



Psychotherapy
Institute

UNLOCK YOUR POTENTIAL

4 Year Part Time Level 7
Diploma in Psychotherapy



PROSPECTUS 2026

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.**

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 is based on a relational and humanistic model 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



MATT TAYLOR (PTSTA)
Year 3 Tutor



SUSIE HEWITT (TSTA)
Founder and
Director of Training



SYLVA JOLLIFFE (TSTA)
Visiting Trainer



MICHELLE HYAMS-SSEKASI (TSTA)
Visiting Trainer



GEMMA MASINGIRI
P.I.C. Co-ordinator



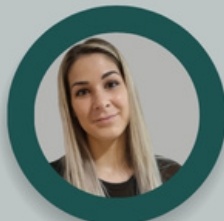
KATIE GILL
Academic Administrator



CLAIRE BOWERS (PTSTA)
Academic Tutor



MAY SENIOR-JOHNSON (TSTA)
Visiting Trainer



KLAUDIA STOICA
Social Media Specialist



FARZANA YUSUF
Administrative Assistant



DR EMMA HAYNES (TSTA)
External Moderator



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 YRI 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 **£300.00**

x10 monthly payments **£320.00**

OR

ANNUALLY

x1 annual payment **£3500.00**

All fees are inclusive of VAT

TYPICAL TIMETABLE FOR MODULE WEEKEND

SATURDAY

9.30 – 11am Admin & Group Process

11-11.15am BREAK

11.15 – 1pm Theory Part 1 – incl.
experiential exercises and small group
work

1-2pm LUNCH

2 - 3.30pm Theory Part 2 – incl.
experiential exercises and small group
work

3.30pm-3.45pm BREAK

3.45pm – 5.30pm Theory Part 3 – incl.
experiential exercises and small group
work

SUNDAY

9.30 – 11am Theory Part 4 – incl.
experiential exercises and group work

11-11.15am BREAK

1.15 – 1pm Theory Part 5 – incl.
experiential exercises and small group
work

1-2pm LUNCH

2-3.45pm Large Group Presentation /
Observed Skills Practice

3.45 – 4.15pm BREAK (incl. journal entry)

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;



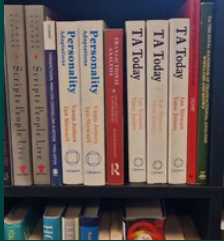
YEAR THREE

Personal Therapy Attendance: 1 x 3,000 Word 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; Research-based 10,000 word Assignment; Personal Learning Journal completion; Research Project and 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.

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Psychotherapy
Institute

CONTACT US



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