

Manchester Institute  
for Psychotherapy

**PSYCHOTHERAPY TRAINING IN  
TRANSACTIONAL ANALYSIS - ADULTS  
FROM AN INTEGRATIVE PERSPECTIVE**

**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 – from an integrative perspective. (UKCP)

This course is recognised by the United Kingdom Council for Psychotherapy (UKCP), the UK Association for Transactional Analysis (UKATA) and 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.

### **Bursaries**

The Manchester Institute for Psychotherapy offers bursaries to students on low income or economic hardship. The bursaries are between 5% to 20% according to the student's situation. To apply for this bursary you will need to apply in writing to the director and co-ordinator of training who is Bob Cooke.

Low income means that the family income is lower than £15,000 per year.

### ***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 March 1988.

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.

## *Curriculum Training Programme (Post Graduate Level 7)*

### *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 by the UKCP and huge opportunities for personal awareness. Each topic area will be studied in depth and there will be opportunities for the individual to see TA in terms of their own particular field of application.

#### ***Entry requirements for the first year are:***

- The official 101 certificate – introduction to Transactional Analysis concepts - this is a two day workshop.
- To complete a formal interview at MIP.
- A commitment to one's own personal development (40 hours) with a therapist (UKCP).
- Appropriate educational background, either a degree or equivalent in one of the helping professions, ie nurses, social workers, probation workers, teachers etc.
- Please note this course is at a level 7 educational standard.
- Membership of MIP and UKCP.

Please note that maturity of life experience will be taken into consideration with a view to application.

## ***Year Two - Intermediate Year (Focus Clinical Skills)***

In this year there will be an emphasis on trainees looking towards working clinically. This will mean through the voluntary placements and/or 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.

Placements will usually start from April of the second year and carry on until 100 clinical hours have been achieved, or/and the duration of time which has been negotiated through the trainee and the placement provider.

Please note that students will be required to undertake the necessary supervision with regards to the voluntary placement – 1:6 hours client contact per month. Supervision may be taken individually or in a group setting. The cost for supervision is approximately £45-£50 per month whether it be in a group or individual setting. This is an extra cost to the overall training cost which is set by MIP.

### ***Entry requirements for the second year are:***

- A commitment to one's own therapeutic process (40 hours per year, UKCP psychotherapist).
- Membership of MIP and UKCP.
- 101 Certificate.
- To have completed 154 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.
- To have completed the Personal Development Profile.

### ***Year Three - Advanced Year*** **(Clinical Practice & Supervision)**

In this year, trainees are expected to have obtained a “clinical placement”, to be working with clients and/or applying Transactional Analysis in their work. This year also will be primarily concerned with the trainee and their clinical journey.

Within this year there will also be a strong didactic presence with experiential teaching and an emphasis on not only clinical work but psychotherapy research.

Once again throughout this year there will be constant monitoring and evaluation of the trainee’s abilities with respect to their clinical level.

#### ***Entry requirements for the third year are:***

- A commitment to one’s own therapeutic process – 40 hours with a UKCP therapist.
- Membership of UKCP and MIP.
- 101 Certificate.
- Seeing clients – (placements).
- Completion of all assignments and a successful trainer’s assessment
- Demonstrate clinical competence & have achieved the MIP clinical endorsement.
- To have completed 308 hours advanced TA training.
- 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, as well as an emphasis of psychotherapy research and completion of the psychotherapy research project, (10,000 words).

In this year we will also be continuing the clinical journey of the trainee, as well as encouraging trainees to look/explore their relevant psychotherapy pathways after MIP graduation.

By the end of this year the trainee will need to have successfully completed all their parallel obligations, and received a pass mark in their research project to gain the MIP diploma and graduation.

### ***Entry requirements for the fourth year are:***

- To have completed 462 hours of advanced TA training.
- To be in personal therapy for the duration of the course with a UKCP therapist.
- To have membership of UKCP and MIP.
- To have completed all assignments and a successful trainers assessment
- To have a 101 Certificate.
- To be in regular supervision.
- To have completed their log of training with MIP before graduation.
- To have successfully completed their research project.
- To be working at a clinical level with clients.

### ***MIP Graduation***

After successful completion of the 4 years Psychotherapy Diploma in Transactional Analysis from an Integrative Perspective, there will be a Graduation Ceremony to mark the achievement of the trainee to MIP graduate status. This usually takes place on the second Sunday in July, 1.00 to 4.00 pm.

Friends and relatives are invited and usually it is three/four tickets per trainee.

**Training Modules: 4 year Course in Transactional Analysis  
(from an Integrative perspective)**

<b>Modules -Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>
Introductions. The Fundamentals of TA. Completion of yearly contracts.	Contracts – What it is to be an ethical practitioner. Clinical Competencies.	Contracting and ethics. Using Supervision effectively.	Research progress, research feedback and social media presence – building an online presence
The philosophy of Integrative transactional analysis. Ego states – structural, functional and integrated adult.	Diagnosis and treatment planning and safeguarding vulnerable adults	Transference, Counter Transference, Projective Identification.	Contracting, supervision, clinical placement and evaluation.
TA and Defence Mechanisms - Contaminations and exclusions - Hungers	Integrative Psychotherapy Model Weekend 1	Intersubjectivity – the world between therapist/client.	Obsessive compulsive personality disorder
Transactional analysis/theory. The use of 3ps – Permission, Protection, Potency in psychotherapy.	Clinical Competencies Evaluation weekend	Working with Child ego state.	Schizoid personality disorder
Script – script analysis and script maintenance.	Evaluation of placement process. Supervision and how it works.	Working with parent ego state.	Diagnosis & treatment of Narcissistic personality disorder.
TA and Defence Mechanisms – Rackets, Games and Game Analysis.	The Classical School	Personality adaptation model.	Diagnosis of Borderline personality disorder. 3 days
Introduction to Clinical Competencies weekend	The Redecision approach.	Research Module 3 days	Diagnosis of Historionic Paranoid personality disorder.
Neuro Biology, Human development model and comparative approaches to psychotherapy, Introduction to clinical competencies	The Cathexis approach	Mental Health familiarisation 3 days	Dissociative Identity Disorder
Child developmental model, introduction to clinical competencies	The Relational Approach	Formal case study explained and tape evaluation.	Treatment of Passive Aggressive & Antisocial personality disorder. 3 days
Diversity – gendered and culturally influenced Development. Clinical Competencies	The Integrative Psychotherapy Model – Weekend 2	Evaluation weekend.	Formal and Peer assessment
Evaluation – Formal/ peer assessment	Evaluation. Formal peer assessment	-	

## Modular Timetable

**Saturday: 9:30 am - 5:30 pm**

### Morning:

9:30 - 10:15 - Group Check-In

10:15 - 10:45 - Theory Slot 1

10:45 - 11:15 - Tea

11:15 - 1:00 - Theory (2)

1:00 - 2:00 - Lunch

### Afternoon:

2:00 - 3:45 - Theory (3)

3:45 - 4:15 - Tea

4:15 - 5:00 - Theory (4)

5.00-5.30 - Group Check-out

**Sunday: 9:30 - 5:30 pm**

### Morning

9:30 - 10:15 - Group Check-in

10.15 - 10.45 - Theory Slot 5

10:45 - 11:15 - Tea

11:15 - 1:00 - Theory (6)

1:00 - 2:00 - Lunch

### Afternoon

2:00 - 3:45 - Theory (7)

3:45 - 4:15 - Tea

4:15 - 5.00 - Theory (8)

5:30 - Group Check-out

Please note that each day carries seven training hours – with one hour's lunch break. Thus, each academic year carries eleven modules x 14 hours = **154 training hours overall per year.**

## *The Clinical Placement*

An essential core of the programme is that students gain clinical experience within their training to be a fully recognised psychotherapist.

To that end, the student will need to undertake a “clinical placement” of at least 100 clinical hours under supervision.

Most placements offer short-term clients which means anything between 12 weeks to 6 months.

The placements are provided externally by outside placement providers. If the student decides to have an internal placement then they can apply for a placement at MIP.

The student usually starts their “clinical journey” in April of the Second year.

They then have until May of the Fourth year to successfully complete their 100 hours “clinical placement”.

Please note that this usually means seeing on average two/three clients on a weekly basis.

The above provides the student a wonderful opportunity to begin seeing clients under supervision in an “apprentice style” training.

## *The Placement Co-ordinator*

The Manchester Institute of Psychotherapy provides an overall placement coordinator whose job it is to support and help the student with regards to external placement providers and any internal placements at MIP.

Thus, the placement co-ordinator is a link between placement providers and the Manchester Institute for Psychotherapy.

The placement co-ordinator plays a pivotal position within the Manchester Institute of Psychotherapy structure in accompanying the student throughout their “placement” journey from beginning to the end of their placement.

## *Entry Requirements – Post Graduate Level 7 Psychotherapy Training*

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. At the time of writing the cost for the course starting October 2023 is **£3,725 per annum**. Please note that you may pay over ten instalments throughout each year. Participants attending this training will be required to take up Trainee Membership of the Manchester Institute, the cost is £45 per annum.
8. The course is a post graduate level 7 and it is expected that students applying for this course will have a degree or the equivalent in terms of post graduate level 7 status.
9. **Please note:** that if you are taking advantage of the “ten/eleven 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. 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.

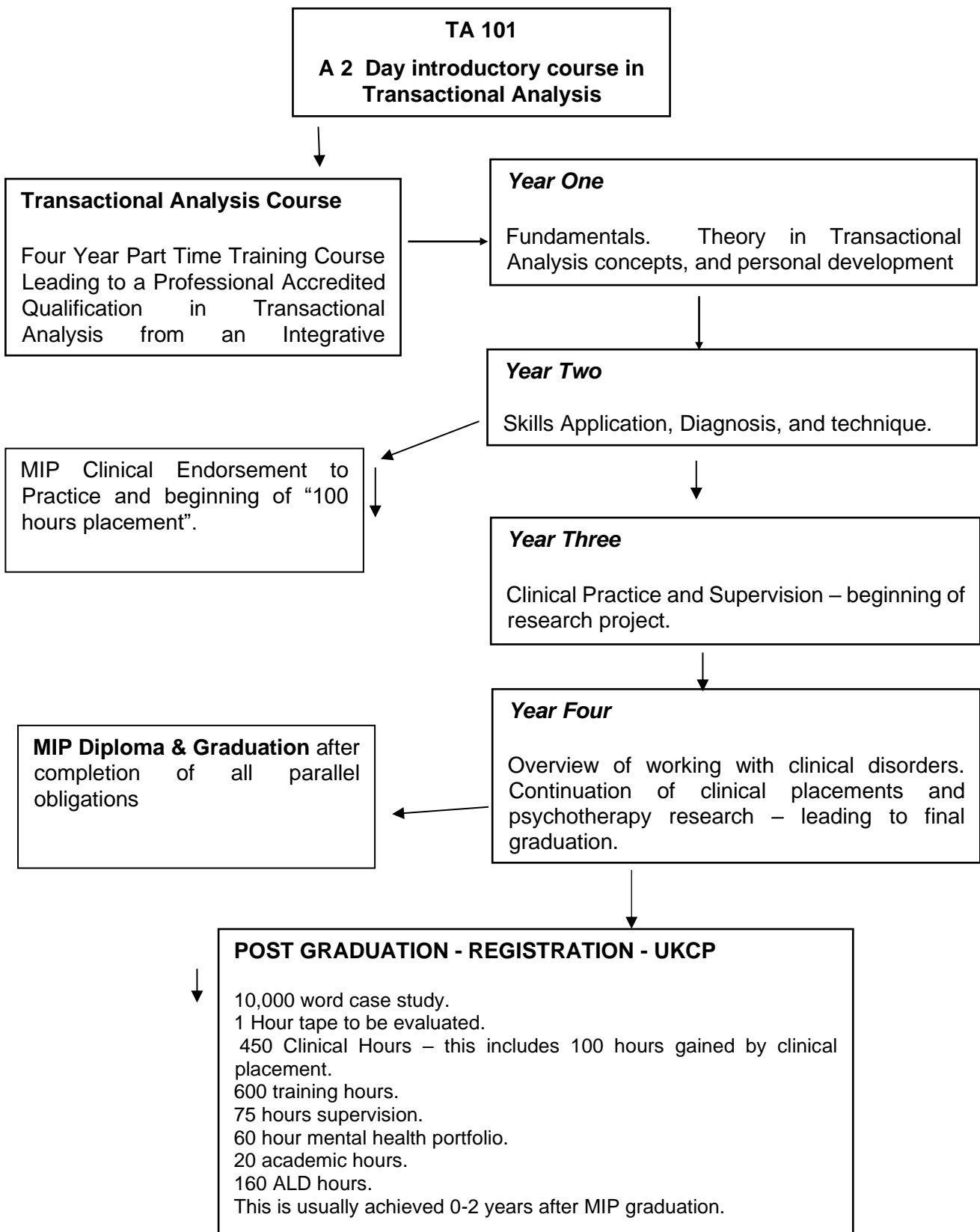
## TA 4 year Programme Assessment – Parallel Obligations

<b>Year 1</b>	Personal Therapy Attendance Assignment x2 Personal Development Profile	Min 40 sessions 100% 100% Coursework Satisfactory
<b>Year 2</b>	Personal Therapy Attendance Assignment x2 Clinical Competencies Personal Development Profile	Min 40 sessions 100% 100% Coursework Pass Satisfactory
<b>Year 3</b>	Personal therapy Attendance Personal Development Profile Assignment x 1	Min 40 sessions 100% Pass 100% Coursework 100% Coursework
<b>Year 4</b>	Personal Therapy Attendance Research-based Project Placement Mini Case Study Personal Development Profile Completion of placement Completion of supervision hours	Min 40 sessions 100% Pass 100% Coursework Pass Writing up of reports At least 17 hours in total

***Please note that until all parallel obligations outlined above are completed, students will not be able to graduate and receive the MIP diploma.***

**Also, by the end of the 4<sup>th</sup> year you will need to have achieved 50 Advanced Distance Learning hours before graduation from MIP.**

**PSYCHOTHERAPY TRAINING PATHWAYS**



**Once registered with United Kingdom Council of Psychotherapy (UKCP) you will be placed on their register in the Humanistic Integrative Psychotherapy College section and you will be issued with a UKCP Psychotherapy accreditation.**



## INTRODUCTORY WORKSHOP 101

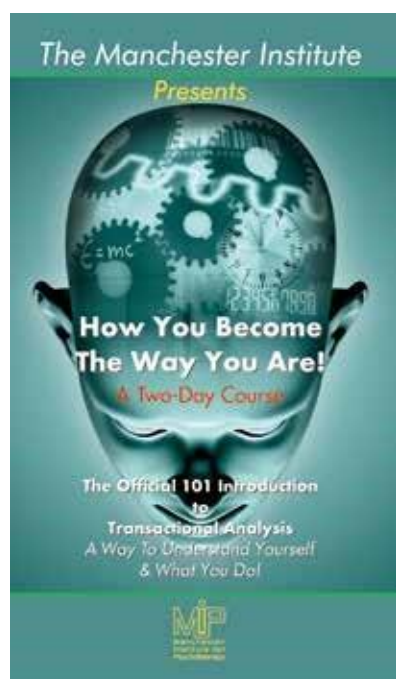
The workshop is the official internationally recognised introduction to Transactional Analysis and is the pre-requisite for further training as a TA psychotherapist. There are dates posted at regular intervals throughout the year.

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 Lifepan

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:** £195 (Two-day Course)

**Deposit:** £75 (non-refundable)

**Time:** 10:00 - 17:00



## *Psychotherapy Trainers at MIP*

### **Director of Training**

#### **Bob Cooke – BA, CTA, TSTA (C) PGCE, Certificate in Counselling, UKCP and UKATA 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 Psychotherapists (UKCP).

#### **Stephanie Cooke – UKCP Registered Psychotherapist, PTSTA, CTA**

(EIATCYP) Psychotherapeutic Counsellor working with Children and Young People, Psychotherapeutic Counselling Supervisor for work with Children and Young People and Psychotherapeutic Counsellor Trainer for working with Children and Young People.

Stephanie has a wide range of experience, working with children and adolescents which spans twenty years. She began in the early eighties working as a Social Worker specialising in children and adolescents in all areas of childcare. At this time in her career she also worked in a CAMH's unit as a counsellor for disturbed adolescents and children who have been traumatised and abused. Stephanie has also worked for Norfolk Children's projects with young offenders, working with them on projects within their local communities. Stephanie has worked as a counsellor and psychotherapist for twenty years, and presently works at the Manchester Institute as a trainer supervisor and psychotherapist with Adults and Children. She believes that all children have the right to "continuity of emotional well being, happiness and essential to this, good enough parenting", and this is her guiding principle when working with children and their families.

#### **Janet Fengeros – PTSTA – CTA – UKATA Registered**

Janet Fengeros is a Provisional Teaching & Supervising Transactional Analyst, as well as holding a Certificate in Transactional Analysis. She is UKCP and UKATA

Registered and runs a private practice from The Manchester Institute for Psychotherapy.

***Julia Tolley, PTSTA – CTA – UKATA – UKCP registered***

Julia Tolley is a Provisional Teaching & Supervising Transactional Analyst, as well as holding a Certificate in Transactional Analysis.

***Susie Hewitt – PTSTA – CTA – UKCP registered***

Susie has a thriving clinical practice working with families, couples, individuals and groups. She has developed her own unique way of working with family dynamics without treating one member as “the problem. Susie is currently researching different approaches to Family Therapy for her masters in Psychotherapy.

***Ruth Birkebaek – PTSTA – CTA – UKCP registered***

Ruth Birkebaek, is an International Integrative Psychotherapy Trainer and Supervisor (CIIPTS-IIPA), a Certified Transactional Analyst - PTSTA and a UKCP registered psychotherapist based in London. She provides online psychotherapy since 2009.

***Marilyn Wright – PTSTA – CTA – UKCP registered***

Therapist, Trainer and Supervisor, lives in Leicestershire. Marilyn has a keen interest in the importance of the therapeutic alliance and the integrative approach.

***Sylva Joliffe, MSC, PTSTA, CTA, UKCP.*** Sylva has over 10 years experience working with a wide range of clients in her private practice. She is actively working as a Supervisor, Examiner and Trainer and is aiming to achieve her TSTA.

***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 United Kingdom Association for Transactional Analysis (UKATA) and UKCP. Copies 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.



## Websites

The main website for  
The Manchester Institute for Psychotherapy is:  
[www.mcpt.co.uk](http://www.mcpt.co.uk)

The main website for the  
Child Division of The Manchester Institute for Psychotherapy is:  
[www.childtherapyworld.com](http://www.childtherapyworld.com)

UKCP website and UKATA website.

## YouTube

The Manchester Institute for Psychotherapy  
YouTube Channel is: TATHERAPY

Or you can find the Channel by putting in Bob Cooke.

## Facebook

The Manchester Institute for Psychotherapy has its own  
Facebook page – please browse and Like.

## The Manchester Institute For Psychotherapy

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