



## Training Information Sheet



### Training Programme Overview

The CPTI training programme has a number of interlinked objectives offering the maximum flexibility for trainees and students to meet their self defined goals. Maintaining the highest academic and professional standards, each programme year gives choice and support in meeting these goals.

#### The Programmes

##### Transactional Analysis (TA) Programme

The TA programme offers a choice of goals and exit points, it is designed so that trainees can move or add to their goals as they advance through the programme; these goals give both professional and academic qualification and recognition including:

- CPTI Counselling Skills Certificate
- COSCA validated Counselling Diploma
- CTA Psychotherapy certification leading to UKCP registration
- MSc in TA Counselling
- MSc in TA Psychotherapy

##### The Brief Intervention Psychological Therapies (BIPT) Programme and Brief Intervention Professional Practice (BIPP)

A modular programme where individual modules can be undertaken or combined for academic awards. BIPT is designed for both experienced counsellors and others to add to their skill set or as a complete counselling training with academic awards: BIPP has the same taught elements but omits work in a process group and supervised practice. BIPP provides improved communications and an understanding of psychological processes and offers an academic qualification for career advancement.

- Individual modules with recognition at SCQF level 11
- Post Graduate Certificate in BIPT
- Post Graduate Diploma in BIPT
- MSc in BIPT

Individual modules available in this programme:

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| <ul style="list-style-type: none"><li>• Counselling &amp; Motivational Interviewing</li><li>• Cognitive Behavioural Therapy (CBT)</li><li>• Transactional Analysis and Solution Focussed Therapy (SFT)</li><li>• Cognitive Analytic Therapy (CAT)</li><li>• Interpersonal Therapy (IPT)</li></ul> | <ul style="list-style-type: none"><li>• Brief Dynamic Therapy (BDT)</li><li>• Applied CBT</li><li>• Applied TA</li><li>• Applied CAT</li><li>• Mindfulness Based Practice</li><li>• Research Methods</li></ul> |
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Modules are appropriately combined to gain the certificate, diploma or MSc.

##### The Professional Supervision (PS) Programme

A modular training that starts in January 2009 for supervisors to practice in professional disciplines and in management. Supervision is an established part of counselling and psychotherapy practice and is considered an essential part of working in these professions. Supervision, which is quite separate from line management, is increasingly employed in the

medical professions, social work and in business. Students undertake a mix of taught and on-line modules; individual modules are credited at SCQF level 11.

Academic awards may be won by completion of the appropriate modules together with supervised practice:

- Individual modules with recognition at SCQF 11
- Post Graduate Certificate in Professional Supervision
- Post Graduate Diploma in Professional Supervision
- MSc in Professional Supervision

### **Entry Requirements and Eligibility**

Eligibility to CPTI training is by demonstrating a capacity for study at a post-graduate level, a willingness to engage in personal development and a commitment to learning within a group. Normal entry requirements are a first degree and life experience commensurate with working with people in a therapeutic or supervisory environment. A first degree is not considered an essential where appropriate work and life experience can be demonstrated. Offers of course places are by the decision of CPTI. This is based on a completed application form, a C.V., a personal written statement showing the motivation for wanting to train and, for courses leading to a qualification, an interview. See also our prospectus or the information sheets on individual courses.

### **Professional Registration**

Trainees who obtain the COSCA validated Diploma in TA Counselling are eligible for registration with COSCA on completing requirements for practice hours. Trainees complying with these criteria would also be eligible to apply for BACP registration. Trainees who obtain the CTA and comply with UKCP requirements are eligible for Registration with UKCP as psychotherapists. Students who obtain the BIPT Diploma or MSc will be eligible to apply for COSCA recognition subject to compliance with COSCA conditions and practice requirements. See the relevant information sheets for details of available qualifications and validations.

All CPTI TA training is designed to ensure that trainees who complete the courses fulfil eligibility requirements for registration. It should be noted that it is proposed that there will be government regulation of counselling and psychotherapy. We have confidence that UKCP and COSCA will ensure that training requirements meet government requirements and it is CPTI policy to ensure that our training meets all relevant standards and equips successful trainees to pursue their chosen professional path. We keep training and registration under continuous review.

The TA MSc courses are validated by Queen Margaret University, the BIPT, BIPP and Professional Supervision awards are provided in collaboration with Napier University.

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*See other CPTI Training Information Sheets for more detailed descriptions of training, 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.*

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