



Manchester Institute
for Psychotherapy

PSYCHOTHERAPY TRAINING IN TRANSACTIONAL ANALYSIS

COURSE PROSPECTUS

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An International & Nationally Recognised Accredited Training Course

This four year training course leads to professionally accredited qualification in Transactional Analysis - Adults. (ITA, EATA & UKCP)

This course is recognised by the Institute of Transactional Analysis (ITA) and is accredited by the European Association of Transactional Analysis (EATA). It is a major qualification leading to being a Transactional Analysis Psychotherapist both in Britain and Europe.

This programme, therefore, meets the training standard for people who wish to become accredited psychotherapists/special fields practitioners.

It is important to note that Local Authorities, Social Services and private companies will often fund participants for this particular Professional Training. This has been the case in previous intakes, especially as the course is recognised by the above professional bodies.

History and Philosophy of the Institute

The Manchester Institute for Psychotherapy evolved from the Lifestream Centre for Psychotherapy, which was founded by Bob Cooke in September 1987.

Bob Cooke was, and is, interested in psychotherapy and the ideal of the creation of a therapy and training centre in Manchester where there would be a place for people to come knowing that they would be seen by therapists/counsellors in the strictest confidence.

In 1993 Bob Cooke became the Principal Director of The Manchester Institute for Psychotherapy with overall responsibility for the training development. He brought a dimension to the environment that is uniquely his own, whilst adhering to a core philosophy that those who are personally motivated and willing to change will do so, and in so doing inspire the growth of others. Whilst on this path of self development those who change will enhance the development of their environment.

The Institute's roots are now firmly established in Training, Supervision and Private Psychotherapy. We have twenty therapists working in private practice under the auspices of the Institute, as well as a comprehensive Psychotherapy training programme.

***The core values that underpin all training at the
Manchester Institute for Psychotherapy***

1. All members/trainees acknowledge the dignity of all human beings.
2. Belief in the worth, dignity and creative potential of every person.
3. All members have the capacity to think.
4. All people have different learning styles and speeds.
5. All people have an intrinsic human value regardless of age, gender, race, religion, disability or sexual orientation.
6. The client/therapist relationship is the foundation of all treatment and the welfare of the client takes priority.
7. The Institute will promote a willingness in both the client and therapist to adopt an I'm OK-You're OK position. The therapist will encourage the client towards personal autonomy and responsibility.

Theoretical Orientation and Curriculum

The basic aim of this course is to prepare and train individuals to become qualified psychotherapists in their own right with its major modality being in Transactional Analysis.

However, it is important to note that we see Transactional Analysis as fundamentally integrative by nature and there will also be a major focus on the importance of the relationship within the training programme.

Individuals with prior training may join the programme at the beginning of any of the years, providing they meet the entry requirements for that specific level.

All students will be encouraged to take responsibility for their own learning opportunities, which takes into account different learning speeds and levels.

There will be an emphasis upon personal responsibility, group participation, openness in to experimentation, self-awareness and personal development.

Please note that after successfully completing the four year training programme, you will be awarded the Manchester Institute Diploma in Transactional Analysis.

In order to obtain the European Certification in Transactional Analysis (CTA), which is accredited by the European Association of Transactional Analysis, you will need to continue into an Exam Preparation group, which will meet one-day a month to complete the certification process.

Completion of the above will lead to the United Kingdom Council of Psychotherapy Registration and Accreditation.

Curriculum Training Programme

Year One – Foundation Year

This year covers the major areas required for individuals to obtain a secure platform for further progression to obtaining clinical accreditation in TA and huge opportunities for personal awareness. Each topic area will be studied in depth and there will be opportunities for the individual see TA in terms of their own particular field of application. This year is a complete year in itself whilst also acting as a pre-requisite for continuing onto further years for accreditation in TA.

Entry requirements for the first year are:

- The official 101 certificate
- To complete a formal interview with the Training Director.
- A commitment to ones own personal development (40 hrs) with a CTA therapist.

Year Two - Intermediate Year

In this year there will be an emphasis on trainees looking towards working clinically. This will mean either in placements, voluntary settings, private practice, or through their work setting.

To this end trainers will monitor the clinical evaluation of the trainees ability to see clients at a clinical level, this will be done through role playing, discussion, tapes etc in order that the trainee achieves the required level of competency within the therapeutic relationship.

Reflective clinical supervision will take place throughout the whole training and specifically each Sunday 2.15pm – 3.30pm of each training weekend.

Entry requirements for the second year are:

- A commitment to ones own therapeutic process (40 hrs, CTA therapist)
- Membership of EATA
- 101 Certificate
- To have completed 120 hours in advanced TA training
- Completion of assignments and a successful trainer's assessment.
- Full attendance of all year one training modules– see attendance policy.

Year Three - Advanced Year (Clinical Practice & Supervision)

In this year, trainees are expected to be working with clients and/or applying Transactional Analysis in their work.

This year will be primarily concerned with the trainee and their clinical journey. The second day of the weekend will focus on the supervision of the trainees' practice, placement or voluntary setting. There will also be a focus in the second day on professional and ethical issues that might arise from the clinical practice.

Once again throughout this year there will be constant monitoring and evaluation of the trainees' abilities with respect to their clinical level. Reflective clinical supervision will take place throughout the whole training and specifically each Sunday 2.15pm – 3.30pm of each weekend.

Entry requirements for the third year are:

- A commitment to one's own therapeutic process
- Membership of EATA
- 101 certificate
- Seeing clients
- Completion of all assignments and a successful trainer's assessment
- Demonstrate clinical competence & have achieved the MIP clinical endorsement.
- To have completed 240 hours of advanced TA training either from this programme or by another recognised training course.
- To have adequate recognised supervision
- Full attendance of all year two training modules (see attendance policy)

Year Four - Clinical Specialisation Year

This year will concentrate on advanced clinical disorders and how to use Transactional Analysis from a clinical perspective.

In this year we will also be continuing the clinical journey of the trainee, as well as encouraging trainees to begin the exam preparation process leading to certification as a Transactional Analyst Psychotherapist (EATA).

By the end of this year the trainee needs to have a successfully completed clinical endorsement record, a pass mark in the research project, a complete portfolio and a full attendance to all training sessions.

After completion of this year, the trainee will be awarded the MIP Diploma in Transactional Analysis.

Entry requirements for the fourth year are:

- To have completed 360 hours of advanced TA training.
- To be in personal therapy for the duration of the course with a CTA therapist.
- To have membership of EATA.
- To have completed all assignments and a successful trainer's assessment
- To have a 101 certificate.
- To be in regular supervision.
- To be completing a log of training.
- To be working with clients.
- Full attendance of all year three modules (see attendance policy)

It is necessary for students without the relevant mental health experience to arrange a twenty hour placement for themselves to be completed during the four years of training. Guidance on the type of placement is to be found in the student handbook.

Training Modules

Modules -Year 1	Year 2	Year 3	Year 4
Fundamentals of TA – Philosophical foundations of TA - Contracts	- Contracts Ethics Profess Practice	Contracting and Assessment	Contracting and clinical evaluation
Ego States Ego state analysis	Personality Adaptations Human experience and nature of the therapeutic relationship	Diagnosis and Treatment Planning	Mental Health Module.
TA and Defence Mechanisms - Contaminations and exclusions	Classical Approach	Child Parent ego states – Parent Ego Change, Facilitation of human change	Diagnosis & Treatment (D&T)Obsessive Compulsive Personality
Script and Script analysis & Maintenance	Redecision Approach	Child Parent ego states – Child Ego	D & T Schizoid personality
TA and Defence Mechanisms – Transactions rackets and games	Integrative Approach	Visiting Speaker 3 days sexual abuse training	D & T Borderline Personality
TA and defence Mechanisms – 3 P's	Cathexis Approach	Groups and Couples – Practical TA	D & T Narcissistic Personality
Human Development – Comparative Approaches to Psychotherapy Core Concepts	Relational approach	Research in Psychotherapy 3 days. Basic research techniques, investigation and evaluation.	D & t Histrionic Personality and Antisocial Personality
Human Development-Model of the person, Child Development	Diversity-gendered and culturally influenced development	Transference and Counter Transference Projective Identification	D & T Paranoid Personality
Human Development-Recognition Hungers	Reflective Clinical Endorsements	Transference 2	D & T Passive Aggressive Personality
Formal/ peer assessment	Formal/peer assessment	Formal/peer assessment	Formal/peer assessment

Entry Requirements

An applicant's professional work/background will be taken into consideration. It would be useful if they have had a background in one of the caring professions. i.e. counselling, social work, nursing or probation work etc. However it is not the only pre-requisite. Life experience and expertise in other disciplines will also be considered.

Entry to the programme also requires the completion of an introductory TA course (101 two days), an assessment interview and suitable references.

1. Entrants will need to have completed an intake interview with the Training Director and a MIP trainer.
2. A completed application form will be required, as well as two references and an up to date C.V.
3. Trainees are required to be in psychotherapy for the duration of their training. (40 hours per year) with a UKCP registered therapist.
The United Kingdom Council for Psychotherapy also requires that trainee psychotherapists receive personal psychotherapy of a type, frequency and duration similar to that which they will practice after accreditation.
4. The above requirements do not infer an automatic right to enter the course, as places are usually in high demand and a selection process may be necessary.
5. Trainees will be required to be in individual or group supervision when working with clients – one hour per month supervision to six hours client contact time.
6. Training fees may be paid in instalments but this arrangement must be made through the training director. A commitment to payment of the complete year's fee must be contracted for even if the trainee decides not to complete each year.
7. To check the current cost of the course please visit the website: www.mcpt.co.uk. Participants attending this training will be required to take up Trainee Membership of the Manchester Institute. This cost is included in the course fee.
8. **Please note:** that if you are taking advantage of the “ten monthly” scheme, you will need to pay by **standing order**, as cash or cheques are not accepted.

Attendance Requirements

UKCP require a minimum number of training hours for purposes of professional registration. The MIP programme is designed to meet these minimum hours therefore 100% attendance is required.

In the event that a student misses a module, or part thereof, then this module will normally have to be repeated in the following training year. Where a student needs to repeat a module they may proceed into the following training year with their existing training group but not progress. This means that the credit associated with the coursework for the missed module cannot be assigned to the student until the module and relevant coursework are satisfactorily completed. Upon completion the credit for the module can be assigned and the student will then be deemed to have progressed and become eligible for any award that may be pending.

Normally students will not be able to proceed nor progress if they have missed more than two modules. In such cases it may be necessary for the student to re take the year in which the modules were missed.

Training Methods

These include didactic lectures: experiential exercises done individually, in pairs and in small groups. Visiting trainers also provide a variety of models and styles. Our aim is that, through the group process and training, people develop awareness and acquire skills, which they can apply to their ongoing psychotherapy practice and/or work field.

TA 4 year Programme Assessment

Year 1	Personal Therapy Attendance Assignment Assignment Personal Learning Journal Personal Development Profile	Min 40 sessions 100% 100% Coursework 100% Coursework Satisfactory Satisfactory
Year 2	Personal Therapy Attendance Assignment Assignment Clinical Competencies Personal Learning Journal Personal Development Profile	Min 40 sessions 100% 100% Coursework 100% Coursework Pass Satisfactory Satisfactory
Year 3	Personal therapy Attendance Assignment Assignment Clinical Competencies Personal Learning Journal Personal Development Profile	Min 40 sessions 100% 100% Coursework 100% Coursework Pass Satisfactory Satisfactory
Year 4	Personal Therapy Attendance Research-based Project Case study Clinical Competencies Personal Learning Journal Personal Development Profile	Min 40 sessions 100% 100% Coursework 100% Coursework Pass Satisfactory Satisfactory

Exam Preparation Group

The exam preparation group follows on automatically from the previous four years of training. It may be seen as a fifth year of training.

This group will meet one day a month over ten months from 10am to 5 pm in order to complete the certification process, leading to the Certification in Transactional Analysis (CTA) which will be awarded by the European Association of Transactional Analysis, and eligibility to UKCP Registration.

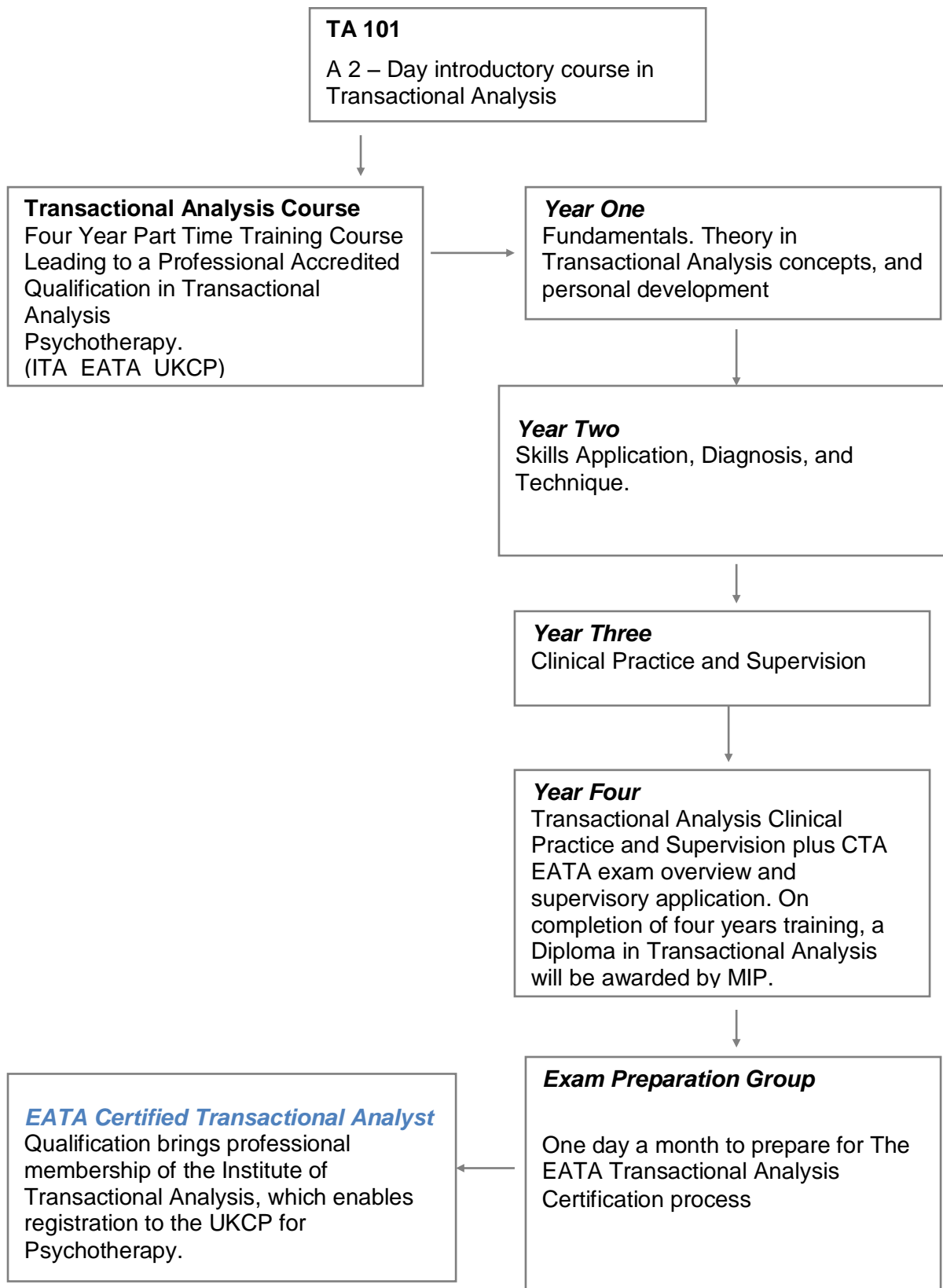
The exam preparation group will be held at The Manchester Institute For Psychotherapy, and will be run by one of the Manchester Institute's trainers.

The exam preparation group is made up of trainees who have completed four years of training at The Manchester Institute for Psychotherapy, and wish to achieve CTA and UKCP Accreditation.

This group focus will be on:

1. Supervision on the written exam.
2. Theoretical discussions.
3. Clinical case discussions.
4. Ethical and professional issues.
5. Mock examinations.
6. Literature reviews.

PSYCHOTHERAPY TRAINING FLOW CHART



INTRODUCTORY WORKSHOP 101

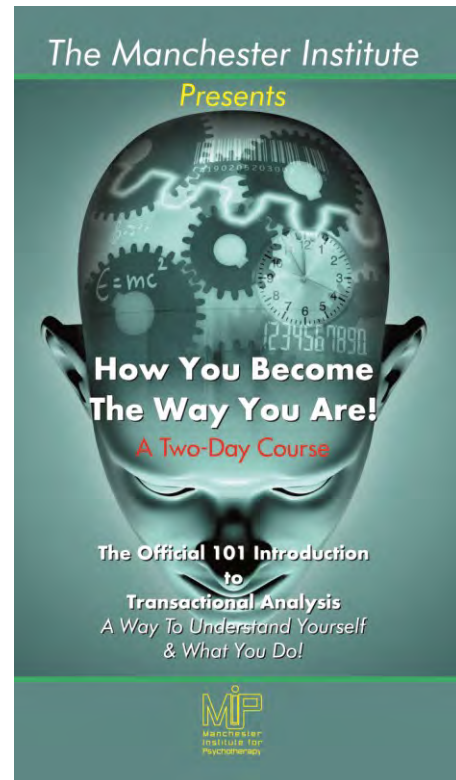
The workshop is the official internationally recognised introduction to Transactional Analysis and is the pre-requisite for further training as a TA psychotherapist. There are dates posted at regular intervals throughout the year.

The workshop is for anyone interested in Transactional Analysis as a method of understanding communication. It is for those who are interested in using TA in their professional work or in their personal lives.

The format of this workshop is theoretical on the major concepts of Transactional Analysis from the ego state model, through game theory and onto the script issues and much more.

The two-day workshop will combine didactic teaching combined with experiential exercises, which will give participants the opportunity to apply TA concepts to their own particular life situation.

Contact the Institute for the current training dates.





How You Become The Way You Are!

Topics Covered


- What is Transactional Analysis
- Different Models of the Self
- A Model of Personality
- A Model of Script- Creating Your Own Lifeplan
- A Model for Understanding How we Communicate
- A Model of Child Development
- Strokes - Recognition - How We Take and Give Compliments
- Game Analysis - How We Analyse and Understand Your Repetitive Behaviours

Completion of this course gives you the Official 101 Certificate and is a pre-requisite to enrolment on the 4 year Transactional Analysis Psychotherapy Course.

Venue: The Manchester Institute for Psychotherapy

Cost: £165 (Two-day Course)

Time: 10:00 - 17:00



Psychotherapy Trainers at MIP

Director of Training

***Bob Cooke - BA, CTA, TSTA (P) PGCE, Certificate in Counselling, UKCP
Registered Psychotherapist***

Bob Cooke founded the Manchester Institute for Psychotherapy in March 1993 - formally the Lifestream Centre for Psychotherapy 1987. He is the Principle Director as well as the Training Director he has also served as past secretary of the ITA.

Bob is an experienced psychotherapist and freelance trainer and supervisor. He runs a clinical practice encompassing both individual, couples and group psychotherapy. The basic theoretical framework that he uses is Transactional Analysis but he works from an Integrative perspective using Gestalt and Bodywork techniques.

He is particularly interested in all aspects of psychotherapy and specifically working with dissociative disorders, which are necessary defences from early trauma such as emotional and sexual abuse issues. His major training is in TA and Integrative Psychotherapy where the major focus places emphasis on the relationship between client and therapist leading towards emotional well being.

At present he is directly involved in the training of psychotherapists and to that end has created an in depth training programme at the Manchester Institute.

Bob is a Teaching Supervising Transactional Analyst with clinical speciality. He is accredited in these categories by the European Association of Transactional Analysis (EATA). He is also registered with the United Kingdom Council for Psychotherapy (UKCP)

***STEPHANIE COOKE – CTA - UKCP
N.E.B.S.M, Cert, CSS, Cert. Couns***

Stephanie has had fifteen years experience as a social worker and manager, working with children and adolescents and their families. In 1986, she qualified as a counsellor running groups and working with sexually abused children, disturbed adolescents, children with learning difficulties with challenging behaviours and their families.

Stephanie trained as a Psychotherapist with the Berne Institute in Nottingham and has been practicing as a Psychotherapist for fifteen years. She works part time at the Institute; she sees individuals, couples, children and adolescents.

Mo Felton - CTA (P) TSTA (P)

Founder of the Unicorn, Options training programmes and Walsall Therapy Centre. She has worked as a Counsellor, Psychotherapist, and Supervisor for over 20 years. Mo has also served as a consultant supervisor to WALKWAYS youth counselling service in Walsall.

In her practice as a UKCP registered Psychotherapist and Supervisor Mo provides a workplace counselling service to several organisations and runs supervision groups for counsellors and psychotherapists in training.

May Senior-Johnson –MSc (TA), PTSTA, CTA, UKCP and ITA Registered.

May is a Provisional Teaching & Supervising Transactional Analyst and has a Master of Science in Transactional Analysis. She is UKCP and ITA registered and has a private practice which she successfully runs from her home in Cheshire. This includes a weekly therapy group.

She has worked as a counsellor, psychotherapist, and a trainer for many years. May also works in industry as a consultant to organisations and provides training and coaching for senior managers.

Ethics and Professional Practices

In accordance with other Institutes, the Manchester Institute for Psychotherapy has its own code of ethics. Trainees who use the Institute must adhere to this code of ethics.

The Manchester Institute also adheres to the codes of ethics laid down by the European Association of Transactional Analysis (EATA) and the Institute of Transactional Analysis (ITA). Copies of both of these are displayed at the Institute.

The Institute is also guided by the following policies and procedures:

- Complaints
- Equality
- Appeals
- Data Protection

Students are encouraged to become members of the Institute Quality and Equality Committee. Please contact your tutor for further details if you are interested.

Clinical Placement – Low Cost Therapy Clinic

The Low Cost Therapy Clinic was established in July 2009. It gives the opportunity – on a voluntary basis – for advanced psychotherapy trainees to have up to three clinical placements for up to one year.

The placement is a supervised placement by a qualified – accredited Transactional Analyst Supervisor. Supervision is paid for by The Manchester Institute and takes place at The Manchester Institute and is of a group nature.

The above placement is a unique opportunity for advanced psychotherapy trainees within The Manchester Institute Training Programme to:

1. Gain clinical experience
2. Receive qualified supervision.
3. Gain the relevant clinical content hours needed for clinical experience.
4. Begin to build up the required clinical content hours for exam purposes on the road to being an accredited psychotherapist.
5. Give something to the wider community and in particular that sector which can not normally afford therapy.

