

TURNING POINT TRAINING INSTITUTE



MSc in Integrative Counselling
and Psychotherapy

2014-2015

The MSc in Integrative Counselling & Psychotherapy
is validated and awarded by University College Cork.





'All that is Eternal' by Karen Ebbs

CONTENTS

| | |
|---|----|
| TURNING POINT | 02 |
| TURNING POINT TRAINING INSTITUTE | 02 |
| UNIVERSITY COLLEGE CORK | 03 |
| TPTI PHILOSOPHY OF INTEGRATION | 04 |
| MSc IN INTEGRATIVE COUNSELLING & PSYCHOTHERAPY | 07 |
| - Philosophy | 07 |
| - Duration of Programme | 08 |
| - Time Commitment | 09 |
| - Course Content | 10 |
| - Clinical Requirements | 12 |
| - Entry Requirements | 13 |
| - Fees | 14 |
| - Assessment | 15 |
| - Accreditation | 16 |
| OTHER TRAINING COURSES OFFERED BY TURNING POINT TRAINING INSTITUTE | 17 |
| - Foundation Course in Integrative Counselling and Psychotherapy | 17 |
| - Certificate and Diploma in Supervision for Health Care Professionals | 17 |
| - Certificate in Cognitive Behavioural Therapy | 17 |
| - Continuing Professional Development Courses | 17 |

WE DO NOT SEE THINGS AS THEY
ARE, WE SEE THEM AS WE ARE

TALMUD

EDUCATION IS NOT THE
FILLING OF A PAIL, BUT
THE LIGHTING OF A FIRE

W. B. YEATS

TURNING POINT

Co-founded by Kay Conroy and Mary Paula Walsh in 1986, Turning Point was one of the first organisations in Ireland to offer humanistic and integrative Counselling and Psychotherapy services. Turning Point continues to offer these services, and is a registered charity.

TURNING POINT TRAINING INSTITUTE

Turning Point Training Institute (TPTI) [formerly, The Irish Institute of Counselling and Psychotherapy Studies (IICPS)], was established in 2001. TPTI seeks to advance and develop psychotherapy studies, encompassing educational training, clinical practice, research, supervision, and to set a benchmark of excellence commensurate with similar, internationally acclaimed, institutes of psychotherapy.

Turning Point Training Institute,
23 Crofton Road Dún Laoghaire, Co. Dublin



UNIVERSITY COLLEGE CORK

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WE CAN MAKE OUR MINDS SO
LIKE STILL WATER
THAT BEINGS GATHER ABOUT US
THAT THEY MAY SEE,
IT MAY BE, THEIR OWN IMAGES,
AND SO LIVE FOR A MOMENT
WITH A CLEARER,
PERHAPS EVEN WITH A FIERCER LIFE
BECAUSE OF OUR QUIET.

W. B. YEATS

TURNING POINT TRAINING INSTITUTE PHILOSOPHY OF INTEGRATION

At TPTI we take a holistic view of the person as a relational being. Our integrative approach recognises all aspects of the person, including mind, body, spirit and emotions. We also recognise that we all live and operate within a particular social and cultural context.

We understand that Psychotherapy is centred around a co-created relationship between therapist and client that develops awareness, in order to serve the needs of the client. We believe that clients have the ability to heal themselves and thereby effect change in their lives as active agents in the therapeutic relationship. We recognise that at certain times of our lives, particular challenges, crises or turning points may arise and it is in the individual therapist-client relationship that the process of integration occurs. Psychotherapy outcome research affirms the crucial role of the therapeutic

relationship in developing client self development and awareness.

At TPTI we do not believe that any one, single approach to psychotherapy is 'the only way;' we recognise the uniqueness of each person, and that different approaches are appropriate to the individual client in different situations. Our integrative approach emphasises the development of a relational capacity and draws on and is often informed by more than one therapeutic modality. The process of integration happens on many levels, both in terms of; a coherent theoretical model, the therapist's integration and practice, and the personal integration of the client.

We do not teach one particular model of integration but rather support students in the activity of integration itself. We teach students to integrate theories and skills from several different

therapeutic models into a coherent and flexible framework of their own, in order to meet the uniqueness of each client best. The activity of integration cultivates an ability to communicate through different modalities, and to have an openness and curiosity about the essential elements in any therapeutic process.

Professional training, including a sound theoretical and practical knowledge, guides approaches and methods used in best clinical practice.

We believe in the ability of the individual to actualise within a developmental and Transpersonal framework and guided by their own ability to effect change. Therefore our integrative approach is embedded within a Humanistic framework and informed by the Transpersonal approach of Psychosynthesis, and the developmental insights of Psychodynamic theories.

At TPTI there is a focus on the personal integration of therapists.



'Black Rocks, Cill Rialaig No. 1'
by Pauline Bewick

The training therefore emphasises the full engagement of the student, in terms of developing self-reflexivity, self-understanding, and sensitivity to the other person through individual and group work. We emphasise the cultivation of an attitude of respect, kindness, honesty and equality in regard to the personhood of the client, in a manner that upholds the integrity and humanity of both the self and the other. This personal work also allows the therapist to become 'empathically attuned' to the client. The training programme creates in the student a capacity to identify the strengths of the client, and to track, support and build on these strengths in order to unfold the full potential of the



Turning Point Library

client for self-actualization. We also teach students the importance of acknowledging the transpersonal dimension, and how the meaning of events in a wider context can be turning points in the journey of transformation.

Always cognisant of the socio-political, cultural and historical

environment in which we live and work, the TPTI integrative approach draws on a developmental view of the evolving self. The cohesive model which underpins the TPTI training of psychotherapists acknowledges the need for a fluid and flexible attitude at all times.

TPTI EDUCATIONAL AND TRAINING COURSES

At TPTI, we offer a range of educational and training programmes, including formal training for professional accreditation and programmes designed for continuing personal and professional development.

THE MSc IN INTEGRATIVE COUNSELLING AND PSYCHOTHERAPY

The MSc in Integrative Counselling & Psychotherapy is validated and awarded by University College Cork - National University of Ireland, Cork.



Commencing in September each year, the four-year MSc in Integrative Counselling and Psychotherapy is currently the flagship programme for Turning Point Training Institute. At TPTI, we believe in the ability of the individual to actualise within a developmental, Transpersonal framework and be guided by their own ability to effect change. Our integrative approach is embedded within a Humanistic framework and informed by the Transpersonal approach of Psychosynthesis and the developmental insights of a Psychodynamic approach. This unique synthesis infuses all aspects of the course: through experiential training, clinical practice, supervision and theoretical teaching and research. A key aim of the course is to enable students to develop their own approach to integration, both for themselves and for the practice of Counselling and Psychotherapy. Recognising the co-created nature of the Psychotherapeutic relationship, involving the person of the therapist as well as the client, we place special emphasis on developing self-reflexive practice.

We at Turning Point Training Institute believe that the qualities and skills required to 'teach' Counselling and Psychotherapy are complex and unique, and that life-long learning and self-development are central to individual and professional development. Graduates of Turning Point Training Institute are respected and welcomed throughout the profession.

The Professional Training Programme is accredited by the following professional bodies:

- The Irish Council for Psychotherapy (ICP)
- The Irish Association of Humanistic and Integrative Psychotherapy (IAHIP)
- The Irish Association of Counselling and Psychotherapy (IACP)
- The European Association of Psychotherapy (EAP)
- The European Association of Integrative Psychotherapy (EAIP)

DURATION OF PROGRAMME

The part-time MSc in Integrative Counselling and Psychotherapy runs over four academic years from the date of first registration for the programme. Students take modules to a total value of 100 credits. Students take taught modules to the value of 60 credits over three years incorporating approximately 640 hours of structured contact time. Lectures and experiential group learning take place over 8 three-day weekends during the academic year. Students take a 'Use of Clinical Supervision 2' module (10 credits) in year 4. A research dissertation (30 credits) is submitted in the Summer of Year 4.

TIME COMMITMENT

One weekend each month for 8 (or 9) months.
September/October to May/June each year.

| | YEAR 1: | YEAR 2: |
|------------|--------------------|----------------------------|
| FRIDAYS: | 1.30 pm – 8.00 pm | 1.30 pm – 8.00 pm |
| SATURDAYS: | 10.00 am – 6.00 pm | 10.00 am – 6.00 pm |
| SUNDAYS: | 10.00 am – 6.00 pm | 10.00 am – 6.00 pm |
| | | |
| | YEAR 3: | YEAR 4: |
| | | (subject to change) |
| FRIDAYS: | 2.30 pm – 9.30 pm | 2.00 pm – 7.00pm and/or |
| SATURDAYS: | 10.00 am – 8.30 pm | 10.00 am – 6.00 pm |
| SUNDAYS: | 10.00 am – 6.00 pm | 10.00 am – 6.00 pm |

In addition to the above, all students are required to:

- Attend fortnightly Clinical Supervision (Years 3 and 4)
- Attend regular Academic Supervision (Year 4)
- Engage in peer Counselling weekly including during the summer breaks
- Attend a 2 hour study group approximately once a month including during the summer breaks
- Attend personal therapy weekly during the four years of the course

Terms & Conditions of Acceptance and provisional timetables will be sent to candidates when they are offered a place on the course. Further course details will be sent out when candidates have accepted their places and paid full fees.

'Spirit of Nature' by Prunella Shaw

COURSE CONTENT

THEORY

Our integrative approach is embedded within a Humanistic framework and informed by the transpersonal approach of Psychosynthesis and the developmental insights of a Psychodynamic orientation. These main modalities are underpinned with modules in; the Practice of Psychotherapy, Personality and Developmental Psychology, Psychiatry and Research.



'Light of Renewal' by Elisabeth Müller Stein

PRACTICE

Skills Training takes place mainly in small groups. Once students have successfully passed the Year 2 Modules and are deemed "Fit to Practice", they begin to see clients in June/July of Year 2. Students cannot begin to see clients until all modules in the year have been passed.

The Institute will make every effort to support students in finding a suitable placement. However they cannot guarantee to provide students with clients. Students are therefore ultimately responsible for finding their own placements/clients.

THOUGH WE LIVE IN A WORLD THAT DREAMS OF ENDING
THAT ALWAYS SEEMS ABOUT TO GIVE IN
SOMETHING THAT WILL NOT ACKNOWLEDGE CONCLUSION
INSISTS THAT WE FOREVER BEGIN

FROM 'BEGIN' BY BRENDAN KENNELLY

CLINICAL PLACEMENTS AND SUPERVISION

At the end of Year 2, students are required to begin to practice in suitable clinical placements. They will receive assistance in this regard from the Turning Point Placement Coordinator. Turning Point will contract with placements in relation to: the screening of potential clients, provision of appropriate clients, development of an appropriate 'termination' plan for student's caseload at the end of the placement, referral of any disciplinary issues with the student/trainee to TPTI, and the completion of Referral, Intake and Client/Trainee Therapist Contract forms. Any issues arising for the students in relation to their placement are referred in the first place to the Placement Coordinator. Some placements and agencies have internal case management. This is entirely separate from the students' Clinical Supervision. Payment for clinical supervision is included in the course fees, in Years 3 and 4.

DISSERTATION SUPERVISION (YEAR 4 STUDENTS)

During Year 4 students are provided with Academic Supervisors by TPTI. Payment for this supervision is included in the course fees.



"...I swear I will not dishonor my soul with hatred, but offer myself humbly as a guardian of nature, as a healer of misery, as a messenger of wonder, as an architect of Peace..."

CLINICAL REQUIREMENTS

PERSONAL THERAPY

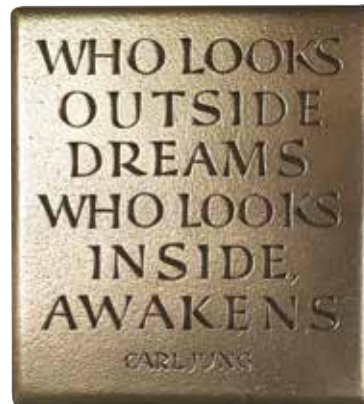
Students are required to undertake their own personal therapy weekly (for a minimum of 40 hours a year) during Years 2, 3 and 4 of the course. To allow students time to find and settle with a therapist, a minimum of 20 hours is required in Year 1 but students are encouraged to attend weekly. Lists of accredited members of the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP), a section of the Irish Council for Psychotherapy (ICP) and Irish Association for Counselling and Psychotherapy (IACP) are available from their offices/websites. Students are responsible for their own personal therapy fees. Personal therapy is mandatory but is not assessed. Students must submit a record of personal therapy hours, signed by their therapist, at the end of each academic year.

GROUP PROCESS

Students engage in specific group process throughout the four year course. Process work is also incorporated in the Skills Training and some other Modules.

STUDENT/CLIENT CONTACT AND SUPERVISION

Students must have completed a minimum of one hundred supervised client contact hours in Year 3 and a further one hundred hours in Year 4.



ENTRY REQUIREMENTS

- 1 Prospective students should have a Level 8 Honours Degree (at least a 2.2 or equivalent).
- 2 Prospective students who do not possess a primary degree may gain entry through Recognition of Prior Learning (RPL). RPL students will be assessed on a case-by-case basis through the presentation of a 3,000 word essay and a 1,000 word book review which will be examined and marked by an external examiner. The fee for this will be €150 and must be borne by the applicant. If they attain a mark of 50% or more they will then be called for interview. Successful RPL applicants will be required to attend an Academic Writing Skills Workshop/s.

Prospective students will be called for interview, the purpose of which is to ascertain whether the person has the necessary qualities, both academic and personal, to undertake a professional training programme in Counselling and Psychotherapy. Interviews are usually carried out by two members of faculty. The offer of a place on the programme is contingent upon the applicant completing a successful interview. Supporting documentary evidence of qualifications will be required when offered a place on the course.

APPLICATION FORM

Interested prospective students are required to complete a detailed application form, including 300 words on their motivation for applying for this course.

SELECTION FOR INTERVIEW

Those selected for interview will normally have a minimum of 5 years post-graduate experience. Pre-graduate experience may be considered.

FEES

There is a non-refundable application fee of €150.

For RPL students who are short-listed to the second round of selection there is an additional non-refundable fee of €150.

A non-refundable deposit of €2,000 must be paid on acceptance of a place on the course. The balance of fees must be paid in full before commencement of the first weekend of the course year. A separate registration fee of €220 plus VAT is payable to UCC.

The fee for Year 1 2014/15 is €6,000 (this does not include the fee for registration). Fees for Years 2, 3 & 4 are available on request.

Fees may increase from year to year.

The course is eligible for tax relief under section 473A, Taxes Consolidation Act, 1997. For further information contact your Regional Revenue Office or visit the Revenue's website www.revenue.ie.

ASSESSMENT

Assessment is based on attendance, course work and clinical requirements and includes written work and skills development. There is no formal written examination. Each student in training is considered as an individual on an individual journey. Students are assessed each year and progress on from year to year only when they have met all the requirements to date, including the clinical requirements. An external examiner is involved in assessment for all years. An appeals procedure operates.



'A world dreamt into being' by Karen Ebbs

ACCREDITATION

UNIVERSITY COLLEGE CORK

On successful completion of the full four-year programme (100 credits), UCC awards candidates an MSc in Integrative Counselling & Psychotherapy.



Students should consult the following link regarding Marks and Standards:
<http://www.ucc.ie/admin/registrar/marksandstandards/>

Upon satisfactory completion of the 4-year Professional Training Programme and passing of 70 credits, students may opt not to complete the MSc dissertation and be conferred with an award of a Postgraduate Diploma in Integrative Counselling and Psychotherapy. A student who subsequently applies to continue to Master's level must do so within 5 years of successful completion of the Postgraduate Diploma.

PROFESSIONAL ACCREDITATION

The 4-year course is accredited by the European Association of Psychotherapy (EAP) and recognised by the European Association of Integrative Psychotherapy (EAIP) as having met their training standard requirements. Students who successfully graduate from the four-year course will be eligible to apply for the European Certificate of Psychotherapy (ECP) and the European Certificate of Integrative Psychotherapy (ECIP).

The 4-year Diploma in Integrative Counselling and Psychotherapy is recognized by the Irish Association of Humanistic and Integrative Psychotherapy, IAHIP (ICP/EAP). In order to meet their requirements, students must successfully complete all four years.



OTHER TRAINING COURSES OFFERED BY TURNING POINT TRAINING INSTITUTE

FOUNDATION COURSE IN INTEGRATIVE COUNSELLING AND PSYCHOTHERAPY

POST-QUALIFICATION COURSES FOR QUALIFIED PRACTITIONERS

CERTIFICATE AND DIPLOMA IN SUPERVISION FOR HEALTH CARE PROFESSIONALS

CERTIFICATE IN COGNITIVE BEHAVIOURAL THERAPY

CONTINUING PROFESSIONAL DEVELOPMENT

Turning Point Training Institute offers a range of one- and two-day courses, seminars and workshops, that meet the needs of qualified psychotherapists who thus inform their clinical practice and further develop their own integration.

For updated information on all courses please see our website www.turningpoint.ie



Oneness by Jim Hennelly



FOR FURTHER INFORMATION AND APPLICATION FORMS, CONTACT:

TRAINING CO-ORDINATOR

TURNING POINT TRAINING INSTITUTE
23 CROFTON ROAD
DÚN LAOGHAIRE, CO. DUBLIN

TEL: 01-2801094 & 01-2801603

FAX: 01-2800643

EMAIL: admin@tpi.ie

WEB: WWW.TURNINGPOINT.IE

All information is correct at time of going to print. All courses at TPTI run subject to a minimum number of participants. TPTI reserves the right to make changes to dates, times and course content, and will make every effort to advise participants of any such changes in good time.

TPTI is deeply appreciative to artists Pauline Bewick, Karen Ebbs, Jim Hennelly, Elisabeth Müller Stein and Prunella Shaw for permission to re-produce their artwork in this brochure.

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