

# Psychosynthesis Psychotherapy

This programme is only offered at: **Psychosynthesis and Education Trust**. *This programme is no longer recruiting.*

**Final award** MA

**Intermediate awards available** None

**UCAS code** N/A

**Details of professional body accreditation** The Psychosynthesis and Education Trust is an Organisational Member of the British Association for Counselling and Psychotherapy (BACP), The United Kingdom Association of Therapeutic Counsellors (UKATC) and The United Kingdom Council for Psychotherapy (UKCP)

**Relevant QAA Benchmark statements** N/A

**Date specification last up-dated** May 2013

## Profile

### The summary - programme advertising leaflet

#### Programme content

The aims of the programme is to:

- Further develop the professional study, academic research and clinical training of graduates of the Postgraduate Diploma in Psychosynthesis Counselling, through the writing of a dissertation
- Build on the pre-dissertation psychotherapy training gained in the PET Atrium Year
- Elaborate on the training of reflective psychosynthesis practitioners who work at a high standard of competency, within a transpersonal context, with ethical and safe practice
- Enable students to practise with a depth and degree of clinical expertise and theoretical knowledge which is integrated with a wider field of psychology and psychotherapy
- Prepare students to gain full independent professional status, accreditation and registration

#### Psychosynthesis Psychotherapy at UEL

- This programme offers the opportunity to study and carry out original research on an aspect of psychosynthesis psychotherapy, at a very deep level, at the country's oldest psychosynthesis institution;
- Core staff are senior psychosynthesis tutors, as well as senior practitioners and supervisors in psychosynthesis therapy.

### **Admission requirements**

Completion of the following:

- Postgraduate Diploma in Psychosynthesis Counselling or equivalent
- PET Atrium Year or equivalent
- Clinical Case Study 3
- 250 clinical hours

### **Programme structure**

This is a one year, part-time programme. We have 10 training weekends each year. We have two course intakes each calendar year; February and September. Our academic year consists of two semesters with breaks during August and the Christmas holiday period. Students have 2 modes of attendance: block format (Friday – Monday) or intermonth format (Friday – Sunday plus 4 weekday evenings a month). Each format is subject to sufficient numbers.

### **Learning environment**

Formulating, planning, researching writing and collating a dissertation; supervised clinical practice; plus a minimum of 4 hours of Academic Tutor contact time for guidance.

### **Assessment**

- Written dissertation of 14000 words
- Comparative Research Methods Essay of 1500 words
- Study Tutor Assessment and Report
- Students are also required to complete 0-150 supervised clinical hours (depending on how many hours the applicant has accumulated prior to the start of the course), ensuring that 450 hours have been completed by the time of the award. Research Methodology seminars and Academic Tutorials will also be completed.

### **Relevance to work/profession**

- The Trust's professional programmes are fully recognized by the British Association for Counselling and Psychotherapy (for counsellors), and the United Kingdom Council for Psychotherapy (for psychotherapists);
- Following completion of the MA, and subject to satisfactory completion of all clinical requirements and a qualifying case study, graduates will be eligible for UKCP registration;
- Graduates are also members of the European Association for Psychotherapy, via the European Federation for Psychosynthesis Psychotherapy.

## **Thesis/Dissertation/project work**

The main focus of the MA is an originally researched, 14,000 word dissertation. This accounts for 100% of the marks.

## **Added value**

If the student goes on to gain UKCP registration, this means they become part of a nationally recognised professional association.

## **Your future career**

Graduates of the Trust are fully recognised as counsellors/psychotherapists within the UK, and work in many areas of the public sector, education and private practice.

MA graduates will be able to practise psychosynthesis psychotherapy to the highest level, with a secure academic and practical foundation. There are also opportunities for teaching and lecturing available throughout the psychotherapy world, open to students with such top-level qualifications.

## **How we support you**

- Each student has an individual pastoral Study Tutor for personal and individualised support with their academic work;
- Students are also assigned to tutorial groups, where they will give and receive peer support.

On a practical level:

- The Trust has its own library, and students are also provided with original reading material, and may purchase additional articles and resources;
- Students have access to UEL's Stratford Campus library, which houses the School of Psychology collection;
- Books required for the programme are on sale from the Trust office, and can also be sent to students for a small fee;
- There is a Common Room, equipped with a microwave etc, for the use of the students;
- A Meditation room is available for students requiring a quiet space.

## **Bonus factors**

- We have our own Student Placement Service and Low-Cost Counselling Service;
- We have built up a close relationship with many agencies and charities, who provide us with many diverse placement opportunities;
- The Trust building has recently undergone a major programme of renovation and redecoration, providing a fresh and creative learning environment;
- Situated at London Bridge, we are well situated for those who wish to enjoy historic London, or simply to walk by the Thames;
- There are numerous eating and shopping amenities in the immediate vicinity.
- We are easily reached by train, bus and tube;

# Outcomes

## Programme aims and learning outcomes

### What is this programme designed to achieve?

This programme is designed to give you the opportunity:

Research and complete a Masters' dissertation on a subject relevant to the study or practice of psychosynthesis psychotherapy.

### What will you learn?

At the end of the Programme, students will:

#### Knowledge

- Have deepened their understanding of depth psychosynthesis psychotherapy in general;
- Have acquired an expert appreciation of the chosen dissertation subject.

#### Thinking skills

- Be able to reflect upon the content of their research dissertation and structure it appropriately.

#### Subject-Based Practical skills

- Demonstrate the application of the dissertation material to the practice of psychosynthesis psychotherapy;
- Be able to integrate evidence of relevant clinical work into the writing of the dissertation.

#### Skills for life and work (general skills)

- Have been able to plan and deliver a completed dissertation within the necessary time-frame;
- Have contributed to undertake ongoing personal and professional development.

# Structure

## The programme structure

### Introduction

At the University of East London all programmes are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 0 - equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree programme
- 1 - equivalent in standard to the first year of a full-time undergraduate degree programme
- 2 - equivalent in standard to the second year of a full-time undergraduate degree programme
- 3 - equivalent in standard to the third year of a full-time undergraduate degree programme
- M - equivalent in standard to a Masters degree

### **Credit rating**

The overall credit-rating of this programme is 60 M Level credits (making a total of 180, when combined with the Postgraduate Diploma).

### **Typical duration**

The typical duration of this programme is one year, part time.

### **How the teaching year is divided**

Our academic year consists of two semesters with breaks during August and the Christmas holiday period. We have two course intakes each calendar year starting in February and in September.

The programme is divided into two years (also known as modules). Each year covers two semesters. The semesters run as follows:

- Spring: 1 Feb – 31 August
- Autumn: 1 Sept – 31 Jan

### **What you will study when**

-

<b>Year</b>	<b>Module title</b>	<b>Credit status</b>
1	Psychosynthesis Psychotherapy (Double Module)	60 Core

### **Requirements for gaining an award**

- In order to gain a Postgraduate Certificate, you will need to obtain 60 credits at Level M
- In order to gain a Postgraduate Diploma, you will need to obtain 120 credits at Level M

- In order to obtain a Masters, you will need to obtain 180 credits at Level M. These credits will include a 60 credit Level M core module of advanced independent research.

### **Masters Award Classification**

Where a student is eligible for an Masters award, then the award classification is determined by calculating the arithmetic mean of all marks and applying the mark obtained as a percentage, with all decimal points rounded up to the nearest whole number, to the following classification:

70% - 100% Distinction

60% - 69% Merit

50% - 59% Pass

0% - 49% Not Passed

## **Assessment**

### **Teaching, learning and assessment**

#### **Teaching and learning**

#### **Knowledge is developed through**

- Individual study and research

#### **Thinking skills are developed through**

- Dissertation writing

#### **Practical skills are developed through**

- Supervision of clinical practice

#### **Skills for life and work (general skills) are developed through**

- Individual therapy

#### **Assessment**

#### **Knowledge is assessed by**

- Dissertation

#### **Thinking skills are assessed by**

- Research and dissertation planning

### **Practical skills are assessed by**

- Supervisor assessment of clinical practice

### **Skills for life and work (general skills) are assessed by**

- Ability to undertake dissertation to deadline

## **Quality**

### **How we assure the quality of this programme**

#### **Before this programme started**

Before this programme started the University checked that:

- there would be enough qualified staff to teach the programme;
- adequate resources would be in place;
- the overall aims and objectives were appropriate;
- the content of the programme met national benchmark requirements;
- the programme met any professional/statutory body requirements;
- the proposal met other internal quality criteria covering a range of issues such as admissions policy, teaching, learning and assessment strategy and student support mechanisms.

This is done through a process of programme approval which involves consulting academic experts including some subject specialists from other institutions.

### **How we monitor the quality of this programme**

The quality of this programme is monitored each year through evaluating:

- external examiner reports (considering quality and standards);
- statistical information (considering issues such as the pass rate);
- student feedback.

Drawing on this and other information, programme teams undertake the annual Review and Enhancement Process which is co-ordinated at School level and includes student participation. The process is monitored by the University's Quality and Standards Committee.

Once every six years the University undertakes an in-depth review of the whole field. This is undertaken by a panel that includes at least two external subject specialists. The panel considers documents, looks at student work, speaks to current and former students and speaks to staff before drawing its conclusions. The result is a report highlighting good practice and identifying areas where action is needed.

### **The role of the programme committee**

This programme has a programme committee comprising all relevant teaching staff, student representatives and others who make a contribution towards the effective operation of the programme (e.g. library/technician staff). The committee has responsibilities for the quality of the programme. It provides input into the operation of the Review and Enhancement Process and proposes changes to improve quality. The programme committee plays a critical role in the University's quality assurance procedures.

### **The role of external examiners**

The standard of this programme is monitored by at least one external examiner. External examiners have two primary responsibilities:

- To ensure the standard of the programme;
- To ensure that justice is done to individual students.

External examiners fulfil these responsibilities in a variety of ways including:

- Approving exam papers/assignments;
- Attending assessment boards;
- Reviewing samples of student work and moderating marks;
- Ensuring that regulations are followed;
- Providing feedback to the University through an annual report that enables us to make improvements for the future.

### **Listening to the views of students**

The following methods for gaining student feedback are used on this programme:

- Programme completion and programme evaluation forms;
- Community meetings every semester;
- Student representatives meet every semester with the Staff Team;
- End of Year Assessment Interview;
- Informal methods, such as during tutorials;
- Anonymous feedback may also be given.

Students are notified of the action taken through:

- Circulating the minutes of the relevant meetings;
- Feedback from Student representatives;
- Regular written updates from Director of Programmes;
- Verbally, during tutorials and other meetings

### **Listening to the views of others**

The following methods are used for gaining the views of other interested parties:

- Questionnaires to former students: Every five years, the Trust tracks its graduates through a questionnaire to gain information on how graduates are using their psychosynthesis qualification in their lives. Graduates are kept in touch with Continuing Professional Development Programmes offered by the Trust, through its

Psychosynthesis Professional Association, and the Trust offers a bi-annual Newsletter to stay in touch with interested parties;

- BACP and UKCP Programmes Recognition Committees: The Trust is subject to the re-accreditation procedures of these bodies; Trust representatives are members of working parties for UKCP and BACP.

## Further Information

### Alternative locations for studying this programme

Location	Which elements?	Taught by UEL staff	Taught by local staff	Method of Delivery
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-

### Where you can find further information

Further information about this programme is available from:

- The UEL web site
- The student handbook <http://www.psychosynthesis.edu>
- UEL Manual of Regulations and Policies <http://www.uel.ac.uk/qa/>
- Regulations for the Academic Framework <http://www.uel.ac.uk/academicframework/>
- UEL Quality Manual <http://www.uel.ac.uk/qa/manual>
- The Psychosynthesis and Education Trust's website: <http://www.psychosynthesis.edu>
- UEL's School of Psychology's website <http://www.uel.ac.uk/psychology/>
- Email: [enquiries@petrust.org.uk](mailto:enquiries@petrust.org.uk)  
Tel: 020 7403 2100  
Fax: 020 7403 5562