



# Therapy And Counselling Teesside

## Integrative Diploma in Psychotherapy

### Adult Parent Perspective (APP)

## Level 7

### Course description

The Course will begin in the Autumn 2026 and formal training takes place over 4 years.

### What is Integrative Psychotherapy?

Integrative Psychotherapy training will draw on psychology using a humanistic - integrative approach. It draws upon developmental gestalt and a range of integrative theories to enable a thorough understanding of how to work effectively with adults. You will learn about a range of therapeutic approaches so that you would be able to best meet client needs. This will include an understanding of child, adolescent and adult development. The approach is relational with the emphasis on the therapeutic relationship between client and therapist. You will be taught how to reflect on the client, yourself and the therapeutic process. Working with clients inevitably impacts the therapist and so it is a requirement that you undertake your own personal therapy throughout the training period.

### What is distinctive about this course?

This course develops an exciting new way of working with adults to explore how they might act as parents and also to understand the impact of their own parenting on their lives. The theoretical approaches are woven into the experience of a child's experience of being parented and of the adult's experience of being a parent or grandparent. The main focus is on the relationship between adult and child.

### Who is the course suitable for?

Those who want to set up in private practice and/or work in a counselling role in an organisation.

All the caring professions including medicine, social work, education, voluntary organisations

Those working with children, adolescents, parents, adults or the elderly.

People managing or supporting people at work eg HR staff.

Those who want to better understand themselves or others.

### What is the academic level of the course?

The course is set at Masters level 7

## **What are the entry requirements and procedures?**

Selection for entry onto the programme will be through application, interview and references. The entry qualifications reflect a desire to make the programme accessible to people from a wide range of backgrounds and life experience.

Applicants would normally need to have relevant experience, either in counselling or working with people in a responsible role. You would need to demonstrate a capacity to produce written work at the required level, or to develop this capacity.

You would need to demonstrate a degree of personal awareness of the nature of the therapeutic process and the capacity to offer clients stability in the therapeutic relationship

Graduates of a Child Psychotherapeutic Counselling programme or those who have completed the taught component of that programme are eligible for approved prior educational learning hours to be counted.

## **Course Structure**

The course is taught over 8 three day Friday to Sunday 'weekends' per year, plus one 5 day Wednesday to Sunday extended session in July. The training consists of a twilight session on a Friday which will normally be 4 hours and the full days on a Saturday and Sunday are normally 9.30 to 5.30 with an hour for lunch. The scheduling of particular workshops will be shown in the Trainee Manual.

## **Requirements whilst training**

### **Personal therapy**

All trainees will need to undertake personal therapy throughout the duration of the programme and until the successful completion of the Diploma. The therapist will need to be fully accredited by the UKCP and work in a model commensurate with the training programme. Trainees will need to complete 40 individual therapy sessions each academic year, and fees for therapy are the responsibility of the trainee and are generally around £40-45 per hour. A personal learning journal will be kept from the start of therapy.

### **Supervision**

When trainees enter the second year of the programme they will need to be in a placement to develop their skills and put their learning into practice. This work must be supervised by a qualified Supervisor. It is mandatory that students have supervision with a suitably qualified UKCP accredited supervisor who will be identified by the tutor. Trainees are required to complete 24 hours of Supervision in each of the second, third and fourth years, in a ratio of one hour per 6 hours of client contact. This would normally be in a group format. Trainees are responsible for supervision fees. The cost of supervision is generally about £80-90 per month.

At the time of going to press the figures for training, supervision and personal therapy are correct but these could be subject to change.

## **Workshops**

In order to receive certification, trainees must have attended all the workshops in the programme and therefore accumulated the required number of training hours. If a workshop, or part of a workshop is missed, the trainee would need to attend the same workshop when it repeated for another cohort.

Initial weekend: Course Introduction/Active listening for Beginners

## **Content**

Initial weekend: Active listening etc for Beginners

### **Year 1**

#### **Theme: Contact in the Relationship**

##### **Year 1**

- 1 Active Listening
- 2 Attunement
- 3 Inquiry
- 4 Involvement
- 5 TA
- 6 Experience of Play/Theraplay
- 7 Child Protection/ Suicide/Risk
- 8 Working with other professionals
- 9 Gestalt (5 Days)

##### **Year 2**

#### **Theme: Primary Development**

- 10 Attachment/Adult Attachment
- 11 Neuroscience
- 12 Object Relations/Child Development/ Stern etc
- 13 Shame
- 14 Working Remotely
- 15 Projective Identification/Parallel Process
- 16 Sexuality in Development
- 17 Self-Care and Making use of Supervision
- 18 Death/Bereavement/Endings/Loss/ Illness/Amputation

## **Theme: Theory (of adult work) into practice**

### **Year 3**

- 19 CBT/Motivational Interviewing
- 20 Transference/Countertransference
- 21 Mental Health
- 22 Mindfulness
- 23 Trauma / PTSD
- 24 Bodywork & Touch
- 25 Long and Short Term Work
- 26 Working with Older Clients/Parenting/Grandparenting
- 27 Research (5 Days)

### **Year4**

#### **Theme: Understanding Adults/Setting the Scene/The Adult Perspective**

- 28 Role of the Therapist/The Therapeutic Alliance
- 29 Legal and Boundary Issues/Confidentiality/ Contracting
- 30 Assessment and Diagnosis
- 31 Anti-Oppressive practice / Ethics
- 32 Personality Styles (Secondary)
- 33 Personality Disorders (Borderline and Narcissism)
- 34 Personality Disorders (Borderline and Narcissism) continued
- 35 Addictive Behaviours/Risky Behaviour
- 36 Parenting/Re-parenting Family Relationships (5 Days)
- 37 Some additional workshops will be arranged during the four years for trainee presentations

### **Assessment**

There will be continual formative assessment throughout the course. This will consist of written work such as essays short projects and a learning journal, group presentations and Self and Peer assessment. At the end of the taught programme trainees will need to complete a Case Study and a Taped Transcript describing and analysing their work with a particular client.

All course requirements need to be completed two years after the finish of the formal training. On completion of all requirements and presentation of a portfolio of evidence to

TACT's Graduation Panel the candidate will be assessed if ready for awarding of their Diploma and approval for Accreditation.

### **Certification/Accreditation**

On completion trainees will receive a Masters Level 7 Diploma in Integrative Psychotherapy and be eligible to register on the Professional Standards Register via UK Association of Humanistic Psychology Practitioners and the United Kingdom Council for Psychotherapy.

### **Programme leader and tutors**

Lynsey Arnott is the programme lead with additional tutors for parts of the programme. Some specialist subjects may be taught by guest lecturers

### **Fees and Costs**

Fee for academic year 2024/2025 will be £2745 which is excellent value for money. Please note that whilst we make every effort to keep the fees the same each year there may be an increase in line with inflation from year to year.

Fees can be paid in full at the beginning of the year or can be paid in 10 instalments, with a small administrative charge attached.

If accepted on the training a £500 non-refundable deposit is required. This will be deducted from the first year of training one you have commenced.

Other costs that maybe incurred are the purchase of books, indemnity insurance, ICO registration and you are required to have access to a computer and printer for the duration of the training.

Please contact us for further information or for an application form.

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