

# Psychotherapy

Postgraduate  
and Professional



# WELCOME

## to Regent's University London

Regent's is London's only independent, not-for-profit university, with a highly cosmopolitan community, based in royal Regent's Park and Marylebone.

Set in the heart of the UK's vibrant capital, Regent's is a superb place in which to live and study, just minutes away from all that this world-class city has to offer.

At Regent's, you can progress from beginner right through to professional accredited status without changing institutions. Whether you join us at entry level or higher, we have the right programme to reflect your requirements and current level of training.

Visit our beautiful central London campus and find out what Regent's can offer you.

[regents.ac.uk/visit](http://regents.ac.uk/visit)



Thank you for your interest in psychotherapy and counselling at Regent's.

The School has a longstanding reputation as a leading training institute for psychotherapy. Our specialist programmes offer a training route to professional practice and accredited professional status. Whether you are just beginning your training or part-way through, we have the right programme for you. I am sure you will find our courses interesting and stimulating, and hope you will decide to join us for a rewarding period of study and training to become a professional practitioner.

Our academic staff teach and practice a range of therapy approaches, and you will learn contrasting views in an open and

constructively critical arena. They are recognised for excellence in their fields, in which they have made significant contributions. We espouse an 'integrative attitude' throughout all our courses, and it is the spirit of questioning and critical inquiry that makes our courses both rewarding and enjoyable. Our programmes aim to provide you with the knowledge, skills and confidence needed to pursue a career in this rewarding and life-changing field.

All members in our expert faculty also practise professionally so you can rest assured you will learn the most current approaches. With small class sizes, you will be able to build strong working relationships with both your tutors and your

peers. As well as our specialised facilities, we have excellent library resources to provide you with the information and support you need to reach your full potential.

This prospectus should answer most of your questions, but if you need further advice in choosing a course, please contact our Admissions department. We hold regular open evenings offering you the opportunity to visit the campus.

I look forward to your application and hope to welcome you as a student at the School of Psychotherapy & Psychology.

**Professor John Nuttall**  
**Head of School and**  
**Assistant Faculty Dean**



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# PSYCHOTHERAPY AT REGENT'S

The study of psychotherapy explores core therapeutic practices and theories, as well as philosophical and spiritual perspectives and cross-cultural approaches.

Regent's is a leading training institution for psychotherapy. We have a reputation for innovation and critical thinking in this interdisciplinary field. Our academic staff frequently speak at international conferences and are drawn from all corners of the globe.

Our psychotherapy programmes aim to develop professionals who think independently, are knowledgeable in both contemporary and traditional approaches and are able to work skilfully and ethically in a variety of professional settings.

Our psychotherapy programmes aim to encourage academic rigour and foster competence to meet the professional challenges of a rapidly evolving field.

We advocate 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. These discussions will develop your understanding of the

many different attitudes involved in this field, and help you to make informed choices in your own career and practice.

Psychotherapy at Regent's offers:

- Programmes accredited by the United Kingdom Council for Psychotherapy (UKCP).
- An opportunity to learn about a range of different theories and ideas, from a variety of different perspectives
- Small class sizes carefully set according to the type of learning activity
- Training routes from entry level right through to professional accredited status

### Training for professional accreditation

We offer a range of programmes, from certificates to doctoral degrees and professional courses for both personal and career advancement.

At Regent's, there is no need to find another institute to complete your training. Our programmes offer direct training routes, enabling you to enter as a beginner and continue all the way to professional qualification and doctoral level.

Regent's is an organisational and accrediting member of the United Kingdom Council for Psychotherapy (UKCP) and our programmes lead to professional membership of that body.

We offer PhD degrees in a range of subject areas validated by the University of Northampton. Our expertise stretches across a wide range of topics within the field of psychotherapy, including sexuality, addiction, integrative studies, and relational research. These can be undertaken independently or within the school's Research Centre for Relational Studies and Psychological Wellbeing. Successful completion awards the degree of Doctor of Philosophy. Research topics are subject to the availability of relevant, specialist supervisors. For further details regarding our research degrees, please see [regents.ac.uk/research-degrees](http://regents.ac.uk/research-degrees).

Psychotherapy programmes at Regent's are designed to meet the standards of the following validating partners and accrediting organisations:



### British Association for Counselling & Psychotherapy (BACP)

BACP is one of the principal accrediting bodies in the UK for practitioners in counselling and psychotherapy. Individuals who complete the relevant Regent's courses may be eligible to apply for BACP accreditation.

[Itsgoodtotalk.org.uk](http://Itsgoodtotalk.org.uk)



### United Kingdom Council for Psychotherapy (UKCP)

UKCP holds the national register of psychotherapists and psychotherapeutic counsellors. Regent's School of Psychotherapy & Psychology (RSPP) is a full training and accrediting organisational member of the Humanistic and Integrative Psychotherapy College (HIPC) 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.

[Psychotherapy.org.uk](http://Psychotherapy.org.uk)

## Training Pathway in Psychotherapy & Counselling

### Entry

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)



### Foundation

Certificate in Psychotherapy & Counselling



### Year 1-3

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)

Accreditation with the British Association for Counselling & Psychotherapy (BACP) may also be possible (subject to individual application)



### Year 5+

MPhil/PhD

Research degrees are validated by the University of Northampton. See [regents.ac.uk/research-degrees](http://regents.ac.uk/research-degrees)



*For a psychotherapist, studying in London opens many doors in terms of access to placements, with clinical experience and supervision second to none. We go to events where different theoretical orientations meet. It is a level of access and experience you just cannot find anywhere else.*

Sara Rourke, UK  
MA Psychotherapy & Counselling

# MEET THE FACULTY

Faculty members offer a breadth and diversity of professional, academic and research experience. They have been at the forefront of developing Regent's reputation as a leading training institute for psychotherapy.

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## Professor John Nuttall

Head of School and Assistant Faculty Dean  
MA, PhD, ADipPsy, Dip Couns, DIA, DipM, CMC, MBACP(Accred), UKCP reg, Chartered Marketer, MCIM, MIBC



John has an extensive career in management, consultancy and commerce at senior level and now teaches integrative psychotherapy and research methods. He is a registered integrative psychotherapist and certified management consultant with special interests in psychotherapy integration, organisation theory, and the provision of psychotherapy in primary care. John has written widely on management and psychotherapy. He is a practising psychotherapist and supervisor, and is an honorary psychotherapist and chair of West London Centre for Counselling.

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## David Hudson

Course Leader, Advanced Diploma in Integrative Psychotherapy  
BA, PGCE, MA PsychCouns, AdvDiplnt-Psych, UKCP reg, MBACP (Accred)



David is an integrative psychotherapist. His main influences are the psychodynamic, Gestalt and person-centred approaches. He has worked as a secondary school teacher, and for Amnesty International and the NHS. David has a background in acting and directing, and his particular interests are contemporary affect regulation theory, psychodrama and body psychotherapy.

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## Jonathan Hall

Course Leader, Advanced Diploma in Existential Psychotherapy  
MA, AdvDipExPsych, UKCP reg



Jonathan Hall is a practising existential psychotherapist and educator. He is interested in assisting people to process and work through what really matters to them in life as a starting point for living well and with vitality. For Jonathan, meaningful existence becomes more likely when we narrow the gap between who we think we are and what we actually experience in the embodied realm.

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## Mike Harding

Course Leader, Certificate in Psychotherapy & Counselling  
AdvDipExPsych, UKCP reg



Mike is an existential psychotherapist in private practice and a former chair of the Society for Existential Analysis. Drawing mainly on the work of Heidegger and Wittgenstein, his interests include the experience of time and the influence of language on our sense of self. He is particularly interested in possible links between philosophy, psychoanalysis and the wisdom traditions of older cultures, and has written extensively on the practice and philosophy of astrology.

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**Dr Maria Luca**

Senior Research Fellow  
BA (Hons), MA, PhD, MBACP & UKCP  
(Accred) supervisor, UKCP Accred.  
Psychotherapist; Accredited Mediator,  
SFHEA



Maria is the Head of the Regent's Centre for Relational Research and Psychological Wellbeing and the chief editor of the *Reflections* journal.

She also leads the PhD in psychotherapy at Regent's and supervises a number of PhD research degrees. She is a past head of school and past programme director of the MA Psychotherapy & Counselling. Maria has extensive experience as a psychotherapist and clinical supervisor in the NHS. Her research interests include sexuality and sexual attraction in therapy, which led to her 2014 publication *Sexual Attraction in Therapy: Clinical Perspectives on Moving Beyond the Taboo – A Guide for Training and Practice* (Wiley).

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**Professor Desa Markovic**

Head of Programme, MA Psychotherapy & Counselling  
BA (Hons), PGDipST, PGDSTTS,  
PGDipPST, MSc, DPsych, UKCP reg,  
COSRT accredited; SFHEA



Desa worked as a systemic and psychosexual therapist in different contexts including psychiatric hospitals, psychosexual clinics and private practice.

She has held senior academic posts at various psychotherapy training organisations in the UK, including assistant director and director of training at the Institute of Family Therapy London. In 2014, she was awarded fellowship from SSSSR (Sheffield Society for the Study of Sexuality and Relationships) for her contribution to sexology. Her book *Working with sexual issues in psychotherapy; a practical guide using a social constructionist framework* was published by Palgrave MacMillan in 2017. She has published several chapters on the subject of systemic and psychosexual therapy integration, and articles in journals such as *Human Systems*, *Sexual and Relationship Therapy*, and *Australian & New Zealand Journal for Family Therapy*.

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**Paul Randolph**

Course Leader, Mediation & Alternative Dispute Resolution programme  
Barrister, Accredited Mediator  
(CEDR and RSPP)



Paul is an accredited mediator, trainer, lecturer and author. Following 35 years at the Bar as a litigator, Paul became a full time mediator. He has mediated in a wide

variety of disputes involving commercial and contractual claims, employment and workplace disputes, commercial and family property conflicts, as well as professional negligence, probate and inheritance disputes, and family financial conflicts. He is a board member of the Civil Mediation Council and the Bar Council ADR Committee. Paul's area of expertise is the psychology of conflict and conflict management.



# ■ Certificate in Psychotherapy & Counselling



This course offers a solid grounding in psychotherapy and counselling theory and skills. It combines academic, practical and experiential components within a supportive and challenging environment. You will examine the main therapeutic theories as well as exploring philosophical and spiritual perspectives and cross-cultural approaches.

The Certificate in Psychotherapy & Counselling will build your understanding of a range of psychotherapy and counselling theories, with a focus on existential, psychodynamic and humanistic integrative perspectives. Cognitive behavioural approaches are also considered.

You will be introduced to the practical and ethical issues of working with clients in a variety of situations, and develop essential communication and counselling skills.

Your studies will encourage you to examine your beliefs, assumptions and prejudices in order to help others do the same. The course will also develop your capacity to reflect on your own interpersonal and emotional processes, patterns and experiences.

You will learn to apply academic theory in practice, benefiting from skills practice sessions and self-development group work.

As well as providing a solid background for those wishing to apply for further professional training, the course offers those who already work in the helping professions the opportunity to develop their interpersonal skills.

## Programme content

You will study a wide range of modules, such as:

A Way of Working: Overview of Humanistic Therapy

Describing Ourselves: The Fundamentals of Phenomenology

Facing the Unknown: Consciousness and Unconsciousness

Introduction to Gestalt Therapy

Putting Theory into Practice

Working with Loss and Bereavement

## Training options

There are two options for completing the Certificate in Psychotherapy & Counselling:

### One-Year Certificate

This consists of one four-hour session per week over three 10-week terms. There are two intakes each year:

#### May

Wednesday evening, 17:30–21:30

#### September

Monday daytime, 10:00–14:00

Monday evening, 17:30–21:30

Saturday daytime, 10:00–14:00

### Intensive Certificate

This is the same programme as the one-year certificate, but offered in a condensed format. There are four intakes each year:

#### Winter Intensive

Weekend modules only

#### Spring Intensive

Week and weekend modules

#### Summer Intensive

Five weeks full-time

#### Autumn Intensive

Week and weekend modules

Sessions last from 10:00–17:00 each day. For current information on start dates, please see our website.

## Next steps

Successful completion of the Certificate in Psychotherapy & Counselling will enable you to meet one of the main entry requirements for the MA Psychotherapy & Counselling (see page 8). Direct progression to the MA will depend on your academic background and professional/voluntary experience.

## Entry requirements

Applicants do not need to have a first degree or its equivalent. We require life experience, a mature attitude and a capacity for self-reflection. Previous counselling training or experience is not necessary. Admissions interviews are conducted in groups.

In addition to your application, you will need to supply one reference, which can be either academic or professional.

## How can I find out more?

We hold psychotherapy opening evenings throughout the year. For more information, please see our website or call +44 (0)20 7487 7505.

## Certificate in Psychotherapy & Counselling

 Duration	1 year part time	Intensive 5 or 12-week week options
Start dates	September and April	September, January, April and July
 Tier 4 visa sponsorship	No	
<input checked="" type="checkbox"/> Entry requirements	References Group interview	
Exceptional entry	Yes	
 Fees 2019–2020	£4,300*	
 Location	Regent's Park	

\* Fees may vary for the one year programme starting in April/May. Please see the website for more details.



For module descriptions, visit us online [regents.ac.uk/study](http://regents.ac.uk/study)

*The programme was well-rounded and we were given a thorough intellectual understanding of each different theoretical approach. The teaching staff are clearly all experienced practitioners and are not biased towards their own approaches.*

Alia Butt, UK

# ■ MA Psychotherapy & Counselling

This programme is under review and there may be some changes to the content outlined below. Please check our website for the latest information.



The MA Psychotherapy & Counselling leads to a high level qualification (level 7 of higher education) and includes a year of supervised client practice.

The MA Psychotherapy & Counselling will give you a broad knowledge 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.

The programme will enable you to develop your individual approach to the practice of psychotherapy and counselling. You will be encouraged to evaluate and reflect upon your personal beliefs and prejudices so you can prevent them from influencing 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 once-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:

<b>Year 1</b>
Existential-Phenomenological Approaches to Psychotherapy
Humanistic and Integrative Approaches to Psychotherapy
Psychoanalytic Approaches to Psychotherapy
Research in Psychotherapy and Counselling
<b>Year 2</b>
Clinical Placement
Contemporary Theory and Practice in Existential Psychotherapy
Contemporary Theory and Practice in Integrative Psychotherapy
Contemporary Theory and Practice in Psychoanalytic Psychotherapy
Research in Psychotherapy and Counselling

## 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 as a requirement for completion of the programme.

Our course leaders and the University's Careers & Business Relations team will advise you on finding a clinical placement.

## Training options

The taught components of the programme extend over two academic years. If you choose to exit at this point, you will be awarded the postgraduate diploma. If you wish to qualify for the MA, you will undertake a third year of study which is dedicated to completing your dissertation.

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

There are two intakes each year:

**January**

Tuesdays, 10:00–17:00

**September**

Thursdays, 10:00–17:00

**OR**

Fridays, 10:00–17:00

**Next steps**

Upon successful completion, you will be eligible to progress to one of our Advanced Diploma programmes in integrative or existential psychotherapy (see pages 10–13). Progression onto one of these programmes will serve as the final stage of your training to become a UKCP registered psychotherapist.

**Entry requirements**

For candidates with a bachelor's degree (in any discipline) we require at least six months' work experience in a supportive role where using relational skills are paramount to the work.

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 similar role.

You will need to have successfully completed an introductory certificate course in psychotherapy/ counselling of at least 120 hours.

Experience of personal therapy is desirable, but not required.

In addition to your application, you will need to supply details of your professional/ voluntary work experience, plus two professional references, one of which should be from a previous course leader/ tutor. The application process also includes an interview.

**MA Psychotherapy & Counselling**

 <b>Duration</b>	3 years part time (MA) OR Two years, part time (PG Diploma)
<b>Start dates</b>	January and September
 <b>Tier 4 visa sponsorship</b>	No
 <b>Entry requirements</b>	Undergraduate degree  Certificate in Psychotherapy & Counselling  6 months' relevant professional experience  Interview
<b>English language requirements</b>	IELTS: Overall score of 7.0 with 6.0 or above in all 4 component parts, or equivalent
<b>Exceptional entry</b>	No
 <b>Annual tuition fee 2019–2020</b>	£8,100 * £1,500 dissertation submission fee
 <b>Location</b>	Regent's Park

\* The fees quoted are for one academic year. Fees for subsequent years are subject to increase. Fees for the January 2019 intake may vary. Please check the website.



For module descriptions, visit us online [regents.ac.uk/study](http://regents.ac.uk/study)

*I am working towards becoming a psychotherapist. I've gained an in-depth insight into various psychotherapeutic theories, and had practical experience with different therapeutic skills and group work.*

Phoebus Ebbini, UK



# Advanced Diploma in Existential Psychotherapy

This programme is under review and there may be some changes to the content outlined below. Please check our website for the latest information.



Existential psychotherapy is a down-to-earth form of therapy that responds to an inner prompt to find out who we really are and how we want to live. The emphasis is on a person's existence rather than their mind, their actual experience rather than psychological theories.

This programme will interest people who appreciate that each of us has unique ways of making sense of the world, ourselves and others, and that can change, not just at a cognitive level, but at the level of everyday experience.

The Advanced Diploma in Existential Psychotherapy (ADEP) blends existential philosophy as discourse and as practice and draws on the willingness and courage of each student to challenge and be challenged within the group.

Existential psychotherapy is based on continental philosophy and phenomenology. Life problems are understood as philosophical and the process of therapy enables clients to become aware of, and are able to articulate, their philosophy of life.

The approach emphasises your existence rather than your mind, your experience rather than your theoretical conceptualisations.

The therapist's attitude and embodied presence is fundamental to the process of existential psychotherapy, rather than any specific technique.

The therapist seeks to attend to the client's experience of being in the world through descriptive clarification and challenge. At the same time, the process challenges therapists to consider and confront their own biases and assumptions.

You will engage with philosophical questions and develop a philosophical attitude and openness. You will also develop a critically reflective perspective on existential psychotherapy from the viewpoint of other therapeutic modalities.

You will learn how to use feedback from your peers and supervisors effectively and ethically, and gain an understanding of research methods relevant to clinical practice.

Learning methods include academic and practical seminars, small-group training supervisions, participation in personal and professional development groups, and clinical practice guided by experienced professionals and your own personal therapy.

## Programme content

You will study the following modules

Ethics and Psychotherapy
Existential Psychotherapy and Critical Psychopathology
Heidegger and Psychotherapy
Intersubjectivity and Relatedness
Language and Existential Psychotherapy
The Body, Love and Sexuality

You will be expected to work throughout the programme with your own clients (normally three adult clients on a minimum basis of once a week). At least one of these clients should be long-term.

For the award of ADEP, you are required to complete a minimum of 150 clinical hours during the taught element of the programme.

For UKCP accreditation, you are required to complete 450 clinical hours in total, which can include up to 200 accrued prior to the start of the ADEP programme.

## Attendance

This is a two-year programme, consisting of one full day's attendance for 30 weeks a year, arranged into seven modules.

There is one intake each year in January:

**January 2019**  
Thursday 10:00–17:00

**January 2020**  
Friday 10:00–17:00

## Entry requirements

Applicants for the ADEP must have completed the taught components of the MA Psychotherapy & Counselling, or equivalent master's-level professional training in psychotherapy, counselling or counselling psychology.

You will need to demonstrate a knowledge and understanding of existential philosophy commensurate with study at master's level.

We also require completion of a minimum of 100 client-contact hours in a formal clinical placement, and a minimum of two years' regular individual psychotherapy.

In addition, applicants must demonstrate emotional maturity and an ability to be self-reflective, to function effectively and ethically under pressure, and to manage conflict constructively.

The application process includes an interview.

Throughout your training, you must attend once weekly individual psychotherapy with a UKCP member therapist.

## Professional registration

### UKCP membership

The Society for Existential Analysis is an accrediting organisation within the Constructivist and Existential College of the UKCP. It registers graduates of the School's Advanced Diploma in Existential Psychotherapy as UKCP registered existential psychotherapists.

### BACP accreditation

At the end of Year 1, you may have enough training hours to apply for individual accreditation with the British Association for Counselling and Psychotherapy. Please note that BACP also requires candidates to show evidence of 450 hours of supervised clinical practice. Application to BACP can only be done by the individual and the School is unable to play a role in this process.

## Advanced Diploma in Existential Psychotherapy

 <b>Duration</b>	2 years part time
<b>Start dates</b>	January
 <b>Tier 4 visa sponsorship</b>	No
 <b>Entry requirements</b>	Regent's MA Psychotherapy & Counselling taught components or equivalent 100 client contact hours in a clinical placement 2 years regular individual psychotherapy Interview
<b>English language requirements</b>	IELTS: Overall score of 7.0 or equivalent
<b>Exceptional entry</b>	No
 <b>Annual tuition fee 2019–2020</b>	£7,500*
 <b>Location</b>	Regent's Park

\* The fees quoted are for one academic year. Fees for subsequent years are subject to increase.

## Accredited by



For module descriptions, visit us online [regents.ac.uk/study](https://regents.ac.uk/study)

*The liberation that I get from studying this philosophy is indescribable and the programme whets my academic appetite. In my clinical practice I am able to distill the essence of these philosophies and apply them in my interactions with clients. The ability to work with abiding relevance to clients' conditions and facilitate heightened awareness and reflection in their mind are aspects that I find very fulfilling.*

Nandu Menon, UK



# ■ Advanced Diploma in Integrative Psychotherapy

This programme is under review and there may be some changes to the content outlined below. Please check our website for the latest information.



This programme provides combined training in psychodynamic, humanistic, systemic and cognitive-behavioural approaches within an integrative perspective on the therapeutic relationship.

The Advanced Diploma in Integrative Psychotherapy (ADIP) will enable you to develop a comprehensive theoretical knowledge and understanding of a range of psychotherapy approaches and systems.

It will help you to become a well-informed practitioner who thinks independently and is skilful and ethical in practice. You will also gain an understanding of ethical research methods relevant to clinical practice.

The programme will encourage you to develop a capacity for informed reflection on your clinical practice, and you will learn to engage effectively in the use of clinical supervision with your peers and supervisors.

You will consolidate your clinical experience in the practice of an integrative approach of your choice or construction.

Learning methods include academic and skills seminars and lectures, small-group training supervisions, participation in personal and professional development groups, and further clinical practice guided by experienced professionals.

You must also remain in once-weekly individual psychotherapy with a UKCP member therapist (preferably a member of the Regent's School Psychotherapy & Psychology) throughout your training.

## Programme content

You will take the following modules:

Cognitive-Behavioural Therapy
Critical Psychopathology
Gestalt and Focusing Approaches
Issues in Professional Practice
Jungian and Transpersonal Approaches
Systemic and Psychosexual Approaches

You will be expected to work throughout the course with your own clients (normally three adult clients on a minimum basis of once a week). At least one of these clients should be long-term.

You must complete a minimum of 200 hours of supervised clinical practice to qualify for the ADIP. This will count towards the 450 hours needed for UKCP membership.

## Attendance

The course is designed to be completed in two years and consists of one full day's attendance for 30 weeks a year, arranged into six 10-week modules.

There is one intake each year in January:

<b>January 2019</b> Thursday 10:00–17:00
<b>January 2020</b> Friday 10:00–17:00

## Entry requirements

Applicants for the ADIP must have completed the taught components of the MA Psychotherapy & Counselling or equivalent professional training at master's level in psychotherapy, counselling or counselling psychology.

We also require completion of a minimum of 100 client contact hours in a formal clinical placement and a minimum of two years' regular individual psychotherapy.

The application process also includes an interview.

You will need to demonstrate emotional maturity and a capacity for self-reflection, be able to function effectively and ethically under pressure and manage conflict constructively.

## BACP accreditation

At the end of Year 1, you may have enough training hours to apply for individual accreditation with the British Association for Counselling & Psychotherapy (BACP). You will need to show evidence of 450 hours of supervised clinical practice. Application to BACP can only be done by the individual and the School is unable to play a role in this process.

## Professional registration

Completing the ADIP will make you eligible for professional registration as a practitioner of integrative psychotherapy.

## UKCP membership

The School is an accrediting organisation within the Humanistic and Integrative Psychotherapy College (HIPC) of the United Kingdom Council for Psychotherapy (UKCP). The ADIP is the final stage of training leading to UKCP registration. Membership requires the completion of a minimum of 450 hours of supervised clinical practice, which must also be supervised by a training supervisor of the School.

## Advanced Diploma in Integrative Psychotherapy

 <b>Duration</b>	2 years part time
<b>Start dates</b>	January
 <b>Tier 4 visa sponsorship</b>	No
 <b>Entry requirements</b>	Regent's MA Psychotherapy & Counselling taught components or equivalent 100 client-contact hours in a clinical placement 2 years regular individual psychotherapy Interview
<b>English language requirements</b>	IELTS: Overall score of 7.0 or equivalent.
<b>Exceptional entry</b>	No
 <b>Annual tuition fee 2019–2020</b>	£7,500*
 <b>Location</b>	Regent's Park

\* The fees quoted are for one academic year. Fees for subsequent years are subject to increase.

Accredited by



For module descriptions, visit us online [regents.ac.uk/study](https://regents.ac.uk/study)



*I felt empowered by my tutors at Regent's. They are dedicated, at the top of their profession, and they still laugh and enjoy being alive. Those qualities inspired me in a hugely formative way.*

Charlotte Fox Weber, UK

# ■ Mediation & Alternative Dispute Resolution (ADR)



The skills for effective mediation are similar to those required for successful counselling. This course employs well-proven psychotherapy and counselling techniques to develop the particular skills and methods required for mediation and conflict management, including both conflict resolution and conflict avoidance.

The Mediation & Alternative Dispute Resolution course offers a unique psychotherapeutic perspective on mediation.

It explores the strategies and behaviour patterns that parties employ when in dispute with one another, whether they are executive directors involved in multi-million pound litigation or suburban neighbours arguing over a boundary.

The course offers a straightforward, practical approach to conflict resolution. It will teach you how to identify underlying areas of controversy and tension, manage emotions and deal with rigid confrontational attitudes.

You will learn how to deal with commercial, industrial, legal and personal disputes, using both time-limited and open-ended models of mediation.

The course combines lectures and training skills sessions with exercises and demonstrations, plus numerous mediation role-plays under supervision.

The course is highly experiential. You will learn and develop your skills through mock mediations, and ample periods of feedback and discussion within each session.

## Training options

There are two options available:

### Five-day course

The five-day course provides a comprehensive framework of all the required knowledge, skills and techniques you will need to become a skilful mediator.

It includes an assessment day which leads to accreditation, allowing you to become a fully Accredited (RSPP) Mediator.

### Four-day course

This course similarly provides all the knowledge, skills and techniques you will need to become a skilful mediator, but is aimed primarily at in-house mediators, and does not include an assessment day.

Participants are not accredited, but receive a Certificate in Mediation.

For further details, please visit our website.

## Recognition

The course is accredited by the Civil Mediation Council (CMC). Successful completion of the five-day course will enable you to achieve accreditation granted by Regent's. This is recognised world-wide and by:

The Law Society for the purposes of entitling the School's accredited (solicitor) mediators to join the Law Society's Civil/Commercial Mediation Panel

The Law Society and The Bar Council as continuing professional development

Four day course: 32 CPD hours

Five day course: 33 CPD hours (Bar Council)  
40 CPD hours (Law Society)

The Legal Services Commission as a Mediator Course Provider in the Funding Code Manual, which entitles our accredited mediators to Funding Assistance (Legal Aid)

Civil Mediation Council

For further information on the course and running dates, please visit [regents.ac.uk/adr](http://regents.ac.uk/adr)

Please apply online at [regents.ac.uk/mediation](http://regents.ac.uk/mediation). Alternatively, email [ProfCoursesRSPP@regents.ac.uk](mailto:ProfCoursesRSPP@regents.ac.uk) or call +44 (0)20 7487 7505 to request a form.

We also offer:

One-day refresher courses for accredited mediators and those wishing to complete their accreditation

One-day co-mediation courses on joint working for accredited mediators

Bespoke and in-house mediation courses tailored to particular sectors

## Mediation & Alternative Dispute Resolution (ADR)

 Duration	4 or 5 days
 Start dates	March, June, September, December
 Tier 4 visa sponsorship	No
 Fees	£3,950*
 Location	Regent's Park

\*Fees may vary. Please check the website.



For module descriptions, visit us online [regents.ac.uk/study](http://regents.ac.uk/study)



Regent's works closely with the Tutu Foundation UK, and has designed a mediation course with emphasis on Ubuntu principles of inter-personal relations. Archbishop Desmond Tutu and his daughter the Rev. Canon Mpho Tutu received Honorary Fellowships from Regent's for their outstanding contributions to human rights.



# HOW TO APPLY

We review each application comprehensively and on its individual merit, considering all your skills, experience and attributes.

## The application process

Applying to study at Regent's University London is a simple, hassle-free process. We accept direct applications all year round. There is no application deadline and no application fee. Just visit our website to apply: [regents.ac.uk/apply](https://regents.ac.uk/apply)

Your completed application along with all the relevant documentation will be assessed to determine whether you meet our entry requirements. Shortlisted applicants will be invited to attend an interview, which may be in person or via telephone/Skype. Shortly after the interview date the Admissions team will email to notify you of the decision.

The application process for our Psychotherapy programmes vary slightly. For further details regarding your chosen programme and the application process, please visit the specific programme page on our website.

## Student visas

On some programmes, you may be eligible to apply for a short term study visa. For further details, please visit our website:

[regents.ac.uk/studyvisa](https://regents.ac.uk/studyvisa)

To find out if you need a visa to study in the UK please consult the UK Visas and Immigration website:

[gov.uk/visas-immigration](https://gov.uk/visas-immigration)

## Transfer of credits:

If you started your studies elsewhere and wish to transfer to Regent's, your qualifications will be considered in relation to our training and, subject to interview, you may be eligible to join our courses at advanced points of entry.

## English language requirements:

All our programmes are taught in English, and you will need to meet the requirements of your chosen programme. We will ask for evidence for you English language ability and assess whether you need to take an English language test.

## Funding

Regent's University London is an independent, not-for-profit institution. Our students pay the same fees, regardless of nationality, enabling us to provide the highest level of service and education.

Please visit the website for information on students loans, scholarships and bursaries.

[regents.ac.uk/funding](https://regents.ac.uk/funding)



# VISIT US

A personal visit is the best way to discover the magic of Regent's and explore our beautiful location.

We hold regular open evenings throughout the year, giving you the opportunity to find out more about Regent's and our psychotherapy programmes. You will also get the chance to take a tour of the University and chat to our expert staff and students.

Alternatively, we'd be delighted to welcome you for a personal consultation and guided tour. Please contact us to arrange an appointment.

If you have any particular access requirements or support needs for your visit, please let us know so that we can make any necessary arrangements in advance.

[regents.ac.uk/visit](https://regents.ac.uk/visit)



*I feel enriched by the experience of meeting students and staff from different backgrounds and from all around the world. And I have valued the opportunity to learn in a multicultural environment.*

Irene Esposito, Italy  
Advanced Diploma in Integrative Psychotherapy

For a copy of this publication in an alternative format, please contact us on +44 (0)20 7487 7505 or [enquiries@regents.ac.uk](mailto:enquiries@regents.ac.uk)

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