



Training Information Sheet

Psychotherapy Training

An Introduction

CPTI provide psychotherapy training in the Transactional Analysis modality. TA can be used as a therapeutic model in different settings that include in-depth psychotherapy in which the therapist works in the relationship with the client and as a time limited or brief therapy that makes an effective cognitive model for psychotherapeutic counselling.

The origins of the CPTI programme lie in the psychotherapy model in which context TA is joined by other modalities such as Gestalt and Person Centred that fall in the humanistic group of therapies. In choosing TA as a modality, the founder of CPTI, Richard Reynolds was attracted to TA because of its broad reach as both a humanistic model and as a cognitive model. Traditionally most humanistic psychotherapy training was conducted within an experiential framework that sought to integrate the theory with personal insight and practice. This worked well for TA which has a strong history of ensuring high standards in practice and training; however the demand over the last few years has increased for a broader academic recognition of counselling and psychotherapy training.

Recognising this CPTI has for several years now increased the academic content of the programme by written assignments and more vigorous assessment procedures. This process has culminated in the recent validation of our training as MSc courses by Queen Margaret University in Edinburgh. The challenge for our training team has been the retention of the experiential and personal development aspects of the training within this framework; we consider this critically important as part of our core philosophy for training is that the development of the therapist is as important as their learning of therapeutic theory and its practice.

For an explanation of differences between counselling and psychotherapy and the counselling training offered by CPTI, see the relevant Training Information Sheets.

The CPTI Programme

The TA training programme is structured to allow for maximum flexibility in supporting trainees to obtain their goals in training with the recognition that these goals may change as training progresses. Within this structure, commitment to one year at a time and acceptance to a further year is by the completion of all assignments to a pass level, completing practice requirements (second year on) and demonstrating an on-going commitment to personal development. At the end of the second year of training trainees may apply for registration in an MSc, the taught element of this is accomplished in the final two years of structured TA training and the completion of a master's project in conjunction with the CTA professional qualification.

Programme Structure

The prerequisite for entering training is completion of a TA101 Introduction to Transactional Analysis Course. This two day course is run By CPTI and other TA training establishments to a standard internationally agreed syllabus; the TA101 introduces the basic TA theories of child development, personality and communication. The course is an excellent "taster" for TA training and valuable as a stand alone CPD or personal development course. CPTI run the TA101 courses in Glasgow and Edinburgh and on a custom basis for organisations.

Entry to the programme is in a foundation year run over nine weekends (with sufficient demand a weekday group is also run). On successful completion of the foundation year, trainees move into advanced training groups for nine weekends plus two days of trainee selected courses (20 days per year) for three years. They have the option of entering the MSc programme at the beginning of Advanced Year 2.

At the completion of the fourth year of the formal training, trainees continue to build their practice and can join Extended Training Groups meeting in alternative months. A significant part of psychotherapy training is the development of supervised practice and before the CTA exam is undertaken, completion of 750 hours of practice along with the commensurate supervision.

Qualifications

The CTA professional examination requires the completion of a four part case study with descriptions of the trainees training and practice and six essays on theoretical subjects. Having obtained a pass for the case study, the final step in qualification is an oral examination where the trainee speaks about their work and practice, demonstrating their competence as practising psychotherapists.

On passing the CTA, trainees registered for the MSc in TA Psychotherapy then submit the case study and theoretical essays appropriately reformatted as a masters project and on receiving a pass are awarded the degree.

The award of CTA allows the successful candidate to become registered with the United Kingdom Council for Psychotherapy (UKCP). The CPTI training programme is designed to enable all trainees to comply with the UKCP registration requirements. Registration is through the Institute of Transactional Analysis (ITA), a member organisation of the UKCP; CPTI is a registered training establishment of the ITA.

Assessing Training in Psychotherapy

In making the judgement as to whether psychotherapy training is the right path, we recommend that all prospective trainees get information on different modalities and be thorough in assessing the commitment and cost.

In assessing what is offered by CPTI, we invite you to study all our Training Information Sheets, the FAQs and our training prospectus; for MSc review the Queen Margaret University web site at www.qmu.ac.uk and the web sites of the ITA, www.ita.org.uk and UKCP at www.ukcp.org.uk. Attending a TA101, in addition to being a valuable standalone course, gives a preview of TA training and the opportunity to discuss training with the trainer. At CPTI we are always pleased to answer questions and provide any information about our training programme.

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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 in PDF format or can be requested as emails from our office.

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