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***REVISED AUGUST 2008***

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Introduction

The Counselling & Psychotherapy Training Institute (CPTI) is based in Edinburgh. CPTI was founded in 2002 taking over the training workshops offered by a sister organisation, the Edinburgh Institute for Counselling and Psychotherapy. Over this time CPTI has developed training of a high standard for counselling and psychotherapy. The training has always met the registration requirements of the UKCP under the auspices of the ITA; in 2006 it was decided to provide additional professional recognition with the introduction of a Counselling Diploma validated by COSCA and the introduction of MSc degrees in Counselling and Psychotherapy validated by Queen Margaret University.

The dual aims of CPTI are to provide an excellent quality of training that meets the requirement of present and likely future validating authorities and gives the individual an education in the subject area together with the opportunity for personal and professional development.

In 2008 we will extend our programme with the introduction of two further MSc degrees (subject to validation); these will be an MSc in Brief Intervention Psychological Therapies starting in October and an MSc in Professional Supervision starting in January 2009. Each will offer a PG Certificate, PG Diploma or MSc; modules may be taken on a stand-alone basis. The Professional Supervision course will offer training for supervision in counselling, psychotherapy, the medical and health related professions or social work.

Within a small organisation CPTI provides an exciting programme of training leading to professional and academic qualifications where the needs of the students and trainees are kept in the foreground for the planning and delivery of the courses.

This prospectus outlines our programme, the qualifications and validations, details the programme calendar for 2008 – 2009 and the fees and lists entry requirements and application procedures. Additional information will be posted to our web site: [www.cpti.org.uk](http://www.cpti.org.uk) prospective trainees are invited to put any questions to us and all training applicants will be invited to an interview prior to the offer of a place.

*A glossary of acronyms and abbreviations is on page 20*

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Finding What I Want

### *About this prospectus and other sources of information*

What is your interest?

- \* Training as a counsellor
- \* Training in cognitive and behavioural counselling
- \* Counselling MSc options
- \* Getting continuing professional development
- \* Training as a psychotherapist
- \* Learning about Transactional Analysis
- \* Gaining a psychotherapy MSc
- \* Training as a Professional Supervisor with an MSc
- \* Personal development
- \* Gaining an MSc for career advancement
- \* Learning about CPTI
- \* Professional validation of training programmes
- \* Academic validation of training programmes

This prospectus is designed to provide information on all the above; in addition to this we publish a number of Information Sheets on our website [www.cpti.info](http://www.cpti.info) ; these sheet cover each subject area with more specific information.

### Current Information Sheets

CPTI History  
Training Programme Overview  
MSc Programme Overview  
Training Summary of Awards and Time Lines  
Transactional Analysis - a System of Psychology  
Transactional Analysis - History and Background  
Transactional Analysis Time Limited Therapy (Counselling)  
TA Counselling Training  
Diploma in TA Counselling  
MSc in TA Counselling  
TA Psychotherapy Training  
MSc in TA Psychotherapy with CTA  
The Institute of Transactional Analysis (ITA)  
UKCP Psychotherapy Registration  
Brief Intervention Psychological Therapies Courses  
Modules in Brief Intervention Psychological Therapies  
MSc in Brief Intervention Psychological Therapies  
Professional Supervision

You may still have unanswered questions; we are always willing to answer questions and provide additional information on our training programmes; please contact our office by email [training@cpti.org.uk](mailto:training@cpti.org.uk) For a detailed specification of the main programmes, our training manual is available as a PDF file; the 2007 – 2008 manual is currently available; the new 2008 – 2009 edition will be published in August 2008. Request this from our office.

All main course training applicants will be invited to an interview where their objectives and aims can be discussed with trainers and staff members.

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Programme Outline

### Introduction

The central training programmes offered by CPTI lead to qualifications in counselling, psychotherapy and supervision. In addition to the core training CPTI runs a number of introductory courses and CPD courses. Introductory courses and foundation (first) year training can provide professional and personal development without further commitment.

The programme is structured as flexibly as possible to allow trainees to modify their goals as their training progresses. Whilst all training is delivered at a postgraduate level, entry conditions and the application process are designed to take into account life experience and relevant work experience in addition to prior academic attainment. CPTI encourages trainees from a broad range of backgrounds and will guide potential trainees on meeting the level required for professional training.

### Prospective Trainees

Why train? There are many reasons why people consider training. Whilst the most obvious reason is to obtain a qualification to practise counselling or psychotherapy, there are other good reasons for individuals to look at training for their personal or professional development.

Most applicants to our programmes will have already established themselves in work or will be returning to the workplace after a break. Broadly we could divide aspiring trainees into these categories:

- **Career change or new career:** applicants want a new career. They do not have previous experience of working in these fields. They may have worked previously in the helping professions or in completely unconnected areas.
- **Career Development:** applicants are already working as counsellors or in a closely allied field and want to extend or formalise their training or qualification.
- **Professional Development:** applicants are working in a different area but have concluded that counselling skills and an understanding of people will help them advance in their chosen field.
- **Academic Qualification:** many in this group are appreciating that a higher degree is essential for advancement and they see that an MSc in counselling, brief intervention or professional supervision will provide the academic qualification together with valuable professional and personal skills.
- **Personal Development:** the applicant wants to advance their own personal development and concludes that this training will give them an opportunity for personal growth.

CPTI welcomes attendance on introductory courses and applications to train from people in all these groups. Foundation year training is open to all who meet the entry criteria without a commitment to train further. Many attend these courses, engage in foundation year training or enter for individual modules as a means of assessing whether counselling or psychotherapy is the right choice of future career for them before committing to advanced training to qualification. Irrespective of the reason for training, all trainees are required to participate in and undertake all course requirements.

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Short Courses

CPTI offers both introductory courses and one or two day Continuing Professional Development courses. **The TA101** is a two day introduction to the theory and practice of Transactional Analysis. This course is run to an internationally established curriculum and is certificated by the Institute of Transactional Analysis. The TA101 is a prerequisite for entering TA based training in counselling and psychotherapy.

**The Introduction to Counselling Skills Course**, run over three days provides grounding in counselling skills with an emphasis on clear communication. This course is suitable both for those intending to train as counsellors and for anyone working with people. It is offered as a stand-alone course and is also incorporated into the Foundation Year TA training course and the Brief Intervention Counselling & Motivational Interviewing module.

**CPD courses** of one or two days cover special subject areas or introduce work with specific client groups. These courses are open to all counsellors and psychotherapists and selected course are open to workers in Health, HR and General Management. Many of the CPD courses carry Masters level credits.

## Training Programmes

CPTI programmes train counsellors, psychotherapists and supervisors.

### Psychotherapy and Counselling Training

The psychotherapy training is based on the TA modality, the formal taught course is over four years of predominantly weekend training. On completion of the taught element together with supervised practice, trainees continue in Extended Training Groups to develop their practice, to be supervised in preparation of an MSc dissertation and to undertake written and oral examinations for the award of CTA (Certified Transactional Analyst (Psychotherapy)). For those entered for the psychotherapy MSc preparation of the MSc project is undertaken in parallel with the CTA case study.

The TA Counselling programme follows the same path with the award of a COSCA validated diploma on completion of three years of the taught course; candidates for the TA Counselling MSc complete a fourth taught year and then undertake a masters project.

An alternative counselling training is a PG Certificate, PG Diploma and MSc in Brief Intervention Psychological Therapies. This course combines taught segments and e-modules over two years for the award of the Diploma (Certificate one year); MSc candidates then complete an MSc project. These awards are subject to validation by Napier University; in addition, subject to validation and practice and hours compliance, successful trainees may obtain COSCA and UKCP Psychological Counselling Section membership.

### MSc Degrees in Counselling and Psychotherapy

In 2008 – 2009 CPTI will offer three MSc degrees in counselling and psychotherapy. These will be an MSc in Transactional Analysis Counselling and an MSc in Transactional Analysis Psychotherapy both currently validated by Queen Margaret University together with an MSc in Brief Intervention Psychological Therapies subject to validation by Napier University.

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

The two Transactional Analysis degrees follow the same taught programme, the differences lying in the compliance with professional requirements. The taught elements of the MSc are in the advanced Year 2 and Advanced Year 3 of the CPTI psychotherapy training programme; entry to advanced years is subject to completion of a foundation year.

At the completion of the taught elements candidates for the counselling degree undertake an MSc project of 15,000 words. To assist them in this they get supervision for their project within an Extended Training Group meeting in every other month. The masters degree in psychotherapy is tied to the successful completion of the CTA examination; passing this professional exam leads to registration with UKCP HIPS through the ITA. On passing the CTA, an externally run exam, candidates for the MSc present their master's project based on sections of the CTA case study. The MSc is awarded by Queen Margaret University in Edinburgh.

For those already qualified with a CTA(P) or who have completed TA training elsewhere, entry to the master's degree programme is available by Recognition of Prior Learning (RPL).

The MSc in Brief Intervention Psychological Therapies has been created to meet the needs, widely broadcast in the health service, for short term therapies or counselling with a cognitive and behavioural base. The course allows students to integrate modalities of their choice including Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), Cognitive Analytic Therapy (CAT), Transactional Analysis (TA) with Solution Focussed Therapy (SFT) and Mindfulness Based Practices and to further this with Application Modules in the second year. The course is delivered on weekdays over two years; students completing the MSc take the third year to prepare and submit a masters project. This programme is subject to validation by Napier University, Edinburgh.

### **MSc Programme in Professional Supervision**

This broadly based course in professional supervision has been developed for professionals working in counselling and psychotherapy, in medical practice and the allied health professions, in probation and in social services and for those in a general management positions.

The taught core programme is supported by a number of e-modules; this gives the flexibility for students to apply theory and practice in their own profession. The course is run over two years followed by the completion of an MSc project. This programme is subject to validation by Napier University, Edinburgh.

## Qualifications

Course	Duration	Pre-entry Requirements	Award	Validated/ awarded by
<b>Professional Awards</b>				
Introduction to Counselling Skills	3 days	None	Certificate of Attendance	CPTI
TA101 Introduction to Transactional Analysis	2 days	None	Certificate of Attendance	ITA
Certificate in TA Theory & Counselling Skills	2 years (40 days)	TA101 and Intro to Counselling Skills	Certificate in TA Theory & Counselling Skills	CPTI
Diploma in TA Counselling	3 Years (60 days)	TA101. Intro to Counselling Skills & the Certificate above	Diploma in TA Counselling	COSCA/CPTI
Certified Transactional Analysis (Psychotherapy)	4 years (80 days + Compliance)	TA101	Certificate in TA Psychotherapy and <sup>1</sup> eligibility for UKCP registration	ITA/EATA
CPD Courses	1 or 2 days	Varies	<sup>2</sup> Certificate of Attendance	CPTI

<b>Academic Awards</b>				
PG Certificate in Brief Intervention Psychological Therapies	1 Year (15 days) attendance + self study & practice	Professional qualification or appropriate work experience	PG Certificate	<sup>3</sup> Napier University
PG Diploma in Brief Intervention Psychological Therapies	2 Years (30 days) attendance + self study & practice	Professional qualification or appropriate work experience	<sup>1</sup> PG Diploma	<sup>3</sup> Napier University
MSc in Brief Intervention Psychological Therapies	2 Years (30 days) attendance + self study, practice + MSc Project	Professional qualification or appropriate work experience	<sup>1</sup> MSc	<sup>3</sup> Napier University
MSc in Transactional Analysis Counselling	2 Years (40 days) + MSc project + compliance	Two years TA training	<sup>1</sup> MSc	Queen Margaret University
MSc in Transactional Analysis Psychotherapy	2 Years (40 days) + MSc project + compliance	Two years TA training	<sup>1</sup> MSc & CTA	Queen Margaret University
PG Certificate in Professional Supervision	1 Year (15 days) attendance + self study & practice	Professional qualification or RPL	PG Certificate	<sup>3</sup> Napier University
PG Diploma in Professional Supervision	2 Years (30 days) attendance + self study & practice	Professional qualification or RPL	PG Diploma	<sup>3</sup> Napier University
MSc in Professional Supervision	2 Years (30 days) attendance + self study, practice + MSc Project	Professional qualification or RPL	MSc	<sup>3</sup> Napier University

<sup>1</sup> Eligibility for recognition and registration with professional bodies such as UKCP and COSCA is subject to compliance with practice and supervision requirements in addition to the acquisition of the award.

<sup>2</sup> Some CPD courses also carry Masters level credits

<sup>3</sup> PG Certificates, PG Diplomas and MScs with Napier University are subject to validation which is in process

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Accreditation, Recognition and Validation

Validation and accreditation takes two forms; academic validation which assures that the standards of the courses taught meet the standards laid down by the validating body and professional accreditation that assures that trainees completing the course will be competent to practice at the level prescribed by the professional organisation.

**CPTI** is a Registered Training Establishment of the Institute of Transactional Analysis (ITA) and an organisational member of COSCA, the Scottish counselling body.

The **ITA** is the professional organisation overseeing counsellors and psychotherapists using TA as their core modality in the UK. The ITA both validates training on behalf of the United Kingdom Council for Psychotherapy and the European Association for Transactional Analysis (EATA) and puts forward registrants for membership of the UKCP.

**EATA** is the professional body overseeing the training and practice of TA in Europe. Working through thirty three affiliates in twenty two countries EATA sets the standards for Transactional Analysis training and qualification. EATA is the TA examining authority. CPTI's validation with EATA is through the ITA, an EATA affiliate

**COSCA** is the body that oversees the practice of counselling in Scotland. CPTI offers a counselling diploma that is validated by COSCA. Holders of the diploma may, subject to meeting practice conditions, obtain accreditation with COSCA.

**UKCP**, the United Kingdom Council for Psychotherapy is a lead body for the regulation for the practice and validation of training in psychotherapy in the UK. On completion of the CPTI TA psychotherapy training and subject to practice compliance therapists may apply for registration with the UKCP. This is through the ITA, a member organisation UKCP.

**Queen Margaret University** validates the MSc in Transactional Analysis Counselling and the MSc in Transactional Analysis Psychotherapy.

**Napier University** will be the validating authority for a postgraduate certificate, diploma and MSc in Brief Intervention Psychological Therapies and a postgraduate certificate, diploma and MSc in Professional Supervision. (These awards are subject to validation.)

*A table summarising validation and accreditation is reproduced on the preceding page.*

## Short Courses

### **The TA101 – an Introduction to Transactional Analysis**

Run over two days, the TA101 is an introduction to the theories and application of Transactional Analysis. This is a generic course meeting an international syllabus and serving as an introduction to the application of TA in the fields of counselling, psychotherapy, education and organisational practice.

The TA101 is an excellent stand-alone course whether undertaken as CPD, personal development or as a precursor to entering TA counselling or psychotherapy training. The course is certificated by the Institute of Transactional Analysis in the UK. Attendance is obligatory for those entering Transactional Analysis based counselling or psychotherapy training; courses are run by CPTI in Aberdeen, Glasgow and Edinburgh, by other ITA registered training organisations around Britain and by EATA or ITAA affiliates elsewhere. CPTI accepts certificates issued by any recognised TA affiliate.

For more information see section - Conditions and Prerequisites for Entering Training.

### **Introduction to Counselling Skills**

The Introduction to Counselling Skills is a three day course offered as part of both the TA Counselling and Psychotherapy and the Brief Intervention Therapies Training and as a stand-alone course.

The course is designed to provide grounding in counselling skills, an essential part of counselling and psychotherapy training. It is also valuable as a CPD course for anyone working with people in the health profession, human resources, training, personnel and in general management.

Trainees entering for the TA counselling and psychotherapy training who have previously completed this course or a recognised equivalent, may be eligible for an exemption from the first unit of the TA training foundation year

## Modules in Brief Counselling Psychological Therapies

This series of stand-alone modules in various time limited and evidence based counselling modalities is offered in collaboration with Napier University; the awards are subject to validation. Students can choose from the following list:

- **Counselling & Motivational Interviewing**
- **Cognitive Behavioural Therapy (CBT)**
- **Interpersonal Therapy (IPT)**
- **Cognitive Analytic Therapy (CAT)**
- **Mindfulness Based Practices**
- **Transactional Analysis and Solution Focussed Therapy (SFT)**
- **Applied CBT**
- **Applied CAT**
- **Applied IPT**
- **Applied TA**
- **Research Methods**
- **Supervised Practice Module**

A Postgraduate Certificate, a Postgraduate Diploma or an MSc degree will be awarded on successful completion of a number of core and optional modules, participation in a development group, practice hours, supervision and other professional and academic requirements. Diploma and MSc students are required to undertake personal counselling.

Basic modules carry dual outcome award credits at both undergraduate and masters level (SCQF 9 & 11), Applied Modules, Research and Supervised Practice are credited at masters level (SCQF 11). Entry to Applied Modules is restricted to those completing the appropriate basic module or who evidence other comparable training.

The taught elements of the training programme are run over two years with the masters dissertation being undertaken in the third year. Students can sign up on a modular basis and may gain credits for individual modules or, on completion of the first year programme, may exit with a postgraduate certificate. Completion of the second year modules would make the student eligible for a postgraduate diploma. Completion of seven modules, including core modules, gives eligibility for an MSc based on a dissertation written in the third year. Whilst credits can be gained for individual modules, the award of any of the qualifications is subject to additional requirements within the training; these must be completed at each stage together with supervision and personal work.

### Course Entry

The courses are designed for those entering counselling training for the first time and for those wanting to add knowledge and skills in specific modalities to their existing experience or qualifications by undertaking individual modules. Entry for a module is by application; for acceptance on a full course, an interview to demonstrate their capability for study at the appropriate level. A commitment to personal development is an important part of training, and personal work is a requirement for those entering for a diploma or MSc. Entry requirements for an MSc include a first degree or the equivalent and life experience commensurate with becoming a counsellor.

### Qualifications

The course is designed to provide credits for individual modules or a masters degree in three years; alternatives are a postgraduate certificate in one year or a postgraduate diploma in two years. All these awards are subject to validation by Napier University, Edinburgh.

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Counselling Diplomas & Masters Degrees

### Transactional Analysis Counselling

TA counselling training offers a high degree of flexibility with a number of exit points and the option of continuing to an MSc in counselling or psychotherapy.

A prerequisite for entering this course is completion of the TA101 introduction to Transactional Analysis. The course starts with a three day introduction to counselling skills from which those who have already completed a recognised counselling skills course may obtain exemption. The complete foundation year training is twenty days. Following the three day introductory course there are eight weekends of training in Transactional Analysis theory and application with particular reference to the development of the trainee in the group. There is an additional day allowed for the revision of theory and the practical elements of training at a postgraduate level including essay writing and case studies.

On successful completion of the foundation year training measured by attendance, completion of projects and personal development, trainees are offered a place in an advanced training group. Advanced groups meet for nine scheduled weekends in a training year and an additional weekend selected by individual trainees from a menu of subjects in our CPD programme according to their own developing interests.

Counselling trainees may exit from the training with the COSCA Diploma at the end of Advanced Year 2. TA Counselling MSc entrants complete a further taught year and in the following year complete an MSc project. Support and supervision for the project is obtained in an Extended Training Group meeting for ten days per year.

Continuing training and exit points:

Years Completed	Award
Two years	CPTI Certificate in TA Counselling Theory and Skills
Three Years	COSCA Diploma in Transactional Analysis Counselling
Five Years	MSc in Transactional Analysis Counselling

### Brief Intervention Psychological Therapies

This course will be introduced, to start in January 2009, to meet the demand in health services and elsewhere for counselling based in the cognitive and behavioural methodologies. Combining training in Cognitive Behavioural Therapy, Cognitive Analytic Therapy, Interpersonal Therapy, Solution Focused Therapy with Transactional Analysis and Mindfulness this course leads to an MSc in Brief Intervention Psychological Therapies with intermediate awards of a PG Certificate and a PG Diploma. The MSc and other awards are subject to validation by Napier University.

The core training is over two years with a third year for completion of the masters dissertation. The training is flexible incorporating taught core modules in year one and a choice of application modules in year two. Students select from modules that offer an in depth extension to the core modalities taught in year one and cover research methods together with a practice module.

Entry is open to those with current counselling experience, and workers in Health, HR and Social Work. Whilst a first degree is a normal entry criterion applications will also be considered from those with appropriate life and work experience.

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Psychotherapy Qualification & MSc

CPTI psychotherapy training extends over four taught years and in content is the same as the TA counselling training, the difference lies in additional professional requirements in the psychotherapy programme that includes a psychiatric placement.

In common with all TA training a prerequisite for entry is the completion of the two day TA101 course. Trainees complete a foundation year followed by three advanced years; there is an expectation that supervised practice will be engaged in from the second year. Entry to each subsequent year is by attendance, completion of projects and a demonstration of personal development within the training group. Psychotherapy trainees are required to be in therapy for the duration of their training.

At the completion of the second year of training (Advanced Year 1), trainees can register for the MSc in Transactional Analysis Psychotherapy and the remaining two advanced years comprise the taught element of the MSc. The CPTI training programme is designed to meet the requirements of the TA validating bodies (ITA and EATA) and to comply with the requirements of UKCP. Registration with the UKCP, subject to fulfilment of practice requirements, is by passing the CTA examination set by EATA and organised in the UK by the ITA. This open book examination comprises four written sections including a case study and theory essays; on receiving a pass on the written exam, candidates attend an oral examination where they demonstrate their competence as a practising psychotherapist.

Obtaining the CTA leads to registration with the UKCP, this is through the ITA. Candidates for the MSc present the case study and theoretical essays from their written CTA examination in suitable form as their master's project to Queen Margarets University, an acceptance by QMU gives the award of the master's degree.

Psychotherapy qualification requires the completion of considerable supervised practice and for this reason the process is inevitably longer than counselling training. Trainees going for the psychotherapy CTA work in Extended Training Groups for completion of the case study and preparation for the MSc. These groups meet for ten days per year.

In view of the length of training necessary for the psychotherapy qualification many trainees undertake a counselling diploma as a stepping stone on the route thus gaining a counselling qualification in three years of training.

## Supervision Training

### Introduction to Professional Supervision

This three day practical course was developed by CPTI for the local health board and has been delivered to groups of nurses and other health workers. The course may be taken stand-alone or undertaken in association with an e-module on supervision developed jointly by CPTI, Napier University and Lothian Health Board.

### MSc in Professional Supervision

Supervision is an established part of counselling and psychotherapy practise and is considered as an essential part of working in these professions. Supervision provides a space for the practitioner to reflect on the work with a client; to look at their responses to the client's presenting issues and to consider different ways of working or of looking at a specific issue. Supervision is a distinct and separate activity from line management and normally supervisors have no other working relationship with the supervisee.

Increasingly the value of this form of professional supervision is being accepted in the fields of medicine, social work and in other professional situations where working with a client group is core to the work. It is likely that independent professional supervision will become the norm in many professional fields.

To meet this demand CPTI is introducing an MSc in Professional Supervision with intermediate awards of a PG Certificate and a PG Diploma. This course will be taught jointly by CPTI and Napier University, Edinburgh and the awards are subject to validation by Napier.

The course will constitute two years of part time study and a third year to undertake an MSc dissertation. Modules will offer a mixture of taught and e content. The content of specific modules and the dissertation will reflect the students discipline and their area of intended practice.

Eligibility will be restricted to those already practising in the area they intend to supervise. It is expected that typical qualifications held will include holders of a diploma or equivalent in counselling or psychotherapy, a nursing qualification, a qualification in an allied medical field such as OT or Physiotherapy, other medical qualifications, CQSW or other social work qualification. Entry is not limited to the above and applications will be considered from those with other or no formal qualification but with proven experience in the field in which they intend to practise and this might include workers in HR, training, education and management in general.

An application form can be downloaded from our web site to register interest in this course and to receive further information.

## Training Calendar

### Short Courses

#### TA101 Introduction to Transactional Analysis & Introduction to Counselling Skills

Edinburgh	2008	Aug	Sep	Oct
	TA 101	30/31		25/26
	Couns. Skills		26/27/28	

### CPD Courses

2008/2009	Oct	Nov	Jan	Feb	Mar	May
CPD Courses	26	29/30	31/1		28/29	30/31

#### Foundation Year Transactional Analysis Counselling and Psychotherapy Training

2008/2009	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
Foundation Group 1	3/5/6	1/2	6/7	10/11	7/8	7/8		2/3	6/7	4/5
Foundation Group 2	31/	1/2	6/7	10/11	7/8	7/8	4/5	2/3	6/7	4/5
Foundation Group 3		4/5/6	3/4	7/8	4/5	4/5	1/2	6/7	3/4	1/2

Note: Foundation Year 3 will run on Wednesday & Thursday (and Tuesday in November only) if there is sufficient demand; all training groups are run subject to a minimum number of participants

#### First Year Brief Intervention Psychological Therapies MSc

Modules are each run over 5 days in blocks of 3 and 2 days approximately 6 weeks apart. Each modules will, subject to demand be run twice in the academic year. A timetable will be provided on request.

#### First Year Professional Supervision MSc

Modules are each run over 5 days in blocks of 3 and 2 days approximately 6 weeks apart, commencing in January 2009. A timetable will be provided on request.

#### BIPT and Professional Supervision Modules

Individual modules may be undertaken in both the BIPT and Professional Supervision courses; for academic credits, see the relevant section on the courses.

## Training Timelines

### Counselling Diploma – Transactional Analysis

Pre training	TA101 course	ITA Certificate of Attendance
Foundation Year	20 days including Counselling Skills Course	
Advanced Year 1	20 days	CPTI TA Theory & Skills Certificate
Advanced Year 2	20 days	COSCA Counselling Diploma

### Counselling MSc – Transactional Analysis

Pre matriculation	Diploma Course as above; matriculation is at start of Advanced Year 2	
Advanced Year 3	20 days	
Year 4	MSc Project supervision in Extended Training Group	MSc in TA Counselling (Queen Margaret University)

### Psychotherapy CTA and MSc

Pre training	TA101 course	ITA Certificate of Attendance
Foundation Year	20 days	
Advanced Year 1	20 days	
Advanced Year 2	20 days	
Advanced Year 3	20 days	
As required	Extended Training Group per year during practice compliance and exam preparation	CTA Exam and eligibility for UKCP registration
On passing CTA	Submission of MSc Project	MSc in TA Psychotherapy (Queen Margaret University)

### \*Brief Intervention Psychological Therapies – MSc and intermediate awards

Year 1	3 modules 15 days, including a core module + self study	PG Certificate (Napier University subject to validation)
Year 2	3 modules from options list	PG Diploma (Napier University subject to validation)
Year 3	MSc Dissertation with supervision and completion of Practice Module	MSc in Brief Intervention Psychological Therapies (Napier University subject to validation)

### \*Professional Supervision MSc and intermediate awards

Year 1	3 core modules 16 days + self study	PG Certificate (Napier University subject to validation)
Year 2	3 modules from options list	PG Diploma (Napier University subject to validation)
Year 3	MSc Dissertation with supervision	MSc in Professional Supervision (Napier University subject to validation)

*\*Individual modules may be undertaken with credits awarded*

## **Applications to Train**

### **TA101 Introduction to Transactional Analysis Introduction to Counselling Skills**

Open to all; use the booking form provided with this prospectus or available from our web site [www.cpti.org.uk](http://www.cpti.org.uk)

### **CPD Courses**

Use the booking form provided with this prospectus or available from our web site [www.cpti.org.uk](http://www.cpti.org.uk)

### **Transactional Analysis Counselling and Psychotherapy training**

Use the training application form with this prospectus or available from our web site [www.cpti.org.uk](http://www.cpti.org.uk)

### **Brief Intervention Psychological Therapies for Counselling**

Use the training application form with this prospectus or available from our web site [www.cpti.org.uk](http://www.cpti.org.uk)

### **MSc in Professional Supervision**

To receive further information return the registration of interest form with this prospectus or available from our web site [www.cpti.org.uk](http://www.cpti.org.uk)

## Recognition of Prior Learning Exemptions and RPL entry to training and degree courses

On many courses exemptions may be available for prior learning or qualifications:

### Transactional Analysis Training

**TA101:** attendance at a TA101 that was provided by any recognised TA training institution will be accepted – attach a copy of your TA101 certificate with your application.

**Introduction to Counselling Skills:** exemption from attendance on the first 3 day unit of the Foundation Year is available for those evidencing a counselling skills certificate or the equivalent on a course recognised by COSCA or BACP.

**Foundation Year or further TA training:** completion of training at a TA training institute recognised by EATA or ITAA can be recognised for entry into a later advanced year; evidence of completion of the academic requirements will be required.

### TA Counselling and Psychotherapy Masters

**Research Module:** At the discretion of the university, exemption may be available from this module for those demonstrating appropriate academic research at masters level in the preceding 4 years.

**RPL entry to MSc:** students who have completed recognised training or already obtained a CTA qualification may be eligible for RPL entry to the psychotherapy MSc

### Brief Intervention Psychological Therapies MSc

**Counselling skills module:** exemption may be obtained from this module for those evidencing a counselling skills certificate or the equivalent on a course recognised by COSCA or BACP

**Research Module:** At the discretion of the university, exemption may be available from this module for those demonstrating appropriate academic research at masters level in the preceding four years.

### Professional Supervision MSc

**Research Module:** At the discretion of the university, exemption may be available from this module for those demonstrating appropriate academic research at masters level in the preceding four years.

For further information and advice on exemptions and RPL, please email your questions to [training@cpti.org.uk](mailto:training@cpti.org.uk) stating the course you are interested in undertaking and the training you believe will make you exempt from specific modules or eligible for entry through the RPL process.

<b>Training Course Fees 2008 - 2009</b>				
	Organisations	Individuals & Charities	Organisations Early Booking	Individuals & Charities Early Booking
<b>Short courses</b>				
TA101	145.00	120.00	130.00	105.00
<sup>1</sup> Intro. Counselling Skills	285.00	245.00	260.00	220.00
<sup>2</sup> Research 3 day	375.00	320.00	350.00	295.00
Research 3 day + Assignment	435.00	370.00	410.00	345.00
CPD 1 day	152.00	130.00	137.00	115.00
CPD 2 day	290.00	248.00	265.00	223.00
<b>TA Modality Training</b>				
<sup>3</sup> Foundation Yr TA	1,590.00	1,445.00	-	-
<sup>3</sup> Foundation Yr TA without Coun. Intro	1,340.00	1,220.00		
Advanced Years	1,825.00	1,645.00	-	-
Prof. Development Group	929.00	839.00	-	-
Exam Preparation Group	929.00	839.00	-	-
<i>Charities operating in their voluntary sector are eligible for the lower fees</i>				
<i>Fees for TA training may be spread over ten months or paid by a single reduced payment</i>				
<sup>4</sup> MSc TA Psychotherapy	1,790.00	1,790.00	-	-
<sup>4</sup> MSc TA Counselling	1,790.00	1,790.00	-	-
<i>Individuals may spread the MSc fee over 10 months, this fee now includes the research module</i>				
	Modules Required	Module Fee	Academic Course Fees	
<b>Brief Intervention Psychological Therapies</b>				
<sup>5</sup> Individual Modules 1st Year		560.00		
<sup>5</sup> Individual Applied Modules 2nd Year		720.00		
<sup>6</sup> BIPT Certificate	3		1,995.00	
<sup>6</sup> BIPT Diploma	6		4,595.00	
<sup>6</sup> BIPT MSc	7 + dissert.		5,955.00	
<b>Professional Supervision</b>				
<sup>5</sup> Individual Modules 1st Year		560.00		
<sup>5</sup> Individual Applied Modules 2nd Year		720.00		
<sup>6</sup> BIPT Certificate	3		1,895.00	
<sup>6</sup> BIPT Diploma	6		3,395.00	
<sup>6</sup> BIPT MSc	7 + dissert.		4,995.00	

### Notes to the fee schedule

1 The Introduction to Counselling Skills is included in the first year of TA training and there is an equivalent module in a module in the Brief Intervention Psychological Therapies programme

2 The research course may be undertaken as a three day taught course, to qualify as a module in the TA MSc programme an assignment must be included.

3 Foundation Year TA training includes the Introduction to Counselling Skills Course, an exemption for this course is available to those who have completed an equivalent training recognised by COSCA

4 The fees for TA Counselling or Psychotherapy MSc are in addition to the advanced year training fees

5 Individual modules may be undertaken, basic modules carry credits at undergraduate and postgraduate levels (SCQF 9 & 11) and applied modules at post graduate level (SCQF 11)

6 The award of the PG Certificate or Diploma and MSc require the completion of practice and supervision and development group attendance. Personal therapy is also required this is not included in the fees.

## Further Information and Contacts

### Further information

Information Sheets on many aspects our courses can be downloaded from our web site at [www.cpti.org.uk](http://www.cpti.org.uk) . Other information may be obtained from the web sites of:

Queen Margaret University	<a href="http://www.qmu.ac.uk">www.qmu.ac.uk</a>
Napier Universty	<a href="http://www.napier.ac.uk">www.napier.ac.uk</a>
COSCA	<a href="http://www.cosca.org.uk">www.cosca.org.uk</a>
ITA	<a href="http://www.ita.org.uk">www.ita.org.uk</a>

Our web site and others also carry other useful contact addresses.

Questions and requests for further information should be sent to office addressed to the Training Administrator preferably by email: [training@cpti.org.uk](mailto:training@cpti.org.uk) , if you want to discuss any aspect of training with our staff, it will be helpful if the request is made by email indicating the focus of any discussion, your telephone number and times when you can be reached.

We will happy to offer you a meeting to discuss the training programmes if you feel this could be beneficial, again if possible, please make the request by email.

### Training Manuals

We publish training manuals annually detailing all aspects of the courses including curriculum, assignments, assessments and regulations governing the conduct of courses. The manual for the year starting in October is published in May.

A copy of can be sent to you by email as a PDF file. Prior to publication a copy of the current year manual can be sent; however do please note that there are major additions to our programme in 2008. Please email your request for a manual.

## Counselling & Psychotherapy Training Institute

86 Causewayside, Edinburgh EH9 1PY

[enquiries@cpti.info](mailto:enquiries@cpti.info) 0131 667 6173 or 0845 450 1547



Queen Margaret University  
EDINBURGH



NAPIER UNIVERSITY  
EDINBURGH

For more detailed information on all aspects of CPTI training see our Information Sheets at [www.cpti.org.uk](http://www.cpti.org.uk)

## Glossary of Terms and Abbreviations used in this Prospectus

<b>Brief Intervention Therapies</b>	Psychological therapies used in short term counselling these include various modalities such as CBT, CAT, IPT, Brief Dynamic Therapy and TA. These are evidence based methodologies.
<b>Continuing Professional Development (CPD)</b>	CPD courses are run on various subjects each year. Many of them have masters credits attached. They also provide a framework to develop a practitioner's expertise in specific areas.
<b>COSCA</b>	The Scottish professional counselling organisation; CPTI is a organisational member of COSCA
<b>Counselling</b>	A (usually) short term process whereby a client is helped to find solutions to problems in the present
<b>CPTI Training Manual</b>	A manual published annually defining all aspects of CPTI courses.
<b>CPTI Student Handbook</b>	A handbook for specifically covering the MSc courses
<b>CTA</b>	Certified Transactional Analyst, the professional qualification
<b>EATA</b>	European Association for Transactional Analysis, the accrediting body
<b>ITA</b>	Institute of Transactional Analysis of which CPTI is a Registered Training Establishment
<b>ITA Registered Training Establishment</b>	A training organisation registered by the ITA as competent to deliver TA training meeting the standards of EATA and UKCP; CPTI is a Registered Training Establishment
<b>Modules</b>	Individual segments of a degree course, credits may be available on all modules in CPTI masters courses
<b>Psychotherapy</b>	A (usually) longer term process whereby a client seeks to understand and resolve life problems which often have reference to the past
<b>Relational Psychotherapy</b>	Psychotherapy where the work is done in the relationship between the therapist and the client, TA is a humanistic methodology that can be practised relationally.
<b>PTSTA</b>	Provisional Teaching and Supervising Transactional Analyst
<b>Supervised Practice</b>	Supervision of clinical practice conducted within the peer group
<b>Supervision</b>	Taking counselling or therapy work with a client for appraisal working one to one or in a supervision group
<b>Supervisor</b>	A trainer or other qualified to supervise a practitioner working with clients
<b>Transactional Analysis (TA)</b>	A system of psychology integrating models of human development, personality and communication used in counselling, psychotherapy, education and in organisations
<b>TA 101</b>	An introduction to Transactional Analysis course conducted to a standard syllabus and certificated by the ITA
<b>Trainee/Student</b>	A member of a training course
<b>Trainer</b>	One qualified to deliver psychotherapy and counselling training
<b>Training</b>	The whole process of training therapists
<b>Training Group</b>	Students in the same (cohort) year teaching group
<b>TSTA</b>	Teaching and Supervising Transactional Analyst
<b>UKCP</b>	United Kingdom Council for Psychotherapy, the lead body in the UK for psychotherapy of which the ITA is a member
<b>Year</b>	A period of training equivalent to the academic year October to July

*Notes: the term trainee is normal in counselling and psychotherapy training whereas student is more common when considering university courses; in this prospectus the terms are interchangeable.*