



Bridge Pastoral Foundation

Professional Diploma in Psychotherapy & Counselling

Towards Understanding Self and Others

Who Are We?

The Bridge Pastoral Foundation (formerly known as the Clinical Theology Association) is an educational and training charity based on a Christian foundation that is open to all faiths or none.

BPF is a network of over 300 members and authorised tutors spread throughout the UK and offers modular courses, workshops and conferences to further the development of personal growth and human relations.

A Rich Legacy

The unique insights of Dr Frank Lake have stood the test of more than 50 years and they remain as important and valuable today as they were at the time of their original conception. Frank Lake's exploration into the origins of early development contains essential truths regarding the struggle of life and what it means to be human. This is the legacy for which we are both the custodians and the executors. We see this psychotherapy course as the next step to taking Frank's work forward for future generations.

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Course Orientation and Objectives

This 4-year programme aims to train to a professional level psychotherapists and counsellors who wish to work from humanistic and integrative orientations with individuals.

This training is suitable for health professionals, counsellors, teachers, pastoral care workers and others who are interested in obtaining a professional qualification in counselling and psychotherapy.

Psychotherapy is understood as a journey in relationship through intrapsychic, interpersonal and transpersonal frontiers, accommodating the developing awareness and healing of the whole person.

Within this orientation the person is acknowledged as an embodied, spiritual, psychological and social being. Each person is also seen as a private separateness, and yet there is also the recognition that, as we move progressively inward, we may encounter a depth that is beyond individuality – that is more than personal – and through which we are sustained.

Entry Requirements

In accordance with professional standards, training is offered at post-graduate level. Therefore, applicants should normally possess either

a) a relevant first degree

OR

b) equivalent training e.g. caring and pastoral work /experience in a field relevant to psychotherapy

In addition to these entry requirements, candidates will be expected to have an appropriate level of maturity and life experience.

Qualifications & Professional Accreditation

On successful completion of the four-year course, students are awarded a Diploma in Psychotherapy. Students successfully completing the third year and not continuing to the fourth year will be awarded a Diploma in Therapeutic Counselling.

The course will observe the standards of both The British Association for Counselling and Psychotherapy (BACP) and The United Kingdom Council for Psychotherapy (UKCP) so that successful students will be able to apply to the appropriate regulation body. The Board of Management is working towards attaining university validation for the course.

Applications and Costs

Application forms are available from the BPF Office and on the website.

Course fees are set at the beginning of each academic year and students should expect an annual increase in fees in line with increased costs and inflation.

The fee for academic year 2012/13 is £3,430 pa.

Fees may be paid

- a. annually in advance
- b. termly in advance
- c. by standing order in ten monthly instalments beginning in September.

NB Two residential weekends each year are included in the course fees.

The costs of students' individual therapy and supervision are separate from and additional to the course fees.

Venue

The course will be held at Douai Abbey on Thursdays and Fridays, commencing in October and following the academic year

Years 1 and 2 on Thursdays and Years 3 and 4 on Fridays.

Time Commitment

Tutorials / Workshops take place on one full day per week (9.30 am - 6.00 pm). This will amount to 24 days over three terms, beginning at the end of September and ending in June. Breaks include Easter and Christmas and some reading weeks.

The two residential weekends will be from 2.00pm Thursday till 1.00pm Sunday.

Additional time commitments will include individual weekly psychotherapy, study and written work.

In Years 2, 3 and 4, time will also be needed for placements and supervision, in accordance with course requirements.

Selection

Interviews are offered to eligible applicants based on the information provided on the application form. These interviews are held early in the year.

NB applicants who are deemed to be ineligible for the course prior to interview will receive a partial refund of their application fee.

Course Structure

1. Personal Development:

The philosophy of this training programme espouses the primacy of self-awareness and personal growth in the professional development of the counsellor / psychotherapist.

To this end, students are required to engage in regular individual therapy throughout the duration of the course. A student's personal therapist will need to be registered with UKCP and work in accordance with the orientation of the course.

Experiential weekends and workshops form an integral part of the training programme and aim to further enhance and foster new levels of personal awareness and integration.

2. Theoretical Learning:

Through the use of interactive tutorials, students are enabled to explore and understand the theoretical perspectives that offer background to, and inform, the practice of counselling & psychotherapy.

Students are expected to read widely and to present up to three written papers per year. There is a library for students' use and a substantial reading list will be given for each term.

3. Skills Development:

This training aims to integrate theoretical learning with practice of the skills required in the therapeutic relationship. Methods include one-to-one practice, demonstrations, role-play, group exercises and supervision/feedback.

Experiential training group: students will attend a one and a half hour experiential group in the last part of each day.

4. Supervised Clinical Practice:

Students are required to complete a minimum of 100 supervised practice hours per year in years 2, 3 and 4 to fulfil the requirements of the Diploma in Psychotherapy. The ratio is one hour's supervision to six client hours and a minimum of one and a half supervision hours per month.

Students will need to complete 450 hours of supervised practice in order to apply for UKCP registration.

Course Syllabus

NB The content of the course syllabus is reviewed on a regular basis and may be modified during any given programme of training.

Year 1

1. Exploration and practice of the human relational theories of Person Centred, Gestalt, Transactional and Transpersonal.
2. Counselling theory.
3. Basic counselling skills practice.
4. Theories concerning the therapeutic relationship.
5. Relaxation therapy & the practice of meditation.
6. Creative use of the arts.
7. Inner Journey Weekends – experiential weekends to help trainees to explore certain themes in their interior and exterior lives.
8. Students' individual personal therapy.
9. Group dynamics.

Year 2:

1. Exploration of the theory and practice of the Psychodynamic approach – Freud, the Existential – Laing and further developing the Transpersonal – Jung.
2. Material comparing and contrasting approaches towards an integrative practice.
3. Projection, transference and counter-transference.
4. Personality traits.
5. The dynamics and effective intervention in the following areas of special concern: depression, anxiety, bereavement, sexuality, abuse, dependency, eating disorders, suicide, etc.
6. Clinical practice in placement and supervision.
7. Equality and diversity in the therapeutic relationship.
8. Inner Journey Weekends.
9. Students' individual personal therapy.
10. Group dynamics.

Year 3:

1. Exploration of Object Relations & Primal Integration – Winnicott, Bowlby, Lake, etc.
2. Mental Health procedures – recognising severe mental illness.
3. Psychopharmacology.
4. Placement in Mental Health Unit (Psychotherapy Diploma).
5. Guidance in recognising and working with trauma & shock.
6. Case management & knowing limitations.
7. Process-oriented Psychotherapy – Mindell.
8. Preparation for dissertation & case studies.
9. Philosophy of counselling and psychotherapy.
10. Dissertation & case studies etc. for those completing Counselling Diploma.
11. Inner Journey Weekends.
12. Students' individual personal therapy.
13. Group dynamics.

Year 4:

1. Exploration of working with aspects of expanded states of unconscious.
2. Breath and bodywork.
3. Guidance in working without words.
4. Family systems.
5. Ethical dilemmas.
6. Burn-out in Psychotherapists.
7. Crisis Management.
8. Religious & spiritual complications.
9. Preparation for dissertation.
10. Dissertation, case studies, etc., towards completing Diploma in Psychotherapy.
11. Group dynamics.
12. Endings – Beginnings – Future.
13. Inner Journey Weekends – experiential weekends to help trainees to explore certain themes in their interior and exterior lives.
14. Students' individual personal therapy.

Assessment and Accreditation Procedures

Self-assessment

Each trainee is expected to keep a personal journal throughout the course and at times to submit extracts acknowledging difficulties and growth. Students will evaluate their own progress and also give and receive feedback in their peer group.

Mid-year Review

Individual tutorials are arranged mid-year, offering students the opportunity to discuss their progress and to receive feedback.

Written Material

Up to three written papers will be required each year and some will be externally assessed.

End of year Interviews - Years 1, 2, and 3

Individual assessment interviews at the end of Years 1, 2 and 3 contribute to determining a student's suitability for progression to the next year of training. All relevant information is taken into account, including results of written assignments, evaluation by self, peers and tutor, supervisor's reports and clinical work (years 2 and 3), attendance and participation at seminars, weekends and tutorials.

Final Accreditation - Years 3 and 4

Students will be awarded the Diploma in Psychotherapy if they attain all the required standards of the four-year course, have satisfactorily completed at least 450 hours of supervised clinical practice and have undergone the final assessments.

Those students wishing to gain only the Diploma in Therapeutic Counselling will need to attain all the required criteria of the three-year course, have satisfactorily completed 250 hours of supervised clinical practice and have undergone the final assessments required for this award.

Extensions

In circumstances where a student has not met all the requirements of training by the end of the final year, he or she may be invited to have their student status extended for a period of time, as discussed with their tutors.

Training Faculty

Ann Boyd: Course Director

Dip. Therapeutic Counselling, Dip. Psychotherapy, Dip. Supervision, Member UKAHPP & BAPPS, Reg. UKCP.

Ann is an experienced psychotherapist, supervisor and trainer working in full time private practice. Ann, an active member of the leadership team of BPF for many years, is responsible for training tutors and group work facilitators and running Primal Integration weekends.

Barbara Mace: Senior Tutor

B.A. (Hons), M.A Integ. Arts Psychotherapy, Dip. Psychotherapy, Cert. in Therapeutic use of Arts. Member I.A.T.E, MBACP, Reg. UKCP.

Barbara is an experienced psychotherapist and artist; she has worked long term within a community service and runs a private practice. Barbara also runs specialised workshops on therapy and the creative process.

Sue Amey: Senior Tutor

PG. Dip. Integ. Arts Psychotherapy., I.A.T.E, Reg. UKCP., Cert. Therapeutic use of Arts, Cert. Supervision, Training in Child Therapy.

Sue is an experienced Psychotherapist, Supervisor, Lecturer and Dancer. She has worked for 20 years in Therapy and Education and for many years with young refugees and their families. She has a private practice in Oxford where she offers Supervision and Family Therapy. Sue runs Creative Arts Therapy Groups both in the UK and abroad.

Debbie Livingston: Tutor, Group Facilitator

M.A. Transpersonal Counselling & Psychotherapy, Reg. UKCP, Advanced Dip. in Practitioner Skills for Eating Disorders and Obesity, PG Dip. Transpersonal Counselling & Psychotherapy.

Janet Gunn: Tutor, Group Facilitator

MA (Psychotherapy), Cert. in Supervision, Advanced Dip. in CBT, PGC Education, Dip. in Personnel, MSc (Change).

NB. Additional tutors who train in specialised subjects will contribute to the training programme. For a full list of current tutors and facilitators, please see the BPF website.

Douai Abbey

The course will be held at Douai Abbey, which is run by Benedictine Brothers. It is located on the edge of Reading, Berkshire just off the M4. This is a lovely venue; the Brothers have the ability to encompass the old and the new in their building and their outlook. They have accommodation in which to hold the residential weekends and space for walking in the countryside during breaks. The community has an ethos of being open to people of all faiths or none, which is intrinsic to BPF and to the Psychotherapy and Counselling Course.

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BPF Terms and conditions can be found on the website www.bridgepastoral.org.uk

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