



TRAINING PROSPECTUS

2020-2021

Accredited Training in Transactional Analysis

Foundation Certificate in TA

Diploma in Counselling using TA

Transactional Analysis Psychotherapy (CTA)

Diploma in Counselling Supervision

CPD Programme



United Kingdom
Association for
Transactional
Analysis



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PHILOSOPHY AND ETHOS

Physis Scotland is committed to offering in depth, post graduate counselling and psychotherapy training based firmly in the humanistic and integrative tradition and centred in the core theory of Transactional Analysis.

Our Training provides:

- Training at post graduate (Masters) level, using TA as the core theoretical model and including theory from psychodynamic, attachment, object relations, body psychotherapy, existential and other approaches
- An emphasis not only on high standards of formal/academic training but also on the development and creative use of knowledge gained in training and practice, and of personal qualities of creativity, openness, warmth and maturity
- An emphasis on the development and use of the psychotherapeutic relationship as the medium for change and growth, and the recognition of each person's capacity for self- healing as a sovereign individual with responsibility for their self
- Training that reflects the belief that individual growth and healing involves the integration of body, feeling, mind, soul and spirit
- An individually focussed training process recognising difference and diversity
- Training aimed to facilitate the development and commitment of energy to maintain the following goals:

- (i) Curiosity
- (ii) Capacity for critical self-reflection
- (iii) Capacity for self-directed learning
- (iv) Ability to listen and respond with compassion and respect
- (v) Awareness of prejudice and the ability to respond openly to issues of difference and diversity of all kinds
- (vi) Awareness and sensitivity to the political, social, cultural, religious and spiritual contexts of people's lives
- (vii) In-depth self-reflection
- (viii) Self-awareness and commitment to self-development



GENERAL INFORMATION

The name 'Physis' represents the organisation's core values and beliefs:

PHYSIS (pronounced Fie-sis):

- 🌿 The natural force for growth and development present in every living thing
- 🌿 The natural drive within an organism towards full realisation of its potential
- 🌿 Energy for development, integration and ultimately for transcendence

BACKGROUND

Physis Training was founded by Barbara Clarkson in Leeds in 2010, and in 2011 took over the delivery of the training courses offered by the Counselling and Psychotherapy Institute (CPTI) in Edinburgh.

In 2017, creating a home for Scottish TA training became our focus and Fiona Cook and Fiona Firman took on the exciting challenge of developing our training programme as Physis Scotland. Barbara Clarkson officially stepped down as Director of Training in June 2019, with Fiona Cook and Fiona Firman taking over the entire training programme.

Like Barbara, both Fionas have a keen interest in a holistic view of health and wellbeing, integrating all aspects of body mind and spirit into their practices as a psychotherapist, and in the development of Physis Scotland.

THE PHYSIS SCOTLAND PROGRAMME

Physis Scotland offers the highest standards of education and professional development in TA practice. The psychotherapy training programme meets the registration requirements of the UKCP under the auspices of the United Kingdom Association for Transactional Analysis (UKATA). We also offer a Counselling Diploma reaching the standards required for validation by COSCA, the Scottish Body for Counselling. The Physis Scotland TA Training Programme in Edinburgh is committed to excellence in all aspects of the development of TA Counsellors, and Psychotherapists.



WHO ARE WE AND WHAT DO WE DO?

Physis Scotland:

Director of Training: **Fiona Cook PTSTA**

Working in partnership with Fiona Firman, Fiona has overall charge of the training programme, its syllabus and accreditation with UKATA, UKCP, and COSCA. Fiona currently teaches the Foundation Year Group.

Director of Training: **Fiona Firman PTSTA**

Working in partnership with Fiona Cook, Fiona has overall charge of the training programme, its syllabus and accreditation with UKATA, UKCP, and COSCA. Fiona currently teaches the Foundation Year Group.

Both Fionas have responsibility for the day to day running of the training programme, maintenance of the website and social media marketing. They are also responsible for maintaining trainee records and everything associated with this.

Physis Scotland Year Trainers

Physis Scotland ensures that all training offered within the core TA training programme is delivered by TA trainers who are PTSTAs or TSTAs. This means that all taught hours count towards the requirements for CTA/UKCP registration.

Our Current Training Team includes:

Fiona Cook PTSTA – Primary Course Tutor (Foundation Year)

Fiona Firman PTSTA – Primary Course Tutor (Foundation Year)

Ronen Stilman PTSTA – Primary Course Tutor (Advanced Year 1) and Supervision Diploma Course Tutor

Susie Hewitt PTSTA – Primary Course Tutor (Advanced Year 2)

Helen Rowland PTSTA – Exam Preparation Group and Guest Trainer

Bev Gibbons PTSTA – Supervision Diploma Course Tutor and Guest Trainer



Physis Scotland provides educational programmes that can lead to professional recognition. These are:

COSCA Validated Diploma in TA Counselling (a recognised Counselling Qualification with both COSCA and BACP). (Please note this is a qualification in psychotherapeutic counselling rather than a course linked to the award of CTA (Counselling) offered by EATA).

Certified Transactional Analyst (CTA (P)) & UKCP Registration as a Psychotherapist

COSCA Validated Diploma in Counselling Supervision

We are always willing to answer questions and provide additional information on our training programmes; please contact us by email enquiries.physis@gmail.com. For a detailed specification of the main programmes, our Training Manual is available as a PDF file on request from our Directors of Training.

All applicants for the Counselling Diploma and Psychotherapy training programmes, along with the Supervision Diploma training programme will be invited to an interview, where their objectives and aims can be discussed with the Directors of Training and trainers.

THE TRANSACTIONAL ANALYSIS TRAINING PROGRAMME

Our training programme is designed to offer you the broadest range of options possible. You can aim simply to complete the COSCA validated Diploma in Counselling using TA, and once you have completed the 3 years training required for the Diploma (Foundation and Advanced Years 1&2), you may decide to follow the pathway to becoming a TA Psychotherapist registered with UKCP.

On successful completion of the CTA exam you can decide to approach the Berne Institute in Nottingham and access their APL process to receive an MSc in TA Psychotherapy, should you wish to gain this kind of academic recognition for your qualification.

STEPS ALONG THE WAY

- A prerequisite for entering any TA training course is completion of the 2-day TA101 Introduction to Transactional Analysis. This will introduce you to TA theory



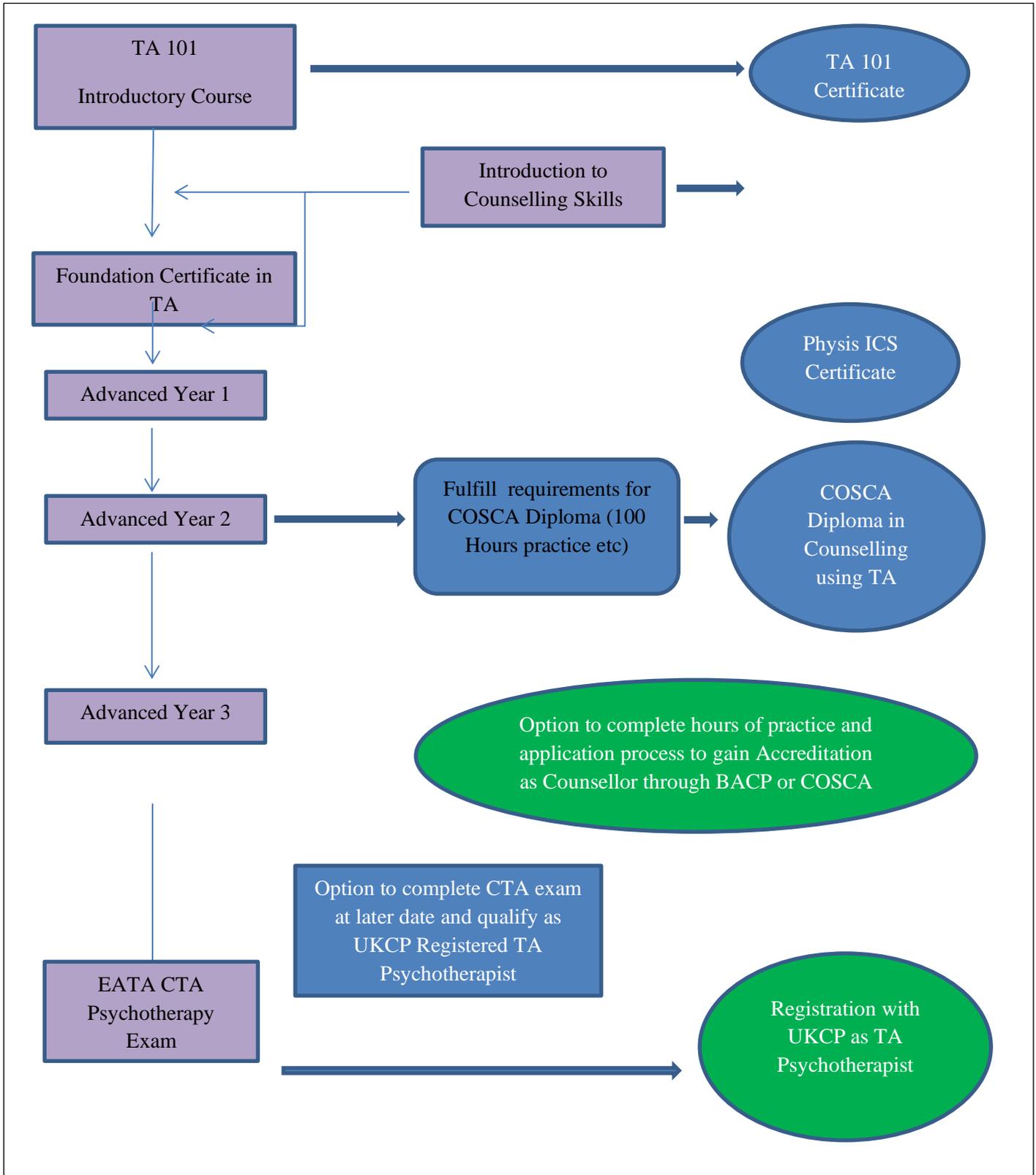
and give you a sense of the style of training that you will experience throughout your training journey.

- The Foundation Certificate course includes a three day Introduction to Counselling Skills module. The complete Foundation Year training is twenty days. As well as the three-day introduction to TA counselling skills course there are eight weekends of training in Transactional Analysis theory and application with an emphasis on experiential learning and personal development within the training group, plus one day of "whole programme training experience" known as the Physis Get Together Day, shared with the other Physis Scotland groups.

On successful completion of the Foundation Certificate training, measured by attendance, completion of assignments, and personal development, you may apply for advanced training for the TA Psychotherapeutic Counselling Diploma and the ultimate qualification as a Certified Transactional Analyst. There are a total of 3 years of Advanced Training required for the CTA core training, 2 years for the Diploma. These advanced groups meet for 20 days per year including one day of "whole training programme experience".

- Counselling trainees may exit from the programme with the COSCA Diploma at the end of Advanced Year 2, if you have completed the required number of hours of practice as a trainee counsellor and successfully completed the Diploma Examination.
- Also at any point from the start of Advanced Year 1 you may choose to aim for the CTA qualification. The CTA and the Diploma follow the same academic pathway throughout the first 2 advanced years of training. The CTA pathway adds a 3rd year of Advanced training and is completed by attendance at an Exam Preparation Group to support your journey to the final Certified Transactional Analyst exam and registration as a psychotherapist with UKCP.
- In either case you can complete the requirements for the COSCA Diploma along the way, obtaining a psychotherapeutic Counselling qualification recognised by COSCA and BACP, and providing a professional credential that can be useful to those setting up in private practice.
- We also offer supported pathways to becoming an Accredited Counsellor with either COSCA or BACP – this follows the same basic training programme and then support to acquire the additional hours of clinical experience after completion of the Diploma, and to complete the case study and application process required by both organisations in order to gain Accredited status.

PATHWAYS THROUGH THE TA TRAINING PROGRAMME





PERSONAL THERAPY

As soon as you have decided to continue your TA training beyond Foundation Year, you must begin your own personal therapy and have begun regular therapy before completing the Foundation Year. Attending therapy throughout your training is a requirement of all our advanced courses (40 hours per year with a UKCP registered psychotherapist, preferably offering TA psychotherapy or another form of Humanistic and Integrative psychotherapy). For those planning to become TA psychotherapists, the requirement is 40 hours therapy per year for a minimum of 4 years with a UKCP registered psychotherapist, and remaining in ongoing therapy throughout the training process.

PRACTICAL COUNSELLING EXPERIENCE

At some point during Advanced Year 1 you will be required, when you and your year trainer agree that you are ready and have a sufficient level of basic counselling skills, to find a voluntary placement where you can gain experience as a trainee counsellor. As soon as you start to see clients you will be required to have meetings with a clinical supervisor who will support you in developing your work as a counsellor, monitor how you are integrating theory and skills, and enable you to develop your awareness of your own and your clients' intrapsychic and interpersonal processes. Physis Scotland provides a list of qualified TA supervisors, along with updates regarding their fees and availability. Your contract for supervision is made between you and your supervisor directly.

In order to complete your COSCA Diploma you will have completed 100 hours working as a counsellor in a voluntary placement.

BECOMING A TRANSACTIONAL ANALYSIS PSYCHOTHERAPIST

The Physis Scotland training programme is designed to meet the requirements of the TA validating bodies (UKATA and EATA) and to comply with the requirements of UKCP.

Registration with the UKCP as a psychotherapist is achieved by passing the CTA examination set by EATA and organised in the UK by UKATA and is subject to fulfilment of practice requirements.



The CTA exam has 2 parts, first an open book written examination comprising four written sections including a case study and theory essays. On receiving a pass for your written exam, candidates attend an oral examination where they demonstrate their competence as a practising psychotherapist. Once both examinations have been passed, you will be awarded the qualification of Certified Transactional Analyst and registered with the United Kingdom Council for Psychotherapy as a Psychotherapist.

EXAM PREPARATION GROUP

Psychotherapy qualification requires the completion of considerable supervised practice and for this reason the process is inevitably longer than counselling training. Psychotherapy trainees prepare for the CTA by attending an exam preparation group which runs for a full day regularly during the training year (September to July). Group size is limited, enabling a structured and focussed process to develop the skills, theoretical integration, case study presentation and oral exam practice that will be required to complete the CTA.

In view of the length of training necessary for the psychotherapy qualification many trainees undertake the psychotherapeutic Counselling Diploma as a stepping stone on the route thus gaining a recognised qualification in three years of training.

As a further interim qualification, trainees can access support in preparing for Accreditation as a Counsellor with COSCA or with BACP. Both organisations require that applicants have worked as counsellors for some time post Diploma and completed 450 hours of client work at the time of application for Accredited status.

DIPLOMA IN COUNSELLING SUPERVISION

Physis Scotland offers in depth, dynamic and intensive training in the theory and practice of supervision for counsellors and psychotherapists. The course offers an opportunity to develop your skills as a supervisor whilst gaining a professional qualification.

The Physis Scotland Diploma in Counselling Supervision course is COSCA validated and also has Advanced Specialist Recognition with the National Counselling Society (NCS). The programme is made up of 4 modules delivered over 10 days of training.



This intensive training will enable you to:

Develop an in-depth knowledge of several models of supervision, both developmental and task focussed

Establish a clear ethical framework for your work as a supervisor, and enable your supervisees to develop their own ethical thinking and practice

Understand the differences between therapeutic work and supervision, and be able to work at the boundary of these aspects whilst maintaining the role of supervisor

Learn supervision skills for working with both novice and experienced counsellors, and apply appropriate interventions to working with both groups

Understand and critique applications of supervision for both individual and group supervision

Develop your identity as a supervisor based on your own philosophy of supervision.

Applicants must have a COSCA Diploma in Counselling or equivalent minimum level of counselling/psychotherapy training, have worked as a counsellor or psychotherapist for two years post Diploma qualification and completed at least 450 hours of practice as a counsellor or psychotherapist. Applicants must also be in ongoing supervision for their clinical practice.

In addition, applicants will be supported in identifying the placement setting where they will acquire the 24 hours of supervised supervision practice required during the course, and will have a "supervision of supervision" contract in place with a Physis Scotland approved supervisor, before commencing the training.

DIPLOMA IN COUNSELLING SUPERVISION FEES:

A total fee of £1050 is payable for the Diploma course.

A deposit is required to secure your place. The balance may be paid in full 2 weeks before the start of the course or spread over 3 further instalments.

Please note: fees for 4 hours of "supervision of supervision" are not included and are a matter for agreement directly with your supervisor. Physis Scotland holds a list of suitably qualified and experienced supervisors who are willing to supervise student supervisors on the Diploma course.



For more information, a course handbook and an application form for the Diploma in Counselling Supervision, please contact Fiona Firman or Fiona Cook by email at enquiries.physis@gmail.com or telephone 07927 557217.

ENTRY TO COURSES

Foundation Certificate in TA

- A prerequisite for entering any TA training course is completion of the 2-day TA101 Introduction to Transactional Analysis. This will introduce you to TA theory and give you a sense of the style of training that you will experience throughout your training journey.
- All applicants for the Foundation year of TA training will be required to complete an application form and attend for interview.
- The Foundation Year course includes a three-day introduction to counselling skills. If you have a previous counselling qualification recognised by COSCA you can apply for exemption from these 3 days.

COSCA Diploma in Counselling using TA

- Successful completion of the Foundation Certificate
- Endorsement by the Foundation year Trainer as ready for further Counselling training
- This training is delivered at a post graduate level and the entry conditions are the same as for TA psychotherapy courses.

All TA trainees must demonstrate suitability for further training before they can be accepted into advanced training groups.

Psychotherapy Training

- The general requirement is an honours degree or equivalent. Equivalence is applied where the applicant can demonstrate professional and life experience commensurate with practice in these professions and an ability to study at master's level.



- Suitability for counselling and psychotherapy training and practice.
- In addition, applicants should show a willingness to engage in personal development by both their engagement in the training group and by entering personal therapy. Personal work is a requirement for all counselling and psychotherapy training courses.

Exceptions

The normal requirements for entry to a training programme are detailed above. Where a prospective candidate cannot fulfil these criteria, entry may still be possible where equivalent professional and life experience is evident. All trainees are required to demonstrate during Foundation Certificate training that they have the ability to study at master's level; acceptance into advanced training is based on this.

Recognition of Prior Learning

In specific circumstances, students may be eligible to apply for recognition of prior learning, following the procedures laid down in the Physis Scotland Training Manual. Each case is assessed on its merits; the following general criteria apply:

TA Counselling and Psychotherapy Courses

Completion of Foundation Year Training at another UKATA Registered Training Establishment completed within the previous three years can be recognised. We require evidence of successful course completion, marked copies of written work and a reference from the training establishment. Additional criteria may apply where the training was completed outside of the UK.

TA Counselling Training

Holders of a COSCA recognised counselling certificate may claim a small discount in recognition of their prior learning. The full year's training is recommended as counselling skills will be integrated with TA theory throughout.

TA Training in General

Completion of a TA101 introduction to TA is a pre-requisite for entering training. A TA101 certificate from any training establishment recognised by EATA or ITAA will be accepted subject to its completion within the preceding five years.



PROFESSIONAL REGISTRATION AND ACCREDITATION

Diploma in Counselling using TA (COSCA)

For accreditation as a counsellor with COSCA, both minimum practice hours and length of practice is required. Successful entrants for the COSCA Diploma will need to achieve the required practice hours before applying for accreditation. COSCA have a 2 year post qualifying period before a counsellor may apply for accreditation. Trainees may choose to use their Diploma as evidence of qualification for BACP Membership and Accreditation. BACP also have a delay post Diploma, and a requirement of completion of 450 practice hours before they will accept applications for Accreditation.

TA Psychotherapy

Students who complete the psychotherapy training and pass the CTA exam will have also to have fulfilled the criteria for registration as a psychotherapist with UKCP. For details of the specific requirements for UKCP registration please see that section of our website www.physisscotland.co.uk



APPLICATION AND BOOKING

Applying for training courses

Application for training courses leading to qualification requires the completion of an application form, a personal statement, references and attendance at an interview.

Application forms with the application procedures can be requested by emailing: enquiries.physis@gmail.com

All courses are part time and the number of teaching days for each course is shown in the fee table below. In addition to the taught elements the fees include assignments and other elements described in the individual course information.

Physis TA Training Course Fees 2020 – 2021				
Course	Total training days	Paying by instalments	Total fee if paid annually	Fees for organisations
TA101	2	N/A	139.00	158.00
TA Foundation Year	20 (1 year)	Yes	2015.00	2,348.00
Each Advanced Training Year (on annual basis)	20 (1 year)	Yes	2015.00	2,348.00
Diploma in Supervision	10	Yes	1050.00	1350.00

In the event of withdrawal from a course or refused entry to continue a course, all payments for the current year remain due and payable.

Please ensure you have understood the total cost of the training that you plan to undertake.

You can access a Costing Prompt Sheet to help you with this through our website www.physisscotland.co.uk



OTHER COURSES:

Continuing professional development workshops

Physis Scotland offers a range of one and two-day workshops aimed at anyone who is working in the field of counselling and psychotherapy. They are suitable for trainees and qualified practitioners alike, presented by experienced therapists who want to share their specialist interest or experience in a particular field. Often they do include TA theory, but usually this is at a level that will be accessible to all.

All our current CPD workshops are available to view via our website www.physisscotland.co.uk or you can view them and book online via our Eventbrite page at www.physisscotland.eventbrite.co.uk

CPD workshop fees:

These may vary but tend to be set between £80 - £90 for a one-day workshop and £160 - £180 for a 2 day workshop. We offer an 'Early Bird' rate for the first batch of tickets sold, so make sure to book early in order to avoid disappointment.

FURTHER INFORMATION

Information can be downloaded from a link at the bottom of each of the webpages on our site: www.physisscotland.co.uk Other information may be obtained from the websites of:

COSCA www.cosca.org.uk

UKATA www.uktransactionalanalysis.co.uk

Our website and others also carry other useful contact addresses.

Questions and requests for further information should be addressed to the Directors of Training preferably by email: enquiries.physis@gmail.com If you wish to discuss any aspect of training with our staff, it will be helpful if the request is made by email indicating the focus of any discussion, your telephone number and times when you can be reached.



We are happy to offer you a meeting to discuss the training programmes if you feel this could be beneficial, again if possible, please make the request by email.

TRAINING MANUALS

We publish an annual training manual detailing all aspects of the courses including curriculum, assignments, assessments and regulations governing the conduct of courses.

A copy of the Training Manual can be sent to you by email as a PDF file. Please email your request for a manual.

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