

PSYCHOTHERAPY TRAINING

AT

LIVERPOOL THERAPY TRAINING

(LIVERPOOL CENTRE FOR COUNSELLING AND PSYCHOTHERAPY)

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INTRODUCTION TO LCCP & LTT

Welcome to the Liverpool Centre for Counselling and Psychotherapy. Having formed **Liverpool Therapy Training** in 2010 we are providing quality accredited training for Psychotherapists, Counsellors and those wishing to develop in their personal or professional life.

Brief History

The Liverpool Centre for Counselling and Psychotherapy was founded by the current director, Peter Banczyk, towards the end of his core training in Transactional Analysis (TA) in 1997 largely for the development of his own psychotherapeutic practice. Initially the Liverpool Centre was a collective of therapists seeking to support each other as they independently developed their client bases.

Peter was joined in 1998 by the current Clinical Director, Dr Ailis Murphy, a Psychologist who is also trained in TA psychotherapy. From these early beginnings the Centre sought more offices to expand into, whilst developing the more structured and coherent organisation that exists today.

Northwest Psychology Consultants was created in 2000 and operates alongside LCCP as a separate business and focuses mainly on civil, family and criminal law court work.

This year, after being asked many times 'Why aren't you providing training?' the two Directors have welcomed a third Director of LTT, Jon Pearson PTSTA who will co-ordinate and provide quality accredited training from LCCP under our third arm, Liverpool Therapy Training (LTT).

Today's Clinical Practice AT LCCP

Since being joined by Dr Murphy, the Liverpool Centre has focused mainly on developing a clinical establishment which specialises in providing high quality psychotherapy and psychology for adults and young people. The Centre is currently an expanding practice of eight full time psychotherapists, who have been chosen for their professional integrity, care, knowledge and practical skills.

We provide psychotherapy for a wide range of personal, professional, interpersonal difficulties and personal development. The clinical issues we treat at the Centre include; depression, anxiety, social and other phobias, anger expression and management, eating disorders, and posttrauma stress. We also provide therapy for those with maladaptive personality traits and more severe personality disorders, as well as those experiencing mild personal or interpersonal difficulties or those seeking to develop personally or professionally.

Many of our clients have referred themselves to the Centre but we also receive a substantial amount of referrals from industry and commerce, GP's and other medical agencies, social services, courts, insurance companies and various government agencies. By far our most valued advertising comes from those who have used our services and have recommended us to others.

We believe that the quality of the therapeutic work carried out at LCCP stems from our approach of selecting therapists for their skills, integrity, and commitment and supporting them with their client work. We have regular clinical and supervision meetings which provide the structure to encourage the sharing of knowledge, the space and support to develop as a therapist and the opportunity and support to discuss casework which means that clients receive therapy which is carefully considered and is tailored to their needs. This also provides a strong supportive environment for our therapists.

THE PEOPLE AT LCCP & LTT

Peter Banczyk, Director.

Peter is the founder member of LCCP. Having worked as an Estate Housing Manager for a Local Authority for 18 years, he decided to embark on his new career, opening what was humorously nicknamed 'The Liverpool Front Room for Counselling and Psychotherapy' by the staff as we only had one room to begin with, from there the Centre has grown to 8 permanent consulting rooms and a full time staff of eight, soon to be nine in April 2010, with plans to expand into yet more rooms.

Peter shares his time between seeing clients individually and in groups, with making sure the practical and organisational needs of the Centre are met. On a broader front, together with Dr Murphy he plans the future development of the Centre, which will include a charitable service for the victims of trauma in the near future.

Ailis F. Murphy, BA (Hons), MSc (Forensic Psych), Dip Forensic Psych, PhD, CPsychol, Clinical Director.

Ailis is a Forensic Psychologist and Psychotherapist with a PhD in Neuropsychology from University of St Andrews, a University renowned for its excellence in the advancement of Neuropsychological knowledge. Ailis specialises in personality disorder and trauma. Her approach to the aetiology of adult pathology is rooted in the effects of childhood maltreatment and developmental disruptions on the development of neurology and the developing self. Her work is largely made up of referrals from Court, Social Services and

other agencies. Her special interest is in the application of neuropsychological knowledge to the advancement of psychotherapeutic theory and practice. She heads the clinical side of the Centre and runs the clinical meetings and the supervision sessions with the practitioners.

Jon Pearson PTSTA, Training Director

Jon has practised psychotherapy in the private sector for 13 years. A Provisional Trainer and Supervisor in Transactional Analysis and UKCP Registered Psychotherapist, he has recently taken up the Training Directorship at the LCCP, offering accredited training and CPD-accredited workshops. He has formerly conducted training at the Manchester Institute for Psychotherapy. A yoga teacher with a Buddhist practice, he is the Founding Director of the Calderdale Yoga Centre in Hebden Bridge.

One of the main reasons why we have delayed establishing psychotherapy training at the Centre was that we could not find a good or established trainer who would embrace our philosophy of quality of service, so we are delighted for Jon to have agreed join us.

TRAINING AT LCCP/LTT

Now in our thirteenth year and having developed a firm foundation and reputation as a good quality therapy Centre, we are ready to use our expertise in the training of quality psychotherapists.

OUR PHILOSOPHY

At LCCP/LTT we are committed to the pursuit of excellence. In all areas of our work, our emphasis is on integrity, reliability and care and our aim is to produce **quality** psychotherapists not just qualified psychotherapists.

Our approach to our training is rooted in our well established clinical practice philosophy, which has as the overriding framework the rights of the individual in self-actualisation and autonomy. Our philosophy has its roots in the existential concepts of self-agency, personal responsibility, and the ability of the individual to be active participants in the construction of their realities. We respect people as individuals and emphasise these rights be exercised with a strong sense of respect and consideration of others. We believe in the value of the reciprocal supportive relationship between individuals and its role in the development of autonomy and self-actualisation. Therefore, our training utilises this relationship role between trainers and trainees in the pursuit of excellence.

TYPES OF TRAINING

WORKSHOPS

We are providing an ongoing series of day workshops. These workshops will meet criteria for practicing psychotherapists Continual Professional Development requirements. They will also suit trainees who wish to add to their core training and benefit those wishing for personal and professional development.

Example Workshop All our workshops are on our website.

17th July 2010, "BEING AND DOING" (figuring stuff out & what helps the figuring in the therapeutic relationship). Facilitator, Jon Pearson PTSTA

Broadly speaking, there are two domains at play in each relationship; the visible, declarative domain in which we communicate thoughts and feelings and the deeper, transference domain, much of which lies like a submerged iceberg in the relational unconscious.

Therapies addressing the declarative domain are 'instrumental' in nature; those addressing the transference are 'relational'.

Therapeutic approaches differ in the relative importance they attribute to each of these domains but most counsellors, psychotherapists and psychotherapy researchers agree that attention to both is necessary for a quality healing to be experienced.

In this workshop, we will examine the ways in which we work in terms of the interplay between the instrumental and relational in our therapeutic encounters. A mixture of theoretical input, shared experience and experiential exercises may help you to assess the effectiveness of your practice and identify the leading edges of your professional development.

This workshop is suitable for counsellors and psychotherapists/students who carry a caseload in both the private and public sectors.

THE 101 IN TRANSACTIONAL ANALYSIS

Transactional Analysis is a theory of personality and offers a range of models that can be used to understand communication and relationships.

This is a two day course covering the basics of Transactional Analysis Theory through didactic and experiential formats. It is a prerequisite for those wishing to enrol on the full TA training to become a TA practitioner. However, it will also suit those who are interested in personal or professional development.

Following attendance of this course, min 12 hours, you will be awarded with an internationally recognised certificate, which is issued by the Institute of Transactional Analysis.

PSYCHOTHERAPY TRAINING

People embark on psychotherapy training for a variety of reasons. Some intend a career change and wish to become psychotherapists. Others have a therapeutic qualification such as a diploma in counselling or a psychology degree and wish to enhance their professional profile and broaden their opportunities in employment or simply want to enhance their professional skills. Others do not wish a career change but appreciate that a psychotherapy skills base could enhance their professional standing and performance. Yet another group wish to grow as individuals, enhance their interpersonal skills and personal awareness or communication skills and embark on psychotherapy training as a personal development exercise.

The full course is four years training and leads to accreditation as a practicing psychotherapist. In addition, those wishing to become practicing psychotherapists will have to complete supervised practice components to gain their full professional qualification (see Routes to Accreditation p7).

Foundation Year

The first year of training is conducted over ten weekends. Like the 101 it is a combination of didactic and experiential formats of Transactional Analysis. This year is the foundation year for those wishing to train as psychotherapists or enhance their professional skills base. It is also often taken as a personal growth year for those not wishing to practice as psychotherapists but who have an interest in the theory and practice.

Full details of the course syllabus can be found in the training handbook which will be distributed at the beginning of the training year. The emphasis will be on a broad base of theory and practical application, and focus on developing a theoretic base alongside practical skills in communication and counselling skills. Trainees will be expected to be proactive in personal development, increasing their self-awareness and will be encouraged to be in personal therapy. Similarly, trainees will be expected to actively participate in the training sessions and to be motivated to engage self-directed learning.

On successful completion of the course and course work you will receive a Foundation Certificate in Transactional Analysis. It is a certificate in completion and competence in the basic skills of psychotherapy. It is not an accredited or professional qualification and is intended as a required qualification for the more advanced training or for an addition to a professional skills set.

Subsequent Years

Like the first year the following three years will be conducted over ten weekends and the emphasis will be on an Integrative Transactional Analysis. Full details of the course syllabus for these years can be found in the training

handbook which will be distributed at the beginning of the training year. During these years all students will be expected to continue with personal therapy and have adequate supervision when client work commences.

In the second year students will become more focused on client work, the first day of each weekend will be theoretically based to enhance depth and diversity of the student's theoretical base. The second day will focus more on the practical application of that knowledge and students will have opportunity to develop their skills base with their peers. At this stage students will also be expected to be active participants in training and to engage in self directed learning outside of the training sessions.

The third and fourth year groups will meet together over ten weekends. At this stage students will be expected to be reaching a level of competence to work with clients. The aim of these years is the development of a firm base of knowledge in theory and the skills to apply practically in work with clients. The emphasis will be on becoming a quality therapist and working towards the final practicing accreditation. Most students will complete their mental health observation placement and working towards their case study and final exams or qualification requirements. At the end of the four years training students will be expected to be close to accreditation as a practicing psychotherapist. Whilst training will require commitment from the trainee, in return students will be supported in their learning by the directors and trainers.

Assessment

Each year two pieces of written work will be completed and passed by each trainee. These will vary in style and will be appropriate to the learning experience of the course content and the level of experience the trainees. The first year written work will be in essay format, in subsequent years it will be more report and case study focused.

In addition, positive references from a trainees therapist and, where appropriate supervisors, will be required to continue training. The final assessment if requirement will be an interview with the directors of LCCP. Where further development is required trainees may be asked to complete additional training, therapy or supervision prior to embarking on the following year.

Resources and Support at LCCP

Training takes place in a well appointed training room. At the start of training students will be provided with a detailed handbook which they can work out their plan for their training. The Centre is very much a practicing therapy centre and where appropriate students may engage a therapist in the Centre. Similarly, some students may be able to engage a supervisor at LCCP to support their client work. We also have links with mental health institutions and, although

we cannot guarantee students a mental health observation placement, we may be able to support applications.

Working at LCCP

While not all trainees will wish to work from LCCP, there will be an opportunity for some trainees to join us as part of our team. This will be mainly by invitation from the Directors, however applications from 4th year trainees will be considered.

QUALIFICATIONS AND ROUTES TO ACCREDITATION AS A PSYCHOTHERAPIST

There are several routes to becoming a practicing psychotherapist. Each route requires a number of training, therapy and supervised practice hours, and supervision hours. Our course can be used for all of these routes. For accreditation purposes each year offers 120 hours of training which will count towards your training requirement. Our workshops can also be used as training hours for accreditation as well as for Continuing Professional Development for those already qualified. The basic requirements for the main routes to accreditation are listed below.

BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (BACP)

The BACP has several routes to accreditation the details of which can be found on their website. For each route there is a stipulation of training hours, hours of personal therapy, hours of supervised practice, and hours of supervision. Our training will count for these training hours. In addition, there are requirements of written work including case studies. For those wishing to use this route they can discuss and plan their training with the directors at the start of their training.

CERTIFIED TRANSACTIONAL ANALYSIS (CTA)

If you were aiming for this qualification, you would enter into a training contract during the second or, more usually, the third year of training. At the end of successful completion of the four years training you would be presenting for accreditation once you have the following requirements:-

1. A minimum of:-
 - (a) 2000 hours of therapy associated work,
 - (b) 750 hours of client work,
 - (c) 150 hours supervision, half must be with a TA supervisor
 - (d) 600 hours training and professional development (min 300 TA)The remaining hours can be made up from additional training, mental health placement, conferences, etc.
2. Once these requirements are met you submit the following written work for examination:-
 - (a) A professional portrayal.
 - (b) A description of training experience and a
 - (c) Case study of client work.
3. The final part of accreditation is an oral exam conducted by a panel of four examiners. You will be questioned on aspects of theory based on a recording and transcript of client work which you have submitted for examination.

UNITED KINGDOM FOR PSYCHOTHERAPISTS (UKCP)

The UKCP require a basic practicing qualification from an accredited psychotherapy body such as CTA. In addition, you would have to complete some additional hours and submit an application to the UKCP, details can be found on their website.

HEALTH PROFESSIONALS COUNCIL

Counsellors and psychotherapists will shortly be regulated by statute. This means that it will be illegal to call yourself a counsellor or psychotherapist without having undergone a recognised training and qualification process. At present there are a diversity of training systems and qualification requirements. It is likely that the HPC will honour all current accrediting bodies. However, in the future trainees professional accreditation will come from the HPC and training bodies will be required to be assessed and comply with the HPC's unitary assessment process regardless of overall organisation, similar to that currently employed by the British Psychological Society who have recently undergone statutory regulation. As yet there the requirements for counsellors and psychotherapists have not been finalised. However, the current multi-tiered and diverse accreditation system will be undergoing significant changes.

As a training organisation we at LCCP are mindful of the impending changes and are aiming our programme to meet the probable requirements of the HPC. We have experience of the process of becoming regulated and of the type of standardised, academic and demonstration of practical skills exemplars which are likely to be required for professional qualification having gone through

the experience with the British Psychological Society. Our programme has been modelled with this in mind and will be continuously updated and revised to ensure it meets the requirements. In the future we aim to be a training body directly accredited by the HPC.

HOW TO ENROL

To Apply

You can contact us through our website www.liverpooltherapytraining.co.uk

By phone on 0151 709 9009 and ask for Peter Banczyk.

In all cases we will send you an initial application form and you will then need to supply the information requested below in 'Selection Process'.

If you wish to have an informal chat about training, contact Peter Banczyk.

Eligibility

The entry requirement is a degree or an equivalent in terms of training or relevant work and or life experience. We consider life experience to be a considerable asset in becoming a quality psychotherapist and will take this into consideration with applicants who do not have a degree or formal qualifications. The minimum age is 24.

Selection Process

Applicants need to submit an application form together with a CV which covers work, education and life experience that is relevant to their application, and contact details of two referees. The second stage is for applicants to be invited to an interview with the three directors of the Centre.

Fees

Workshops are £65 per person per day unless otherwise stated on the website.

The fee for the 101 training workshop over two days is £130.

The fee for the Foundation year is £1850 for an individual or charity funded and £2100 if you are funded by an organisation, payable over 10 instalments if required.

Costs of Training

Training to become a psychotherapist incurs some additional costs:-

- ✓ The personal therapy and client supervision requirements are charged on an hourly rate. Costs vary due to experience of the practitioner.
- ✓ Students will require books and journals.
- ✓ Additional training will be required in the form of workshops and conferences.
- ✓ Memberships of professional bodies,
 - The Institute of Transactional Analysis (ITA) costs £37.75 for foundation level trainees and £56.40 for advanced trainees.
 - Membership of the BACP costs £64.00 for a trainee.

A Selection of Typical Reading (Course Content May Differ Slightly)			
Eric Berne			
A Layman's Guide to Psychiatry and Psychoanalysis	(1957)	Penguin 1971	0-14-003271-1
Transactional Analysis in Psychotherapy	(1961)	Souvenir 1989	0-285-64776-8
The Structure and Dynamics of Organisations and Groups	(1963)	Ballantine	0-345-23481-2
Games People Play	(1964)	Penguin	140027688
Principles of Group Treatment	(1966)	Shea Books 1994	0-914572-02-4
Sex in Human Loving	(1970)	Penguin 1973	0-14-003657-1
What Do You Say After You Say Hello	(1972)	Corgi 1975	0-552-09806-x
Other Authors			
Achieving Emotional Literacy	C Steiner (1997)	Avon Books	0-7475-3385-7
Born To Win	M James & D Jongeward (1971)	Addison-Wesley	0-201-55026-4
Breaking Free	M James (1981)	Addison-Wesley	0-201-04665-2
Changing Lives Through Redecision Therapy	M & R Goulding (1979)	Grove	0-8021-5-81-0
Perspectives in Transactional Analysis	M James (1998)	TA Press	0-89489-005-0
Scripts People Live	C Steiner (1974)	Grove	0-8021-3210-3
Transactional Analysis	S Woollams & M Brown (1978)	Huron Valley Press	78-69979

Biography			
Eric Berne	I Stewart (1992)	Sage	0-803908467-7
Eric Berne: Master Gamesman	E & H Jorgensen (1984)	Grove	0-394-62124-7
Counselling and Psychotherapy			
A Dictionary Of Transactional Analysis	T Tilney (1998)	Whurr	1-86156-022-2
Becoming The Way We Are	P Levin (1974)	Health Communications	0-932194-84-2
Contracts in Counselling	C Sills (ed) (1997)	Sage	0-761950-89-3
Counselling for Toads	R de Board (1998)	Routledge	0-415-17429-5
Cycles of Power	P Levin (1988)	Health Communications	0-932194-75-3
Developing Transactional Analysis Counselling	I Stewart (1996)	Sage	0-8039-7902-9
Group Counselling	K Tudor (1999)	Sage	0-8039-7620-8
Integration in Counselling & Psychotherapy: Developing a Personal Approach	P. Lapworth, C. Sills and S. Fish (2001)	Sage	0-7619-6713-3
New Directions in Transactional Analysis counselling	D Midgley (1999)	Free Association Books	1-85343-429-9
Personality Adaptions: A New Guide to Human Understanding in Psychotherapy and Counselling	V Joines & I Stewart (2002)	Lifespace	1-870244-01-x
TA Today	I Stewart & V Joines (1987)	Lifespace	1-870244-00-1
Transactional Analysis: A Relational Perspective	H Hargaden & S Sills (2002)	Brunner-Routledge	1-58391-120-0
Transactional Analysis Approaches to Brief Therapy	K Tudor (2001)	Sage	0-761956816
Transactional Analysis Counselling	P. Lapworth, C.Sills and S. Fish (1993)	Winslow	0-86388-119-x
Transactional Analysis Counselling in Action	I Stewart (1989)	Sage	0-8039-88191-0
Transactional Analysis Psychotherapy	P Clarkson (1992)	Tavistock	0-415-08600-

