

## CPTI History

### Origins

In 1993 Richard Reynolds founded the Edinburgh Institute for Counselling & Psychotherapy (EICP). From 1995 EICP offered the TA101 Introduction to Transactional Analysis and standalone training workshops; over several years these workshops developed into organised training. In 2001 the training programme was separated from the provision of counselling and psychotherapy and Richard founded the Counselling & Psychotherapy

Training Institute (CPTI).

With CPTI a more formally structured programme was developed to ensure compliance with the requirements of the European Association for Transactional Analysis (EATA), represented in the UK by the Institute of Transactional Analysis (ITA) and the United Kingdom Council for Psychotherapy (UKCP) of which the ITA is a member organisation.

### Development

In 2001 Helen Ralston joined Richard Reynolds as Development Manager and in 2004 became a partner and was appointed Training Development Director. Helen has taken the lead in obtaining a broader professional and academic recognition of our training programmes. In this we have successfully obtained validation of our Counselling Diploma by COSCA, the Scottish body for overseeing counselling and validation by Queen Margaret University in Edinburgh for two masters

degrees, an MSc in TA Counselling and an MSc in TA Psychotherapy in conjunction with the CTA. The CTA is the professional TA qualification that leads to registration with the UKCP. We have validated three further degrees with Napier University; run in collaboration with Napier, these offer PG Certificate, PG Diploma and MSc in Brief Intervention Psychological Therapies, Brief Intervention Professional Practice and Professional Supervision.

### Current Programme

Currently CPTI offer the diploma in TA counselling, the CTA professional psychotherapy certification and the two Transactional Analysis based MSc degrees. The Brief Intervention Psychological Therapies MSc, the Brief Intervention Professional Practice MSc and the MSc in Professional Supervision are ongoing. In addition a programme of short CPD courses are held on a range of applications both for CPTI trainees and other professionals. CPTI provides two stand

alone introductory courses the TA101 Introduction to Transactional Analysis and an Introduction to Counselling with Motivational Interviewing.

The programme is managed by Richard and Helen, the partners supported by Sandra Crow, Administration Manager who heads the administrative staff and Mark Widdowson who as Training Director leads a team of qualified and experienced trainers.

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See other CPTI Training Information Sheets for detailed descriptions of the training programmes, TA and the available qualifications. Training Information Sheets are downloadable from [www.cpti.info](http://www.cpti.info) in PDF format or can be requested as emails from our office.

## Counselling & Psychotherapy Training Institute

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