The MA Psychotherapy & Counselling provides an intermediate pre-professional training and includes taught, clinical, experiential and self-directed components. Upon completion you will be able to go on to the final stage of training leading to eligibility for UKCP membership as an integrative or existential psychotherapist.

The MA Psychotherapy & Counselling will give you a broad knowledge of theories of psychotherapy and the work of key historical and contemporary figures. It will prepare you for psychotherapy practice by developing your skills in the safe environment of the classroom. You will learn to apply your theoretical knowledge and acquired skills in an approved clinical placement under the supervision of experienced practitioners in both the placement and at the School.

The programme will enable you to develop your individual approach to the practice of psychotherapy and counselling. You will be encouraged to develop a capacity for self-insight gained through personal therapy, and will undertake ongoing self-evaluation and reflection on the personal beliefs and prejudices that may affect your clinical practice. Learning methods include tutorials, group work, independent study, engagement with your own therapeutic experience, and clinical practice guided by experienced professionals. You must remain in one-weekly individual psychotherapy with a UKCP member therapist throughout your training. You will also be trained in research methods and carry out an in-depth investigation into a relevant topic.

Programme content
You will take the following modules:

Clinical Placement

Contemporary Theory and Practice in Existential Psychotherapy

Contemporary Theory and Practice in Integrative Psychotherapy

Contemporary Theory and Practice in Psychoanalytic Psychotherapy

Existential-Phenomenological Approaches

Humanistic and Integrative Approaches

Psychoanalytic Approaches

Research Methods in Psychotherapy

Clinical placements
Placements begin in the second year of the programme, and require at least half a day (usually more) each week, both during and outside term time. You will need to gather at least 100 supervised client contact hours before you can progress to one of our Advanced Diploma courses.

Training options
The taught components of the programme extend over two academic years, ending with the Postgraduate Diploma. You then have up to a year after this to complete your dissertation if you wish to do the MA degree.

You will have contact tuition time each term of at least six hours per week, and should allow additional time for independent study, research and essay preparation.

There are three intakes each year:

January

Wednesdays, 10:00–17:00

May

Tuesdays, 10:00–17:00

September

Thursdays, 10:00–17:00 OR

Fridays, 10:00–17:00

Next steps
Upon completion of the programme you will be eligible to progress to one of our Advanced Diploma courses in Integrative or Existential Psychotherapy, which is the final stage of training that leads to eligibility for UKCP membership.

Entry requirements
Applicants should have a minimum of a bachelor’s degree in any discipline, as well as a Certificate in Psychotherapy & Counselling of a minimum of 120 hours. We also require at least six months’ professional experience in an allied area (such as nursing, social work, teaching, human resources or mediation) or in a voluntary capacity in a helping or supportive context (such as befriending, mentoring or telephone helpline counselling).

If you do not have an undergraduate degree you will need to show evidence of at least two years’ professional or voluntary experience in a supportive role. Experience of personal therapy is desirable, but not required.

Please apply online at www.regents.ac.uk/apply

In addition to your application, you will need to supply:

• Details of your professional/voluntary work experience

• Two references, one of which should be from your previous course leader or equivalent (please see the website for official reference forms for this programme)

"Two years after completing the taught components of the MA programme I have an established career as a psychotherapist. I credit Regent’s, and the structure and lecturing quality of the MA programme, for giving me such a great opportunity to succeed."

Dave Osborn, UK,
MA Psychotherapy & Counselling

www.regents.ac.uk/dave

www.regents.ac.uk/study
At RSPP, we aim to develop professionals who think independently, are theoretically well-informed and able to work skilfully and ethically in a variety of professional settings. The School’s academics possess a depth and diversity of professional experience and have been at the forefront of innovative teaching developments and programmes. Our MA Psychotherapy & Counselling was the first in the UK, and we were also the first UK institution to offer a PhD in Psychotherapy & Counselling Studies. Alongside psychology, psychotherapy and counselling, we are also a leading provider of training in mediation and conflict resolution.

**Diversity of disciplines and approaches**

We encourage academic rigour while honouring the experiential and interpersonal encounter, and foster competence to meet the professional challenges of a rapidly evolving field. Our postgraduate programmes are geared to enhancing knowledge helpful to a range of careers. We espouse a non-doctrinaire, integrative attitude throughout our programmes. Rather than promote a single approach, we teach a range of theoretical perspectives, covering existential, psychoanalytic, humanistic and integrative approaches. You will be exposed to contrasting views in an open and constructively critical arena. We encourage all our students to develop a solid understanding of these different views so as to be able to make informed choices when it comes to their own professional careers and practice.

**A supportive learning environment**

Our programmes are both demanding and enjoyable. We believe it is through a spirit of questioning and critical inquiry that worthwhile results are achieved, and you can be sure of a challenging, intense and rewarding experience. Seminar and group sizes are carefully set according to the type of learning activity. We take care to provide a supportive learning environment to facilitate the personally challenging nature of these professions.

**Training for professional accreditation**

We offer a range of programmes, from foundation level to bachelor’s, masters’ and doctoral degrees, as well as professional development courses for both personal and career advancement. Our programmes offer seamless training routes. You can enter as a beginner, and continue all the way to professional qualification and doctoral level, with no need to find another institution to complete your training.

**Dissertation & Professional Registration**

We facilitate the personally challenging and enjoyable. We believe it is through a spirit of questioning and critical inquiry that worthwhile results are achieved, and you can be sure of a challenging, intense and rewarding experience. Seminar and group sizes are carefully set according to the type of learning activity. We take care to provide a supportive learning environment to facilitate the personally challenging nature of these professions.

**Training Pathways in Psychology**

**Training Pathway in Psychotherapy and Counselling**

**Entry**

- Certificate in Psychotherapy & Counselling

**AND**

- A first degree with a minimum of six months’ professional or voluntary experience in a supportive role

**OR**

- A minimum of two years’ professional or voluntary experience in a supportive role (for those without a first degree)

**Years 1-2**

- MA Psychotherapy & Counselling

**Years 3-4**

- Advanced Diploma in Integrative Psychotherapy

**OR**

- Advanced Diploma in Existential Psychotherapy

**Year 4**

- Membership of the UK Council for Psychotherapy (UKCP) and the Psychological Society (BPS) and Health & Care Professions Council (HCPC).

- Accreditation with the British Association for Counselling & Psychotherapy (BACP) and are designed to meet the requirements of the British Psychological Society (BPS) and Health & Care Professions Council (HCPC), also possible.

**Year 5+**

- MPhil/PhD in Psychotherapy & Counselling & Counselling Studies

**Training Pathway in Counselling Psychology**

**Entry**

- Certificate in Psychotherapy & Counselling

**AND**

- First degree in psychology with BPS Graduate Basis for Chartered Membership (GBC)

**OR**

- A BPS accredited MSc Psychology (conversion) degree

**AND**

- A minimum of six months’ work experience within a professional counselling context.

**Years 1-3**

- DPsych Counselling Psychology

- Professional Registration

- Health & Care Professions Council (HCPC)

- British Psychological Society (BPS)

Programmes offered at Regent’s School of Psychotherapy & Psychology and designed to meet the standards of the following validating partners and accrediting organisations:

**The Open University**

- OR

- DPsych Counselling Psychology

- A range of the principal accrediting bodies in the UK for practitioners in counselling and psychotherapy. All of RSPP’s courses contribute to eligibility for BACP individual accreditation.

- www.itsooodtolalk.org.uk

**The British Psychological Society (BPS)**

- The BPS accredits the BSc Psychology, MSc Occupational & Organisational Psychology, MSc Psychology and the DPsych Counselling Psychology courses and programmes at Regent’s. The award of an accredited degree confers eligibility for Graduate Basis for Chartered Membership (GBC) with the Society.

- www.bps.org.uk

**Health & Care Professions Council (HCPC)**

- HCPC is a statutory regulator of health and care professionals. Psychotherapists and psychologists are among the professions regulated by HCPC and must be registered with HCPC. The HCPC approves the DPsych Counselling Psychology, which confers eligibility to apply for HCPC registration.

- www.hcpc-uk.org

**United Kingdom Council for Psychotherapy (UKCP)**

- UKCP holds the national register of psychotherapists and psychotherapeutic counsellors. All of its member organisations are eligible for individual membership of the UKCP, and practitioner status. RSPP is a full training and organisational member of the Humanistic and Integrative Psychotherapy College (HCPC) of the UKCP. RSPP graduates are entitled to apply for membership of the UKCP through RSPP as an integrative psychotherapist or via the Society for Existential Analysis as an existential psychotherapist.

- www.ukcp.org.uk

- www.psychotherapy.org.uk