

The Sherwood Psychotherapy Training Institute  
BSc (Hons) Counselling & Psychotherapy Programme  
**IB06 Personal Therapy – Student Guidelines**

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Personal and professional development is fundamental to, and permeates the entire BSc programme and the personal therapy requirement is considered to support this process in a number of ways; for instance, by providing an opportunity to appreciate the difficulties a client may experience in forming and sustaining a therapeutic alliance with a therapist as well as providing an opportunity to attend to personal issues as they emerge (e.g. from within the training context).

All SPTI training requires that trainee counsellors/therapists undergo personal therapy. Students are required to be in personal therapy for the duration of the BSc programme, on a regular weekly basis amounting to a **minimum of 30 sessions in year 1** and a **minimum of 40 in each of years 2 and 3**. Meeting this course requirement is a prerequisite for the award of BSc.

The financial cost of meeting the course requirements for personal therapy are not included in the course fees. Students will make their own arrangements for payment of personal therapy fees direct to their therapist.

It is recommended that students begin their personal therapy prior to the start of training.

A psychotherapist recognised by SPTI undergraduate trainings must:

- Have completed a professional training in psychotherapy comparable, in terms of *qualification level (i.e. level 6) and modality*, to that in which the trainee is engaged
- Be either **BACP** accredited or registered with **UKCP** (or equivalent)
- Abide by a Code of Ethics and Professional Practice compatible with that of SPTI, BACP or UKCP
- Attend regular supervision of their clinical work
- Have Professional Indemnity Insurance

Prior to the commencement of personal therapy, students are required to complete a **BSc Therapist Application Form** online via the link: <https://www.cognitoforms.com/spti1/therapistform> in order to gain the approval of the Programme Leader regarding appropriateness. Personal Therapy must not commence until written approval is received. Any hours undertaken prior to approval would not normally count towards Parallel Clinical Obligations.

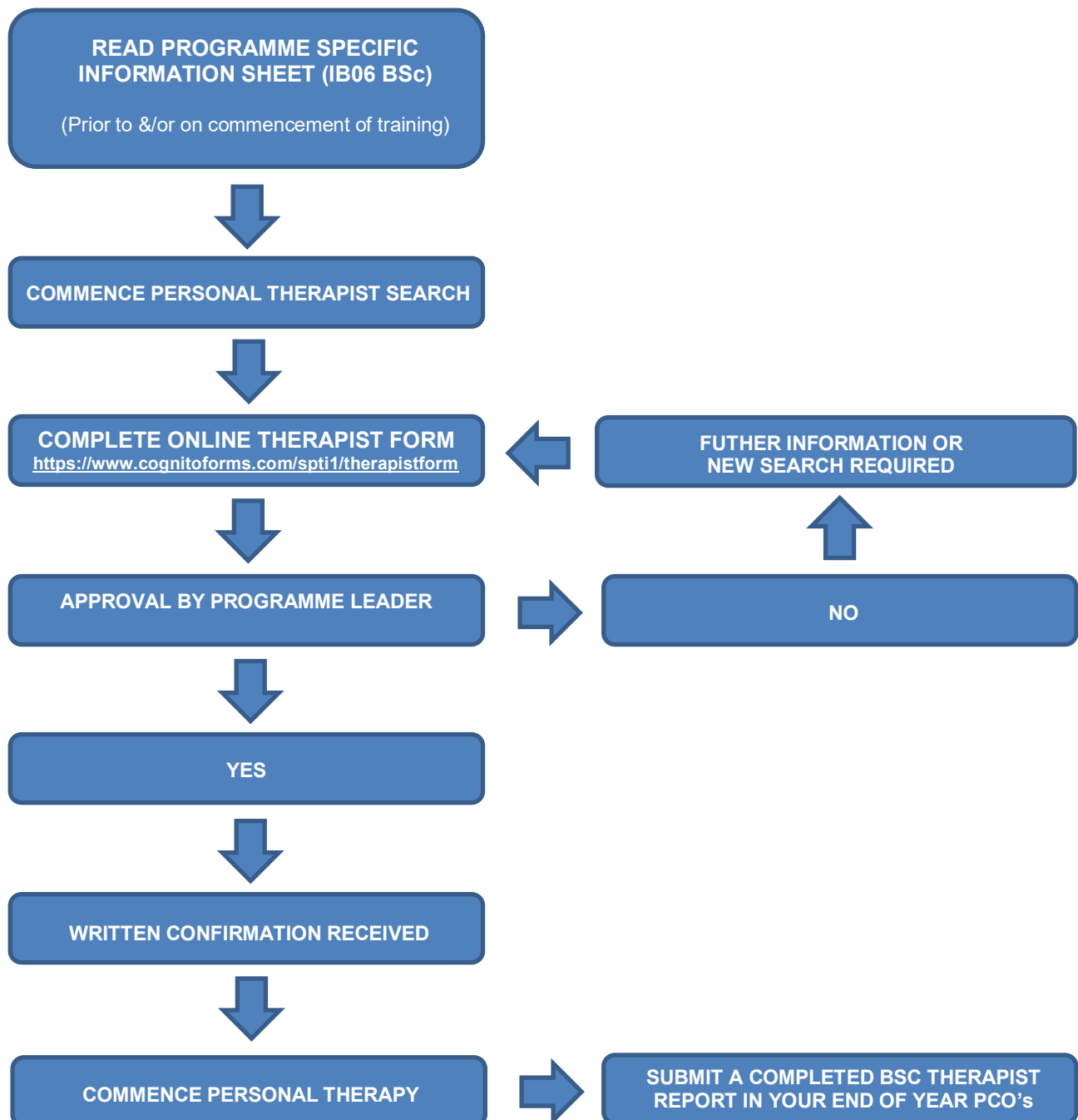
Students who are engaged in a pre-existing psychotherapy relationship should complete the application process in order to ensure appropriateness in line with the above criteria. Should the pre-existing arrangements not meet the criteria then it is essential to arrange a meeting (before the programme commences) with the Programme Leader in order to identify a course of action which ensures attention is given to the on-going therapeutic relationship and the training requirements.

**Figure 1 below outlines the application process.**

It is not necessary or desirable for course staff to inquire of, or receive any information from, a student's psychotherapist concerning the content of therapy. The maintenance of this boundary is essential. However, in order to ascertain that course requirements have been met, you need to ask your therapist to complete a report form on an annual basis to certify attendance as this is part of your annual Parallel Clinical Obligations. If you leave a therapist, you will need to get a signed statement from them confirming the number of sessions attended and provide your new psychotherapist with the relevant documents and gain approval from your Programme Leader in regard to appropriateness.

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In the event that a student fails to meet the requirement of on-going personal therapy e.g. frequent long gaps in attendance without satisfactory explanation; terminating therapy; or simply not turning up for therapy sessions, the Programme Leader would reasonably expect to be notified of such by the therapist in a brief written statement that is solely confined to a statement about attendance/absence, and/or by means of the Annual Therapists Report.  
<https://www.cognitoforms.com/SPTI1/ParallelClinicalObligationsPortfolio>



**Figure 1 - Personal Therapy Approval Process**

**Therapist Application Form** via the link: <https://www.cognitoforms.com/spti1/therapistform>