



**REGENT'S**  
UNIVERSITY LONDON

*London's Independent University*



# Psychotherapy



## Postgraduate

# 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.

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](https://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 programmes, and it is this spirit of questioning and critical inquiry that makes studying at Regent's both rewarding and enjoyable. We aim to provide you with the knowledge, skills and confidence needed to pursue a career in this life-changing field.

All members of 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.

We 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 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.

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
- Class sizes carefully set according to the type of learning activity
- Training routes from entry level right through to professional accredited status

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.

#### **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. Please note that progression between programmes is not automatic. You will need to submit a new application at each stage of your training.

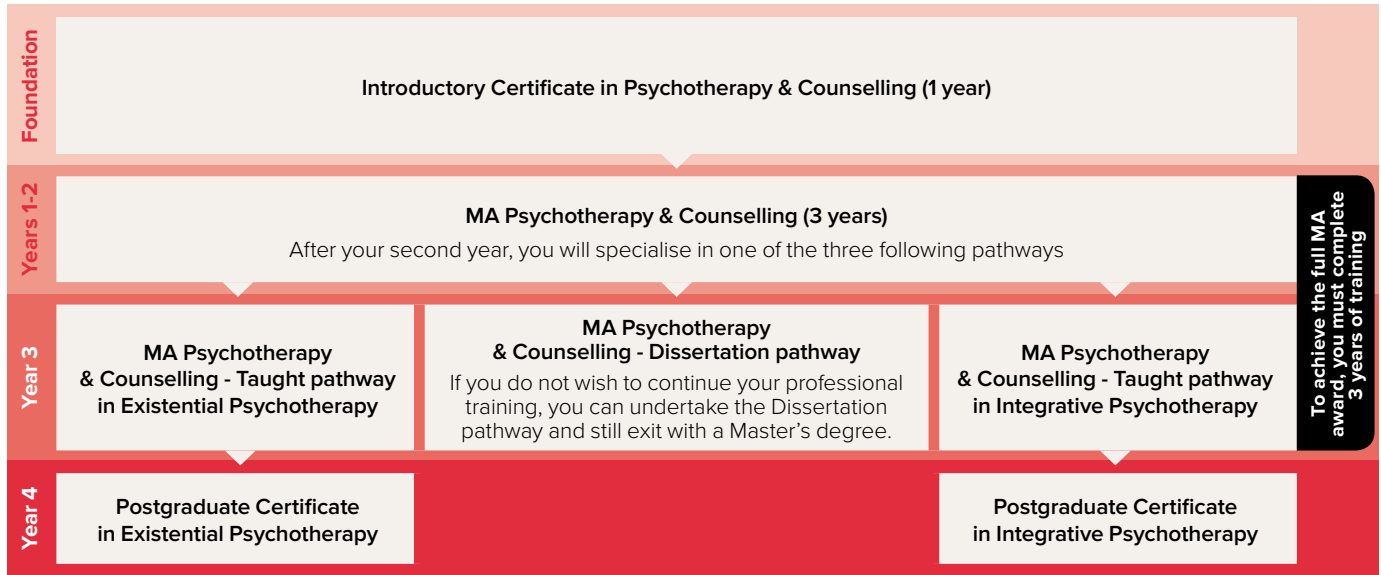
Regent's is an organisational and accrediting member of the United Kingdom Council for Psychotherapy (UKCP) and our programmes lead to professional membership of that body.

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 & Psychological Wellbeing. Research topics are subject to the availability of relevant, specialist supervisors.

**[regents.ac.uk/research-degrees](https://regents.ac.uk/research-degrees)**

## Training Pathway in Psychotherapy & Counselling

Progression from the Introductory Certificate to the MA, and from the MA to the Postgraduate Certificates, is not automatic. You will need to apply at each stage in order to progress with your training. Intakes at all levels are subject to availability and continuous progression cannot be guaranteed.



## Future options

Eligibility for UK Council for Psychotherapy (UKCP) membership

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

MPhil/PhD - Research degrees at Regent's are validated by the University of Northampton.

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 programmes 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)



*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, MCMI

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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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## Jonathan Hall

Course Leader, Postgraduate Certificate in Existential Psychotherapy  
MA, AdvDipExPsych, UKCP reg

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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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## David Hudson

Course Leader, Postgraduate Certificate in Integrative Psychotherapy  
BA, PGCE, MA, AdvDiplntPsych, UKCP reg, MBACP (Accred)

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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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**Mike Harding**

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

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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 (Reg) supervisor, UKCP Reg.  
Psychotherapist, Accredited Mediator,  
SFHEA

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Maria is Head of the Regent's Centre for Relational Research & Psychological Wellbeing and editor of the *Journal of Psychological Therapies*. She leads

the PhD in psychotherapy at Regent's and supervises a number of PhD research degrees. 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 accred; SFHEA

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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 of the 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*.





# ■ 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 4-hour session per week over three 10-week terms. There are two intakes each year in September and April. Please see the website for further details of class times.

### 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). Progression from the Certificate to the MA is not automatic. You will need to make a new application in order to progress with your training. Intakes at all levels are subject to availability and continuous progression cannot be guaranteed.

## 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

 <b>Duration</b>	12 months part time	Intensive 5 or 12-week week options
<b>Start dates</b>	September and April	September, January, April and July
 <b>Tier 4 visa sponsorship</b>	No, but the intensive certificate is open to students on a Short-term Study visa	
<input checked="" type="checkbox"/> <b>Entry requirements</b>	References Group interview	
<b>English Language requirements</b>	IELTS: Overall score 6.5 with 6.0 or above in all 4 components, or equivalent	
 <b>Fees</b>	£4,400	



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



### Fern Dickson, UK

Fern has undertaken all her training at Regent's, including the Certificate, the MA and Advanced Diploma.

*I have done all my professional training at Regent's from the beginning. I chose to do the Certificate programme here because, of all the equivalent courses on offer, Regent's was the most comprehensive and well-structured. It also has an excellent reputation for psychotherapy training.*

# ■ MA Psychotherapy & Counselling



The MA Psychotherapy & Counselling forms a key part of the professional training route for students wishing to become registered psychotherapists.

This three-year, part-time programme will give you a broad knowledge of psychotherapy and the work of key historical and contemporary figures.

You will explore a range of theoretical perspectives, including existential, psychoanalytic, humanistic and integrative approaches. Rather than focusing on a single perspective, this structure enables you to develop your own integrated approach to psychotherapy and counselling.

Personal and professional development is a cornerstone of this programme. Throughout your training, you will be encouraged to evaluate and reflect upon your own personal beliefs and prejudices, to prevent them from influencing your clinical practice.

This training will prepare you for professional practice, enabling you to develop practical skills within a safe classroom environment. You will learn to apply your theoretical knowledge and acquired skills during approved clinical placements under the supervision of experienced practitioners.

You must also engage in weekly personal psychotherapy sessions with a UKCP-registered therapist.

We aim to develop you as a skilled professional who is able to work effectively and ethically in a wide variety of settings.

## Programme structure

The first two years of the MA consist of core taught components.

In Year 3, you will specialise in one of three pathways:

- Taught pathway in Integrative Psychotherapy
- Taught pathway in Existential Psychotherapy
- Dissertation pathway

For information about the different routes to completing the MA and the options for gaining professional accreditation see page 3.

## Programme content

You will take the following modules:

### Year 1

Psychoanalytic Approaches

Existential-Phenomenological Approaches

Humanistic and Integrative Approaches

### Year 2

Contemporary Developments in Psychotherapy Theory

Contemporary Developments in Psychotherapy Practice

In Year 3, you will take the specialist modules on your chosen pathway:

### Taught pathway in Integrative Psychotherapy

Perspectives in Integrative Psychotherapy

Integrative Psychotherapy in Practice

### Taught pathway in Existential Psychotherapy

Perspectives in Existential Psychotherapy

Existential Psychotherapy in Practice

### Dissertation pathway

Research in Psychotherapy and Counselling

## Teaching methods

Training is led by experts who bring extensive clinical experience to the classroom. Our lecturers are research-active academics who frequently present and publish their work both nationally and internationally.

Learning methods include tutorials, group work, independent study, engagement with your own therapeutic experience and clinical practice guided by experienced professionals. You will also be taught research methods and carry out an in-depth inquiry into a relevant topic.

## Clinical placements

Clinical placements enable you to apply your theoretical knowledge and acquired skills in a professional context. Approved clinical placements begin in the second year under the supervision of experienced practitioners.



You must accrue at least 100 hours of clinical practice to complete the programme on the Dissertation pathway, and at least 200 hours to complete the programme on the Taught pathways.

This will involve at least half a day of clinical practice each week, both during and outside term time. Your course leaders and the University's Careers & Business Relations team will advise you on finding a placement.

In order to be eligible to apply for one of the professional bodies, BACP or UKCP, you will need to have accrued at least 450 supervised client hours.

### Accreditation and next steps

This programme meets the accreditation criteria of the UK Council for Psychotherapy (UKCP) and the British Association for Counselling and Psychotherapy (BACP).

Upon successful completion of the MA, you will be eligible to apply to one of our Postgraduate Certificate programmes in Integrative or Existential Psychotherapy (see pages 10-13).

Progression from the MA to the Postgraduate Certificates is not automatic. You will need to make a new application in order to progress with your training. Intakes at all levels are subject to availability and continuous progression cannot be guaranteed.

### Entry requirements

For candidates with a bachelor's degree or equivalent (in any discipline), we require at least six months' work experience in a helping and supportive role within an appropriate people-oriented work setting.

Applicants without an undergraduate degree must have a minimum of two years' relevant work experience in a position of responsibility in a helping and supportive role.

You must also have successfully completed an introductory certificate course in psychotherapy/ counselling of at least 120 hours involving theoretical, practical and experiential elements. For information on the introductory Certificate in Psychotherapy & Counselling offered at Regent's, see pages 6–7.

Previous experience of personal therapy is desirable, but not mandatory.





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 includes an interview.



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

## MA Psychotherapy & Counselling

	<b>Duration</b>	3 years part time
	<b>Start dates</b>	September and April
	<b>Tier 4 visa sponsorship</b>	No
	<b>Entry requirements</b>	Undergraduate degree and a minimum of 6 months' relevant work experience OR at least 2 years' relevant work experience (see column, left, or website)
		Introductory certificate course in psychotherapy/ counselling of at least 120 hours
		Interview
	<b>English language requirements</b>	IELTS: Overall score 7.0 with 6.0 or above in all 4 components, or equivalent
	<b>Annual tuition fee for Years 1 and 2</b>	£8,100 *
	<b>Taught pathways, Year 3</b>	£8,100 *
	<b>Dissertation pathway, Year 3</b>	£3,000*

\* Fees fixed for the duration of the programme for 2020/21 entrants

Accredited by



*This programme has exposed me to a very wide range of theories, topics and orientations. Through writing essays and doing various presentations, I have been able to zoom in and collect the real pearls of knowledge, which are invaluable to me. Not only has this experience nourished my personal development but it has also taken my clinical work to a whole different level.*

Farzana Numan, UK





# ■ Postgraduate Certificate in Existential Psychotherapy

The Postgraduate Certificate in Existential Psychotherapy (PGCEP) is a practice-based and highly experiential learning programme that leads to professional registration as an existential psychotherapist through the Society for Existential Analysis of the UK Council for Psychotherapy (UKCP).

The PGCEP constitutes the final year of a four-year training route to become a UKCP-registered existential psychotherapist. It aims to provide a transformative journey that will change you and the way you relate to others.

The training is founded upon the existential principle of the ultimate unfathomability of the meaning of being. Human experience is far too complex to be explained by theory. Existential psychotherapy embraces this complexity, employing a philosophical approach to exploring what it means to be human. This phenomenological practice nurtures enquiry, radical openness, and a fresh gaze upon the world and human beings.

Combining rigorous academic study of primary existential texts and experiential encounter exercises, you will develop a philosophical attitude and acquire a new vocabulary for contemplating human experience. Your

learning will go beyond cognitive and rational understanding of yourself in relation to others towards an embodied way of making sense of experience.

This more open and embodied understanding prepares you to connect with the other in their ambiguity and complexity, and together begin a relational process of deep exploration.

You will engage in a range of group seminars designed to encourage you to question your own beliefs, values and principles. You will need to be courageous, to embody fearless speech, to balance openness with circumspection and be willing to explore moments of discomfort with others in the group.

Our training promotes an ethical duty to uphold clinical standards of practice through accurate, reliable and valid peer feedback.

Successful completion of the programme qualifies you to work competently, humanely and ethically as an existential psychotherapist with the most vulnerable members of society. This privileged position engenders in you humility and discernment in all your professional dealings.

## Programme content

Classes will run on one regular day each week and you will take the following modules:

Existential Philosophy Applied to Psychotherapy

Practice and Reflexivity

## Teaching methods

Training is led by experts who bring extensive clinical experience to the classroom. Our lecturers are research-active academics who frequently present and publish their work both nationally and internationally.

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

You must also participate in weekly personal psychotherapy sessions with a UKCP-registered therapist.



### Clinical placements

Throughout the programme, you'll be expected to work with at least three adult clients, two of which must be long-term, on a minimum basis of once a week.

For the award of PGCEP, you are required to complete a minimum of 100 clinical hours during the taught element of the programme.

For UKCP accreditation, you are required to complete 450 clinical hours in total. The total you accrue will include the hours acquired during previous training (see MA Psychotherapy & Counselling, p. 8)

### Accreditation and next steps

Upon successful completion of the PGCEP, you will be eligible for professional registration with the United Kingdom Council for Psychotherapy (UKCP) through the Society for Existential Analysis.

### 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.



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

### BACP accreditation

At the end of the programme, 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.

### Entry requirements





To apply for this programme, you must have completed the MA Counselling & Psychotherapy with taught pathway in Existential Psychotherapy (see p. 8), or a Postgraduate Diploma in Counselling & Psychotherapy, with the equivalent study of existential psychotherapy to this pathway.

We also require completion of a minimum of 200 client-contact hours in a formal clinical placement, and completion of a minimum of three years (120 sessions) regular personal 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.

## Postgraduate Certificate in Existential Psychotherapy

 <b>Duration</b>	12 months part time
<b>Start dates</b>	October 2021
 <b>Tier 4 visa sponsorship</b>	No
 <b>Entry requirements</b>	MA Psychotherapy & Counselling (taught pathway in Existential Psychotherapy) or a Postgraduate Diploma with the equivalent study of existential psychotherapy to the MAPC Existential pathway.  A minimum of 200 client-contact hours in a formal clinical placement  A minimum of three years (120 sessions) regular individual psychotherapy  Interview
<b>English language requirements</b>	IELTS: Overall score 7.0 with 6.0 or above in all 4 components, or equivalent
 <b>Fee</b>	£7,366*

\* This fee is for indicative purposes only. Please check the website for 2021/22 fees in autumn 2020.

### Accredited by



*Studying existential psychotherapy was my opportunity to explore and challenge my understanding of the ambiguity and perceptual complexity of human experience. I see it as the first stepping stone in a life-long journey. The meaning I create along the way informs my professional practice, but it is equally empowering and consequential in my personal life.*

Serena Fianco, Italy



# ■ Postgraduate Certificate in Integrative Psychotherapy

The Postgraduate Certificate in Integrative Psychotherapy (PGCIP) constitutes the final stage of training to become a professionally registered integrative psychotherapist through the Humanistic and Integrative College of the UK Council for Psychotherapy (UKCP).

Contemporary integrative psychotherapy is a constantly changing field, with a rapprochement between different schools of thought. Built on the belief that no single approach will be suitable for each individual client, integrative psychotherapy employs a range of different approaches and systems.

The PGCIP will build upon your knowledge and understanding of six major schools of psychotherapy:

- Systemic
- Psychosexual
- Gestalt
- Focusing
- Jungian
- Transpersonal

By exploring these competing and diverse perspectives, you will develop your own integrative clinical practice.

It is commonly accepted that the therapeutic relationship, rather than a theoretical approach, is the fundamental ingredient in integrative psychotherapy. The PGCIP is clinically and experientially based, offering plenty of opportunities to participate in experiential exercises that bring both your client material and own clinical practice into consideration.

You will not only learn about the theoretical underpinnings of integrative psychotherapy, but also how to embody them in both your personal life and clinical practice.

You will learn how to effectively and ethically use supervision and feedback from your peers and supervisors to enhance and consolidate your clinical practice.

Critical reflection will help you develop into a well-informed practitioner who is skilful and ethical in practice and able to work in different settings with a wide variety of clients.

## Programme content

You will take the following modules, which will be held on one regular day each week:

Integrative Theory

Clinical Practice and Experiential Learning

## Teaching methods

Training is led by experts who bring extensive clinical experience to the classroom. Our lecturers are research-active academics who frequently present and publish their work both nationally and internationally.

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

You must also participate in weekly individual psychotherapy sessions with a UKCP-registered therapist throughout your training.



## Clinical placements

Throughout the programme, you'll be expected to work with at least three adult clients, two of which must be long-term, on a minimum basis of once a week.

For the award of PGCIIP, you are required to complete a minimum of 100 clinical hours during the taught element of the programme.

For UKCP accreditation, you are required to complete 450 clinical hours in total. The total you accrue will include the hours acquired during previous training (see MA Psychotherapy & Counselling, p. 8).

## Accreditation and next steps

Upon successful completion of the PGCIIP, you will be eligible for professional registration with the United Kingdom Council for Psychotherapy (UKCP) through the Humanistic and Integrative College.

### BACP accreditation

At the end of the programme, 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.



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

### 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 PGCIIP 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.

## Entry requirements





To apply for this programme, you must have completed the MA Counselling & Psychotherapy with taught pathway in Integrative Psychotherapy (see p. 8), or a Postgraduate Diploma in Counselling & Psychotherapy, with the equivalent study of integrative psychotherapy to this pathway.

We also require completion of a minimum of 200 client-contact hours in a formal clinical placement, and completion of a minimum of three years (120 sessions) regular personal 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.

## Postgraduate Certificate in Integrative Psychotherapy

 <b>Duration</b>	12 months part time
<b>Start dates</b>	October 2021
 <b>Tier 4 visa sponsorship</b>	No
 <b>Entry requirements</b>	MA Psychotherapy & Counselling (taught pathway in Integrative Psychotherapy) or a Postgraduate Diploma with the equivalent study of integrative psychotherapy to the MAPC Integrative pathway.  A minimum of 200 client-contact hours in a formal clinical placement  A minimum of three years (120 sessions) regular individual psychotherapy  Interview
<b>English language requirements</b>	IELTS: Overall score 7.0 with 6.0 or above in all 4 components, or equivalent
 <b>Fee</b>	£7,366*

\* This fee is for indicative purposes only. Please check the website for 2021/22 fees in autumn 2020.

Accredited by



*I chose to study psychotherapy at Regent's because it is a globally recognised institute in this field. Psychotherapy is an extremely enjoyable industry to work in, and one that allows you to continually evolve as an individual. This programme exposed me to a range of different practices and built my confidence so I can face any challenge. There is also constant growth within this field, which allows you to always feel like you are succeeding and developing yourself.*

Poonam Mehta, UK



# How to apply

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

## The application process

We accept direct applications all year round and there is no application fee. Progression between programmes is not automatic. You will need to apply at each stage in order to progress with your training. Intakes at all levels are subject to availability and continuous progression cannot be guaranteed.

The application process for each psychotherapy programme varies slightly. For further details regarding your chosen programme and the application process, please see the specific programme page on our website.

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.

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

## Student visas

Our psychotherapy programmes are not open to students who require a Tier 4 visa to study in the UK. The Intensive Certificate in Psychotherapy & Counselling is open to students on a Short-term study visa. For more information, see 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 your 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)



# Psychotherapist

## Head of global practice

*‘Regent’s is a vibrant place where you can ask questions, meet amazing people and find out about so many ideas.’*

Charlotte is the head of psychotherapy at The School of Life, a global organisation that teaches emotional intelligence through individual and group therapy. Her team of 14 psychotherapists includes three who are Regent’s alumni. Her time at Regent’s gave Charlotte the freedom to explore different ideas and cultivate her own unique approach to her profession.





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)**

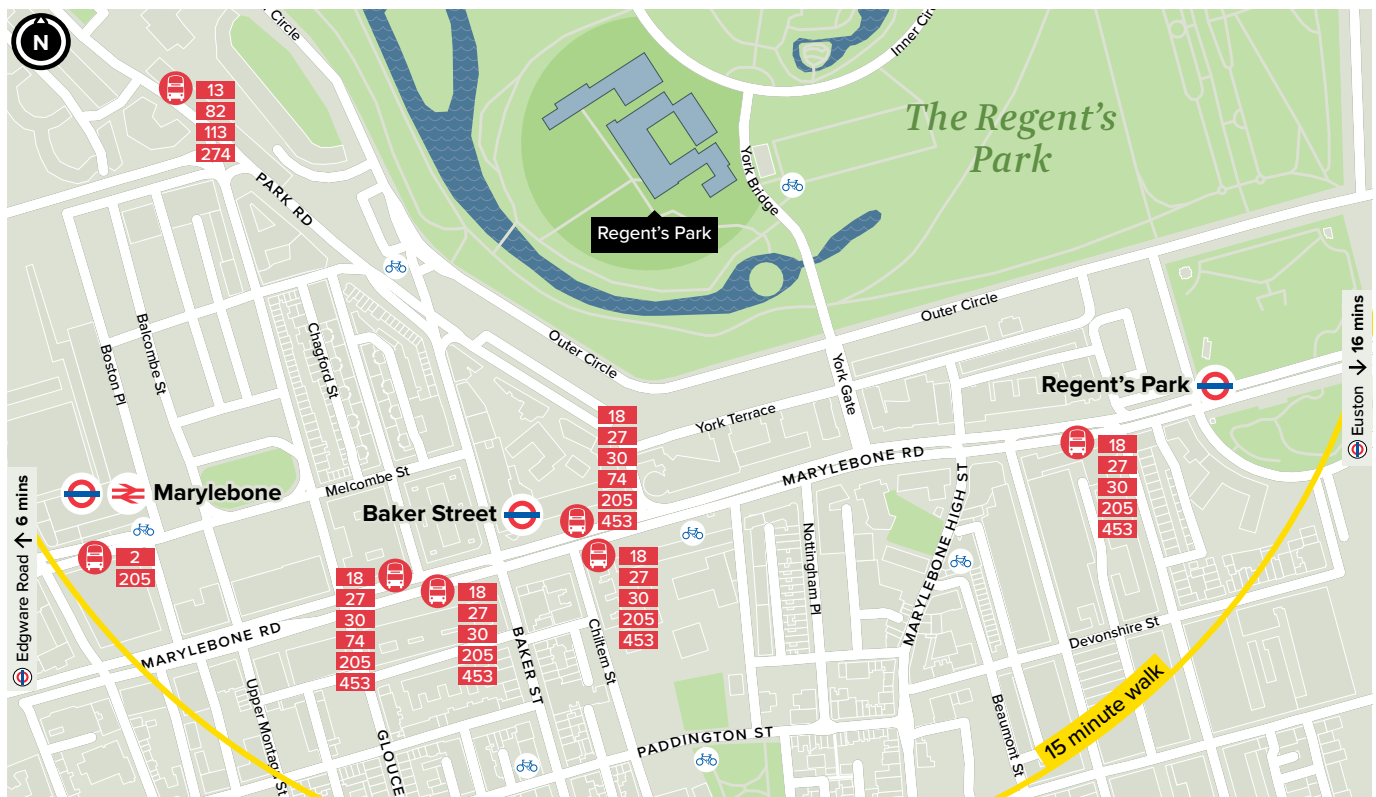


*I feel enriched by the experience of meeting students and staff from different backgrounds and from all around the world. And I have valued the opportunity to learn in a multicultural environment.*

Irene Esposito, Italy



# How to find us



We look forward to welcoming you to Regent's University London. Our campus in Regent's Park is easily accessible by public and private transport.

## By Underground

Take the London Underground (Tube) to Baker Street station.

## From Baker Street Station

Take the Marylebone Road exit. Turn left and walk past Madame Tussauds.

Take the first left at York Gate. Continue over the bridge into the park. The University entrance is on the left.

## By Road

Our campus is just off the A501 (Marylebone Road) in central London.

## From London Heathrow Airport

Heathrow Express train service to Paddington station. London Underground from Paddington to Baker Street station. Total journey time approximately 35 minutes.

## From London Gatwick Airport

Gatwick Express train service to Victoria station. London Underground from Victoria to Baker Street station. Total journey time approximately 60 minutes.

## From London City Airport

Docklands Light Railway (DLR) to Canning Town station. London Underground from Canning Town to Baker Street station. Total journey time approximately 45 minutes.

## From St Pancras International, home to the Eurostar

London Underground from King's Cross St Pancras to Baker Street station. Total journey time approximately 10 minutes.

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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