

MANCHESTER INSTITUTE FOR PSYCHOTHERAPY

THERAPY HOURS POLICY

Introduction

Training in psychotherapy can have a powerful impact on the trainee. For this reason, and in line with UKCP guidelines, it is an essential and mandatory requirement that all trainees have regular, ongoing, one to one personal therapy with an accredited UKCP therapist to support their therapeutic journey

The requirements are as follows:

- * 40 hours of therapy per year from 1st September to 31st August the following year.
- * There is an expectation that therapy be completed 100% face to face.
- * In exceptional circumstances remote/online therapy may be optional, and be agreed upon in consultation with the trainer, but cannot comprise of more than 40% of the total yearly hours.
- * If a trainee has an unexpected shortfall in therapy hours over the course of a year, this may be made up by attending a therapy marathon, providing the shortfall is no more than 5 sessions

This policy will be reviewed every 18 months and updated a minimum of every 36 months

June 2023