

# MA/PG Dip Advanced Clinical Practice in Psychotherapy & Counselling

## Course Overview

**Start Date:**

14 January 2022

**Qualification:**

MA/PG Dip Advanced Clinical Practice Psychotherapy and Counselling awarded by Middlesex University.

**Highlights:**

This course is for qualified therapists and counsellors, who want to update their knowledge, gain a higher-level qualification and reflect in-depth on their clinical practice.

**Course Length:**

16 months for Post Graduate Diploma or 2 years for the MA programme, part-time.

**Fees 2022:**

PG Dip: £6714

First Year of MA: £4785

Second Year of MA: The second year fees will be the same as the first year plus any increase for unavoidable costs such as inflation.

We offer a 15% discount to Minster Centre members (graduates and those who maintain their UKCP membership through the Centre).

*Course fees are subject to annual inflation. Once you have started a course we will endeavour to keep fee increases in subsequent years as low as possible. Increases may occur to reflect changes to the course, changes in the requirements of accrediting organisations, inflation, staff pay rises or other increases to the cost of providing the course.*

For more details see **Fees** pages on the website.

## About the Course

This course is for qualified therapists and counsellors, who are looking for an opportunity to update their knowledge, gain a higher-level qualification and reflect in-depth on their practice. Teaching will be given via seminars on theory as well as through experiential learning sessions. Students will have the opportunity to integrate new perspectives into their clinical work with ongoing in-house supervision groups. In addition, seminars on contemporary theories will be delivered by experts in the field.

The course is designed to meet the requirements of busy professionals, with the teaching taking place in weekend blocks.

Students will be able to sign up for either the one year Post Graduate Diploma or the two-year MA programme, both of which are validated by Middlesex University.



# Course Content Summary

- Two core academic modules which develop students' in-depth knowledge of some of the most significant contemporary theories as well as advancing their understanding of the inter-relationship between theory, their own personal history and their clinical practice.
- Two core practicum (clinical) modules which encourage students' development as ethical integrative practitioners, able to draw on their own capacity to make therapeutic use of the relational encounter.
- Support from a personal tutor.
- Forms of assessment include case studies, client logs, self-reflective accounts, live assessment, a 40-minute presentation and a 15,000-word dissertation.
- The course requires that the student completes a minimum of 60 hours supervised clinical practice with long term clients and 20 hours in-house supervision across the two Practicum modules.

## Detailed Course Content

### 1. Contemporary Theories of Psychotherapy

This module provides the opportunity for students to develop in-depth knowledge of some of the most significant contemporary theories of psychotherapy, including relational psychoanalysis, attachment theory and neuroscience. Students will be able to develop their skills in critically evaluating theoretical concepts and also in critically reflecting on the impact of wider socio-political contexts on therapeutic practice. Students will be supported to reflect on diversity and inequality, social and cultural norms and their own position regarding ethnicity, sexuality, disability, class and gender. This module aims to develop the students' skills in integrating advanced concepts into their clinical practice and being able to articulate their therapeutic interventions from a sophisticated theoretical and research-informed position.

Students will write a 4000 word essay.

### 2. Personal and Clinical Integration

This module provides the opportunity for students to advance their understanding of the inter-relationship between their knowledge of contemporary psychotherapeutic theories, their own personal history and current life situation, and their clinical practice. Students will be facilitated in developing their understanding of the complexities inherent in therapeutic practice and this will include an examination of their use of self as a means of monitoring ongoing relational processes. Students will also be facilitated in developing their reflexive capacity in order to make productive and effective use of their own self-awareness and insight into therapeutic process. This module aims to produce ethical and effective advanced practitioners with the capacity to hold the paradoxical tension between intrapsychic reality and interpersonal reality.

Students will be assessed on 40 minute presentation of the learning from one or more teaching sessions in this module and a 3000-word clinical example drawn from the student's own practice.

### 3. Advanced Clinical Practice Practicum 1

This module represents the skills-in-practice component of the course and, in combination with the other modules, is designed to lay the foundations for integrative psychotherapeutic practice. Students will receive a thorough



grounding in the key skills and competencies required for effective and ethical practice including: conducting ongoing risk assessments; resolving complex dilemmas; and selecting and justifying appropriate integrative interventions. The aim of this module is to promote the students' development as ethical integrative practitioners who are able to draw on their own capacity for reflexivity to make productive therapeutic use of the relational encounter. Group supervision sessions will be provided during study weekends where students will be facilitated in reflecting in depth on their clinical practice.

The course requires that the student completes a minimum of 60 hours supervised clinical practice with long term clients and 20 hours in-house supervision across the two Practicum modules.

Students will produce

- A portfolio including: clinical hours logs; supervision logs; and a 3000 word critical, self-reflective account of learning from three supervision sessions.
- Attend a review meeting (30 minutes per student) with supervisors and peers.

#### **4. Advanced Clinical Practice Practicum 2**

Students will build upon the foundations of integrative psychotherapeutic practice laid down in Practicum 1. In this module students will be facilitated in developing an advanced set of competencies including the abilities to: conduct independent clinical assessments; assess limits to own competence; and demonstrate systematic understanding of key clinical concepts in relation to own practice. The module also aims to enhance students' awareness of the co-created nature of the psychotherapeutic encounter. Group supervision sessions will be provided during study weekends where students will have significant on-going opportunities to reflect on and enhance their clinical skills.

Students will produce a log of clinical hours and a 6000-word case study based on a minimum of 40 hours work with one client. Students will also present a 10-minute segment of a clinical session for Live Assessment.

#### **5. Mental Health Familiarisation**

6 days weekend teaching on Severe Presentations, The Use of Medication, Psychiatric Assessment, Self-harm and Suicide plus direct experience.

#### **6. Dissertation Research**

Students continuing on the MA programme will undertake further study in research approaches relevant to the field and in research ethics. Students will present a 15,000-word dissertation on a topic of their choice that is relevant to the practice of psychotherapy and counselling and that demonstrates mastery of a complex and specialist topic, critical understanding of research methods and ethical issues and a capacity for sustained critical reflexive awareness. Students will prepare for this by attending research teaching and producing a research proposal for ethical approval. Students will also have access to a dissertation supervisor.

Dissertation topics may cover any area relevant to psychotherapy or counselling including therapist or client experiences, specific groups of clients, specific psychological issues, use of supervision, training. Students may undertake work based exclusively on existing literature or based on fieldwork such as interviews, surveys or observations. In all cases the work must go beyond description to offer reflective and critical discussion, which contributes to knowledge in the field. Students will need to reflect on the link between their own subjectivity and the subject of the dissertation; the implications of the study for their own work and for clinical practice more generally and the links between theoretical concepts and research methods.



# Validation

Both the PG Dip and MA are quality assured by Middlesex University.



## Assessment

There is one or more formal or 'summative' assessment associated with each module. Assessment methods include essays, portfolios, presentations, reflective accounts, case studies and live assessment of a recorded piece of clinical work, and (for the MA) a 15,000 word dissertation. Support and guidance is given for each assessment.

Assessment is by course tutors, except for the Live Assessment, which is assessed by examiners not teaching on this programme.

In addition to formal assessment of written work, tutors and supervisors assess students' experiential and clinical work.

All marking is moderated and we also have an external examiner to ensure that marking is fair and consistent. You will receive feedback on all formal assessments to support your learning.

## Course Leader

Andrew Sutton

## Course Dates and Times/Attendance

For the Post Graduate Diploma, the teaching is delivered over 10 weekend blocks, comprising three full days on Fridays and Sundays (10am to 5.30pm), Saturdays (10am to 4.30pm) in the first year.

Students registered and continuing on for the MA will attend an extra three weekends on research awareness and methods during the first year, which lead to undertaking a piece of independent research, in the second year. This will be overseen by a research supervisor and supported by the course staff.

In addition, in the second year MA students attend a further nine days of teaching which may be on Friday, Saturday or Sunday. PG Dip will attend a further three days of training in the Second Year.

Dates for Year 1:

Start dates: 14, 15, 16 Jan 2022

***All following 2022 dates are currently TBC and are indicative only:***

*11, 12, 13 Feb 2022*

*11, 12, 13 Mar 2022*

*29, 30, Apr/1 May 2022*

*13, 14, 15 May 2022*

*10, 11, 12 Jun 2022 (10 Jun all students attend, 11 and 12 Jun are for MA students only)*

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8, 9, 10 Jul 2022

22, 23, 24 Jul 2022

9, 10, 11 Sept 2022

30 Sept, 1, 2 Oct 2022 (30 Sept all students attend, 1 and 2 Oct are for MA students only)

28, 29, 30 Oct 2022

11, 12, 13 Nov 2022 (11 Nov all students attend, 12 and 13 Nov are for MA students only)

9, 10, 11 Dec 2022

## Who is it For?

Qualified therapists and counsellors who are looking for an opportunity to update their knowledge, gain a higher-level qualification and reflect in-depth on their practice.

Applicants must be able to demonstrate significant clinical experience, including at least one year of practice post qualification. Students must also demonstrate recent self-development work, usually personal therapy, and will be required to undertake weekly one to one therapy during the course.

## Entry Requirements

- You must hold a professional qualification in counselling or psychotherapy (BACP or UKCP accredited course or equivalent).
- You must be able to demonstrate significant clinical experience, including at least one year of practice post qualification.
- You must be able to demonstrate recent self-development work, usually personal therapy, and will be required to undertake weekly one to one therapy during the course.
- If you do not have a first degree you will need to demonstrate that you can produce work to MA standards, either through results in previous professional training or through equivalent training or experience.
- You must have competence in the English language. If English is not your first language you will need to demonstrate a capacity to study in English either through your written and practical work during previous training at the Minster Centre, or in your application and interview and through qualifications such as IELTS 6.0 (with minimum 5.5 in all four components).
- You will need an enhanced Disclosure and Barring Service (DBS) check, if you don't already have one. Having a criminal record will not necessarily prevent you from becoming a counsellor or psychotherapist each case is considered on an individual basis. You will be given an opportunity at your selection interview to discuss this with your interviewers. For more information about DBS checks see our website.
- We are not able to consider applicants who require a Tier 4 visa to study.



# Accreditation of Prior Experience and Learning

We do not offer an APEL option for this programme.

## Qualification

On successful completion all academic and course requirements students may exit from the programme with either a:

- PG Diploma Advanced Clinical in Practice Psychotherapy and Counselling

Or

- MA Advanced Clinical Practice in Psychotherapy and Counselling

Qualification can also lead to UKCP accreditation.

## Career Prospects

Graduates of the Minster Centre can be found working successfully all over the UK and abroad. As well as private practice, graduates often work with a variety of client groups in the NHS; in schools, colleges and universities; organisations such as MIND and other charitable foundations; and as tutors in other training organisations.

MA graduates could go on to higher-level study on doctoral programmes.

## Fees

Fees for 2022 are:

PG Dip: £6714

First Year of MA: £4785

Second Year of MA: The second year fees will be the same as the first year plus any increase for unavoidable costs such as inflation.

We offer a 15% discount to Minster Centre members (graduates and those who maintain their UKCP membership through the Centre).

*Course fees are subject to annual inflation. Once you have started a course we will endeavour to keep fee increases in subsequent years as low as possible. For more details on fees see here.*

A non-refundable deposit of £700 is payable to secure your place once offered. Fees are payable by bank transfer, cheque or card and are non-refundable. Fees may be paid in instalments. For a full breakdown of the course fees and financial terms and conditions see the **Fees** page on our website.

Fees include supervision of training clients, one DBS check, common room facilities and refreshments, access to the library and on-line resources, insurance for seeing client through the Minster Centre Psychotherapy and Counselling Service.

The following course related costs are not included in the fees:

Personal therapy, placement supervision (usually but not always provided by the placement, any additional costs associated with placements, the provision of

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consulting rooms for seeing training clients, assessment of resubmitted coursework. Personal therapy can cost from £50 per session upwards in London, sometimes less outside London. In addition, you will need to budget for the purchase of key books each year (these are texts you will need to refer to frequently) and travel to the Centre, to placements and to therapy. Depending on the topics you choose for your written assessments you may need to buy books or internet access to articles, or access books, articles or other resources through the British Library or other specialist libraries. You will also need a secure means of audio recording client work, ideally this will be on a password protected and encrypted digital recorder, prices start from £215.

Accommodation and living costs are not included in fees and, as all our students are part time, we do not have on-site accommodation. The Centre has no parking available for students unless you have a blue badge. The Centre is close to public transport. We cannot guarantee that the timing of courses will not require peak time travel.

For a full breakdown of the course fees and financial terms and conditions see the **Fees** page on the website.

## Funding

If you register for the MA you may be eligible for a Postgraduate Student Loan. These are Government funded student loans for students on Masters courses of up to £11,222 to help with fees and living costs. These are not based on income and are paid directly to you. There are personal eligibility requirements which are determined by the Government, for instance, you have to be under 60 and not already have an MA, you will need to repay the loan plus interest and repayments will be based on your income. For more information about the loans and how to apply see: [www.gov.uk/postgraduate-loan/overview](http://www.gov.uk/postgraduate-loan/overview).

The Minster Centre also offers some bursaries. For more information visit our **Funding** page.

## Venue

The Minster Centre is at 20 Lonsdale Road, Queens Park, London NW6 6RD which is a 5 minute walk from Queens Park Tube (Bakerloo line) and Rail Overground Station and a 10 -15 minute walk from Brondesbury Park Station.

## How to Apply

You apply directly to the Minster Centre via the application form on the website. Please note: we operate a rolling admission process, on a first-come-first-served basis. **Early application is recommended.**

If you have any further questions please see our FAQs page or email **[admissions@minstercentre.ac.uk](mailto:admissions@minstercentre.ac.uk)**.

All candidates are selected by individual interview with two senior staff members. The interview fee is £125.