

Psychotherapy Institute

UNLOCK YOUR POTENTIAL

4 Year Part Time Level 7 Diploma (Masters Equivalent) in Psychotherapy



PROSPECTUS 2027

OUR MISSION



Our aim is to develop highly competent systemic psychotherapists trained in Transactional Analysis.
Each graduate will have the skills and knowledge to work with couples, families, and groups in addition to individual clients.
We will offer up-to-date and relevant CPD programmes which will allow qualified practitioners to extend their portfolios into systemic clinical applications and other specialist areas of practice.
Through academic rigour and clinical competence we aim to equip our trainees to become ethical practitioners and life-long learners who will not only continue to be at the forefront of the development of knowledge in the counselling and psychotherapy profession, but also have a positive impact on the well-being of society.
We have a commitment to high standards in interpersonal relationships, characterised by mutual respect, collaboration, appropriate boundaries and the celebration of difference.
We believe in the importance of the therapeutic relationship as the medium for change.
We hold firm to a commitment to social justice in the practice of Transactional Analysis in all four fields of application:





INTERNATIONALLY ACCREDITED TRAINING

THE PSYCHOTHERAPY INSTITUTE FOUR YEAR PART-TIME TRAINING PROGRAMME IS A DIPLOMA LEVEL 7 COURSE. THE CURRICULUM IS WRITTEN TO ADHERE TO THE SCOPED COLUMN C REQUIREMENTS OF TRAINING AND CERTIFICATION WITHIN THE UK TO BECOME A UKCP REGISTERED ADULT PSYCHOTHERAPIST

It will also allow you to progress to International Accreditation with the ITAA as a Certified Transactional Analyst (CTA) and a Teaching and Supervising Transactional Analyst (TSTA).

Psychotherapy and Psychotherapeutic Counselling taught at the Psychotherapy Institute are based on relational and humanistic models of Transactional Analysis. This emphasises and privileges the relationship between the therapist and the client, focussing on the client's desired and contracted-for therapeutic change.

MEET THE TEAM





4 YEAR CURRICULUM

	YEAR ONE	YEAR TWO
MODULE 1	Group Forming, Contracting, Fundamentals of TA	Contracting & Ethics
MODULE 2	Ego State Model	Diagnosis & Treatment Planning
MODULE 3	Transactions, Strokes and Time Structuring	Classical School of TA
MODULE 4	Life Scripts: individual, hot potatoes /intergenerational, cultural	Clinical Competencies Assessment in large group
MODULE 5	Passivity: Discounting, Frame of Reference, Symbiosis	Redecision School of TA
MODULE 6	Rackets & Games	Cathexis School of TA
MODULE 7	Intro to Clinical Competencies	Integrative Approach to TA
MODULE 8	Child Development, Attachment and Neuroscience	Relational Approach to TA
MODULE 9	Equality, Diversity & Intersectionality	The Therapeutic Relationship
MODULE 10	All Together Module	All Together Module
MODULE 11	Evaluation: Tutor/Peer/Self Assessment	Evaluation: Tutor/Peer/Self Assessment



4 YEAR CURRICULUM

	YEAR THREE	YEAR FOUR
MODULE 1	Contracting & Supervision	Contracting; Case Study Focus; Research Update
MODULE 2	Transference and Countertransference: unconscious processes	Working with Groups, Couples and Families
MODULE 3	Intersubjectivity – the therapeutic 3rd	Grief & Loss
MODULE 4	Parent Ego State: Parent Interview Cultural Parent	Trauma, shock and spirituality Incl. how to safely work with high risk clients
MODULE 5	Adult Ego State: Integrated or Integrating?	Working with Shame and Defensive Processes
MODULE 6	Child Ego State: Play and Creativity Body Psychotherapy Ego State Relational Units	Accounting Neurodivergent Processes (both therapist & client)
MODULE 7	Personality Adaptations	Sexuality and Gender
MODULE 8	Mental Health Familiarisation (incl. DSM/ICD/HIPC Learning Outcomes)	Working with Adult Survivors of Childhood Sexual Abuse
MODULE 9	Research Module: Types and methods Choosing a question Literature Review Data Collection & Analysis	Setting Up Your Private Practice
MODULE 10	All Together Module	All Together Module
MODULE 11	Evaluation: Tutor/Peer/Self Assessment	Evaluation: Tutor/Peer/Self Assessment

ENTRY REQUIREMENTS & APPLICATION PROCEDURE



Have a bachelor's degree *and / or*

Provide evidence of the ability to undertake training at PGDip Level 7 with one or more of the following:

- Evidence of training in Counselling to NVQ Level 5
- Work within the Caring Professions (such as a Nurse, Social Worker, Doctor, Counsellor etc)
- Have attended (or make a commitment to attend prior to the commencement of YR1 training) a TA101

An application form should be submitted alongside an up-to-date CV to the Psychotherapy Institute with a covering letter summarising the applicant's objectives in joining the training (both personal and professional). Contact information of two professional referees should be included. An admin fee of £75 is required to process your application.

Following this, a mutually convenient interview will be arranged with the director and another trainer to discuss the information submitted in order for us to assess the applicant's suitability for joining the four- year training programme.

The interview is also an opportunity for the applicant to ask any questions or find out more about the training programme.
Following a successful interview, the applicant will be formally invited to join the training and sign the YR1 business contract detailing all the administrative requirements.
Trainees will qualify for entry into the next training year if they have successfully completed all the parallel obligations for the previous training year.

FEES



APPLICATION	**£75.00**
TA101	**£225.00**

MONTHLY

non refundable deposit	**£450.00**
x10 monthly payments	**£330.00**

OR

ANNUALLY

x1 annual payment	**£3750.00**

All fees are inclusive of VAT

TYPICAL TIMETABLE FOR MODULE WEEKEND

SATURDAY	SUNDAY
9.30 – 11am Admin & Group Process	9.30 – 11am Theory Part 4 – incl. experiential exercises and group work
11-11.15am BREAK	11-11.15am BREAK
11.15 – 1pm Theory Part 1 – incl. experiential exercises and small group work	1.15 – 1pm Theory Part 5 – incl. experiential exercises and small group work
1-2pm LUNCH	1-2pm LUNCH
2 - 3.30pm Theory Part 2 – incl. experiential exercises and small group work	2-3.45pm Large Group Presentation / Observed Skills Practice
3.30pm-3.45pm BREAK	3.45 – 4.15pm BREAK (incl. journal entry)
3.45pm – 5.30pm Theory Part 3 – incl. experiential exercises and small group work	4.15 – 5.30pm Group Process

PARALLEL OBLIGATIONS

YEAR ONE

Personal Therapy Attendance; 2 x 2,000 Word Assignment ; Personal Learning Journal completion; Presentation in Module 10

YEAR TWO

Personal Therapy Attendance; 2 x 2,000 Word Assignment; Pass Clinical Competencies Assessment in large group; Commence Voluntary Placement and Clinical Supervision; Personal Learning Journal completion;



YEAR THREE

Personal Therapy Attendance: 1 x 10,000 Word Research Project Assignment; Complete 100 hrs Voluntary Placement Hours; Ratio of 1:6 Supervision to Client Hours; Personal Learning Journal completion; Presentation of 2 x Clinical Transcripts

YEAR FOUR

Personal Therapy Attendance; ; Personal Learning Journal completion; 10,000 word Case Study submission; 1 x Clinical Transcript Presentation









Psychotherapy Institute offers an environment rooted in respect for all people regardless of gender, age, heritage and cultural background. We look forward to welcoming you to our inclusive, bespoke training facility.

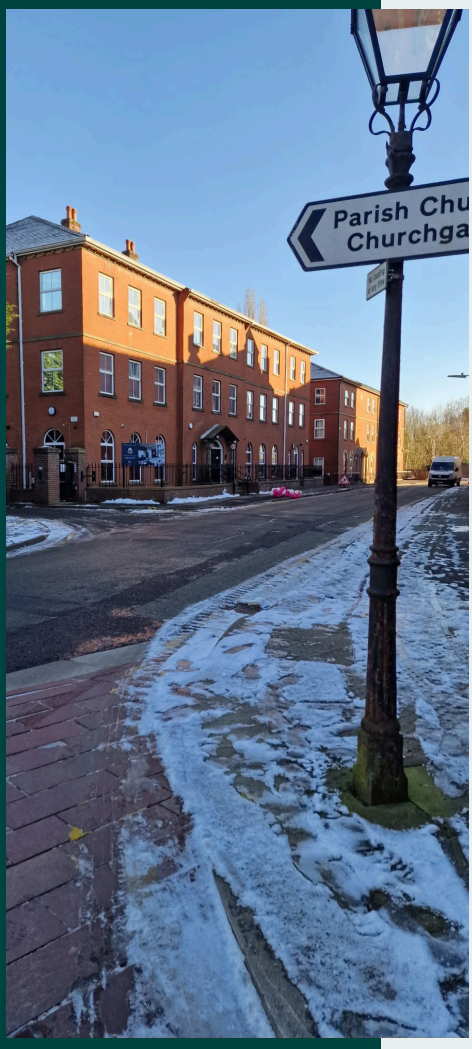
I especially liked Susie's teaching style, her enthusiasm, energy and passion for the subject is encouraging and infectious.
I enjoyed the different methods of teaching helpful, particularly the experiential learning, group working and discussions.

It was a qualitatively very different experience for me to be in a learning environment where I felt a real sense of belonging. The weekend went very quickly and really helped me re: refreshing my understanding of TA and going into greater depth than previous exposure to this modality.

It all felt safe, friendly and fun as well as being enlightening. And of course Susie's passion for TA, therapy and teaching is just so infectious.

Psychotherapy Institute

CONTACT US



WEBSITE

www.psychotherapyinstitute.co.uk

EMAIL

office@psychotherapyinstitute.co.uk

PHONE

++44 7946 859 773

SOCIAL MEDIA

@psychotherapyinstitute

ADDRESS

St Peters House, Institute Street,
Bolton, BL1 1PZ.