

The Sherwood Psychotherapy Training Institute
MSc Integrative Psychotherapy
IB07 Personal Therapy – Student Guidelines

Personal and professional development is fundamental to, and permeates the entire MSc 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).

The United Kingdom Council for Psychotherapy requires that psychotherapists undergo personal therapy of the frequency and duration similar to that they intend offering to clients. Students are required to be in personal therapy for the duration of the modular programme (throughout years 1 – 4), on a regular weekly basis amounting to not less than 40 sessions a year. This requirement forms a key part of the UKCP Registration criteria and without successful completion registration will not be possible.

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 postgraduate trainings must:

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

Prior to the commencement of personal therapy, students are required to complete and submit a 'Therapist Form' 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 Therapist Form 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 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 teams 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 submit a Therapist Report as part of your PCO Portfolio on an annual basis to certify attendance. If you leave a therapist you will need to get a signed report from them confirming the

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number of sessions attended and complete another Therapist Form for your new therapist and gain approval from your Programme Leader in regard to appropriateness.

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 Therapist Report Form within the PCO portfolio.

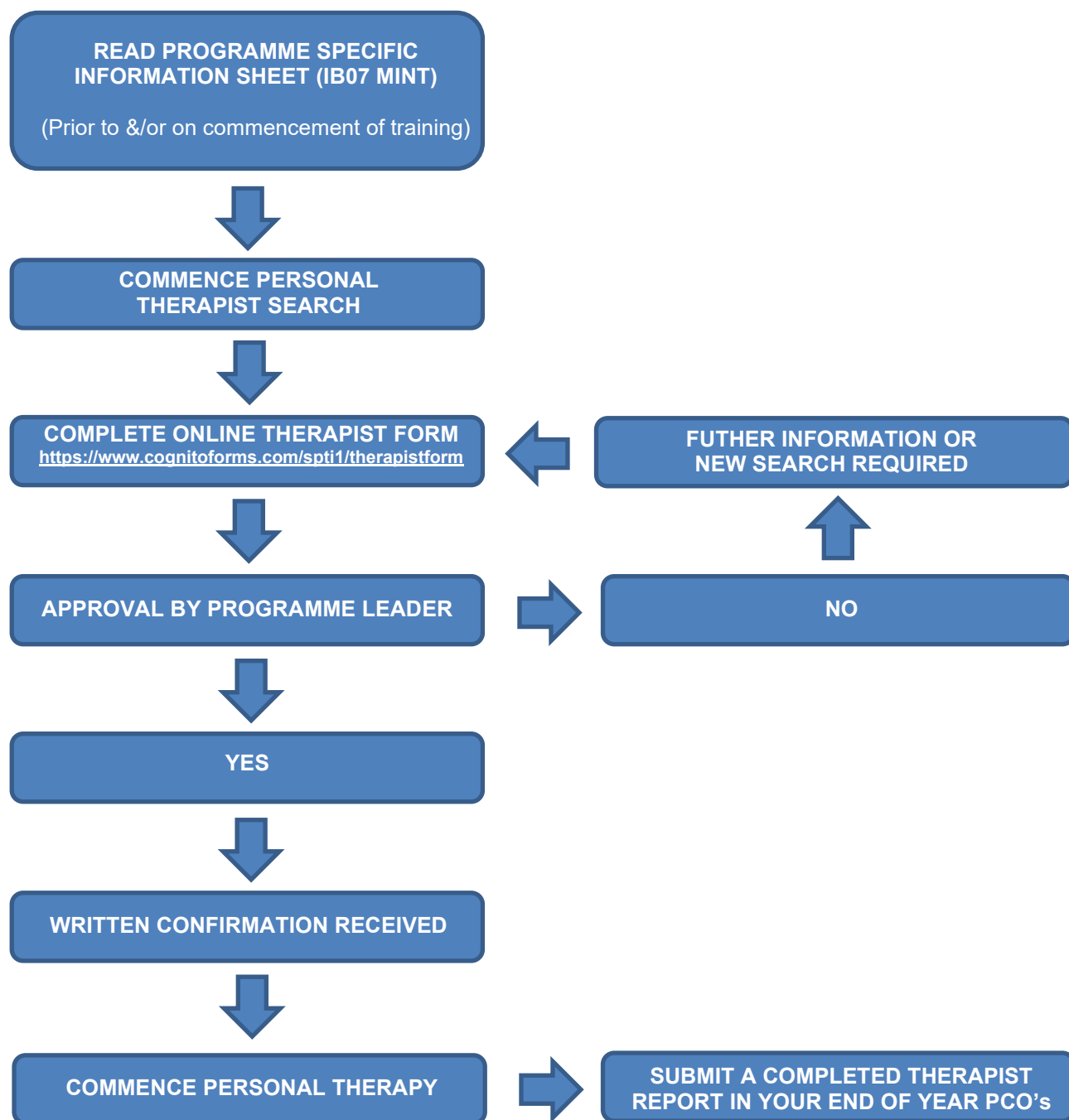


Figure 1 - Personal Therapy Application Process <https://www.cognitoforms.com/spti1/therapistform>