. Much of her practice has been in outpatient psychiatric services, community and specialist services with the Deaf Community. She previously trained as a British Sign Language (BSL) Interpreter and is fluent in BSL. She holds a Postgraduate Diploma in Integrative Psychotherapy, a Postgraduate Diploma in Psychodynamic Counselling, a Postgraduate Certificate in Clinical Supervision and an undergraduate degree in Deaf Studies. She has a special interest in body language, attachment and infant/parent relationships. She is the award-winning author of *The Blossom Method - the revolutionary way to communicate with your baby from birth*. <http://www.viviensabel.com/the-book/> *The Blossom Method* was recently nominated for an award with the World Association Of Infant Mental Health www.waimh.org In addition to teaching she is a regular contributor to mother and baby publications and is regularly invited to

present her infant communication findings across the globe.

Other tutors are available as required, from the teaching staff of the Scarborough Counselling & Psychotherapy Training Institute.

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.