



TRAINING PROSPECTUS

Academic Year 2022-2023



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 postgraduate (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 Scotland was established in 2017, when Directors Fiona Cook and Fiona Firman set out to create an exciting new home for Transactional Analysis (TA) training. The organisation has grown and developed substantially since this time, and we now have two more Directors – Sheila Beare and Jennie Miller.

The TA training programme in Scotland has a long and proud history, having previously been delivered by the *Counselling and Psychotherapy Training Institute* (CPTI) and *Physis Training*.

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.



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 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@physisscotland.co.uk For a detailed specification of the main programmes, our Training Handbook is available as a PDF file on request from our Directors of Training.

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

THE PHYSIS SCOTLAND TEAM

Management, Administration and Support Staff



Fiona Firman, PTSTA
Director of Training and Foundation Year Core Tutor

Working in partnership with Fiona Cook, Fiona has overall charge of the ongoing Physis Scotland Counselling and Psychotherapy training programme, its syllabus and accreditation with UKATA, UKCP and COSCA. She also plans the annual calendar and CPD workshops.

Fiona co-teaches on the Foundation Year programme and liaises with all other trainers involved in delivery of the courses offered at Physis Scotland. She is the contact point for all trainees currently attending the programme.

Fiona has a busy full-time psychotherapy and supervision practice in central Edinburgh - [Chrysalis Counselling & Psychotherapy](#) - where she works with individuals and couples, as well as being a qualified supervisor and trainer. She is an accredited COSCA Diploma trainer. She is passionate about teaching TA and supporting people's growth and development on a personal and professional basis through the use of TA. Fiona has extensive experience in working with adult survivors of childhood sexual abuse within the voluntary & statutory sectors, as well as in her private practice. She also has a special interest in working with clients who have a Borderline process and/or a formal diagnosis of Borderline Personality Disorder.



Fiona Cook, PTSTA
Director of Training and Foundation Year Core Tutor

Working in partnership with Fiona Firman, Fiona has overall charge of the ongoing Physis Scotland Counselling and Psychotherapy training programme, its syllabus and accreditation with UKATA, UKCP and COSCA. She also plans the annual training calendar and CPD workshops.

Fiona co-teaches on the Foundation Year programme and liaises with all other trainers involved in delivery of the courses offered at Physis Scotland. She is the contact point for all trainees currently attending the training programme.

Fiona is a Certified Transactional Analyst and UKCP Registered Psychotherapist and has a small private practice in Edinburgh. She is also a qualified supervisor and COSCA accredited Diploma trainer.

She has a background in the NHS as a Registered Nurse Teacher and Facilitator and also owns a successful freelance practice development consultancy business, (smallchangeBIGDIFFERENCE). Using TA, working with healthcare agencies across the UK and more recently in Australia in this capacity.

Fiona is passionate about TA and having a TA presence in Scotland and uses her knowledge and experience in all aspects of her work with clients as a facilitator of personal change, transformation and enhanced autonomy.



Sheila Beare, PTSTA

Director and Advanced Year 1 Core Tutor

Working in partnership with Fiona Firman, Fiona Cook and Jennie Miller, Sheila is part of the continuous reviewal and development process that Physis Scotland employ. Sheila is excited to be leading the development of our Physis Scotland Alumni community and working with this group to enable an ongoing connectedness for former students.

Sheila also works with Fiona Firman and Fiona Cook to deliver the Foundation Year programme.

Sheila is an experienced Transactional Analysis UKCP registered psychotherapist, supervisor and trainer, working with individuals, groups and organisations. She has a thriving full-time practice based in Markinch, Fife which she has developed since 2003. Sheila is a COSCA accredited Diploma and Counselling Skills trainer. Her philosophy of training is to bring what we read on the page to life.



Jennie Miller, PTSTA

Director and Advanced Year 2 Core Tutor, Certificate in Couples Work Tutor

Jennie is a Transactional Analysis Psychotherapist based in Edinburgh. In her private practice she sees individuals and couples, as well as being a qualified supervisor and trainer. With many years of experience in working with couples, Jennie has also delivered training in her model *The Key to Couple Work*, a short-term dynamic programme of therapy with any two people in a relationship; this has included the MOD and their Welfare Officers. This popular course is now available at Physis Scotland.

A published author of "*Boundaries, Say No Without Guilt*" Harper Collins, a self-help book on all aspects of boundaries based on TA as well as many articles in the popular press including The Times, Guardian, Telegraph and magazines. Jennie also enjoys therapeutic story telling which is included in her training as well as a one-day course in how to use this ancient art.

Looking ahead, Jennie will be helping to expand the library at Physis Scotland and exploring the possibility of setting up a low-cost counselling service. This is something the whole team feel would be of benefit to our students and provide a valuable service to the local community.



Olivia Burroughs
Administrator

Olivia is a History of Art Graduate with several years of Customer Service experience. She is an experienced Events Manager and has a passion for digital marketing and communications. Olivia has a special interest in working with small organisations and supporting their growth and development. At Physis Scotland, Olivia supports all aspects of the day-to-day running and administration. Olivia is currently completing a Diploma in Digital Marketing.



Dee Gillespie
Programme & Placement Advisor

Dee is a TA Counsellor in [private practice](#) in Edinburgh. She has considerable background experience in training programme administration and management and has been involved with the TA training programme in Scotland since 2008.

Dee provides a variety of support for Physis Scotland, including policy development, the development of Physis publications and general programme and placement support. Dee is currently on maternity leave and plans to start back with us in September 2023.



Mary O'Neill, PhD, MSc TA Counselling
Academic Student Support Advisor

Mary O'Neill works in private practise in East Lothian; she has a UKATA Diploma in TA counselling (2006) and a Masters in TA Counselling from Queen Margaret University (2015). Her areas of counselling and research interest are in working with clients who've experienced a hostile and stressful work environment. She is also an EMDR accredited practitioner.

Prior to her career as a counsellor, Mary worked as a postdoctoral research fellow at the universities of Leeds and Edinburgh in the field of molecular biology and genetics. Since 2004, she has taught Physiology and Human Biology at Edinburgh college and uses her knowledge of biology to inform her work with clients who have experienced trauma.



Lisa Cherry-Byrnes
Placement Advisor

Lisa is a TA psychotherapeutic counsellor working in private practice in Edinburgh and Midlothian, she has been seeing clients since 2013. Lisa also holds her Diploma in Counselling Supervision and values and continues to grow through this co-created space of supporting other counsellors in this way. Last year Lisa enjoyed the opportunity of supporting 2 pre supervision groups of Physis TA trainees to prepare for their first placements and hopes to do so again. She is looking forward to extending this support through the placement advisor role with Physis Scotland.



Fiona Melvin-Farr
Marketing Strategy

Fiona Melvin-Farr, a marketing consultant and CIM accredited Chartered Marketeer, has been working with Physis Scotland since launch, advising, developing and implementing the marketing strategy, branding and communications.

Fiona established her marketing consultancy [fiona melvin-farr consulting](http://www.fionamelvinfarr.co.uk) in 2001 and works closely with clients to support their development, across a range of sectors including professional services, health, not-for-profit and hospitality. She has served as a Board Member for a number of organisations including a housing charity.



Hilary Collingwood
Bookkeeper

Hilary is an experienced bookkeeper with a background in the Retail Industry. Having followed the corporate path as a Senior Merchandiser for various large retailers, she opened her own home interiors retail business, which she ran for 17 years. Hilary's skills in business management, bookkeeping and administration have recently led her to work with several small businesses in a variety of different roles. A self-

confessed number-cruncher with an obsession for detail, Hilary has recently joined the Physis Scotland team as a freelance bookkeeper.

Training Staff



Ronen Stilman, TTA

Advanced Year 3 Core Tutor and Extended Training Group Tutor

Ronen TTA(P) MSc (TA psychotherapy) is a UKCP accredited psychotherapist, supervisor and trainer, working with individuals, couples and practitioners in his Edinburgh centre practice and in Cyberspace. He has a keen interest in Humans and how they relate and identify, integrating his background in technology and organisational change.



Helen Rowland, TSTA

Exam Preparation Group Tutor, Reading Group Facilitator and Visiting Tutor

Helen is a Transactional Analysis psychotherapist, supervisor, and trainer, based in Innerleithen in the Borders. She has been [practising](#) since 1997 and has a special interest in cross modality and contemporary forms of psychotherapy and counselling that focus on the use of self and the therapeutic relationship.

Helen has been practising online since 2018, offering supervision, training, and CPD in large and small groups online. She is a co-editor of the Transactional Analysis Journal, and is also the CTA Written Exam Co-ordinator, along with Rebecca Davies, PTSTA.



Nicky Worrell, TSTA
Diploma in Counselling Supervision Tutor

Nicky is a UKCP registered psychotherapist, supervisor and trainer.

Nicky has been in practice since 2004 and has a special interest in supervision. She has a private practice based in Winchester working with clients and supervisees and is a Foundation Year Tutor at Peter Symonds College. Nicky is also a member of the UKATA Ethics Committee.



Susie Hewitt, TSTA
Certificate in Facilitating and Working with Groups Tutor

Susie works with individuals, couples and families and runs several psychotherapy groups in her [private practice](#) in North Manchester. Susie graduated with her MSc in TA Psychotherapy at Middlesex University in July 2017 and was endorsed as a Provisional Teaching and Supervising Transactional Analyst (Psychotherapy) in August 2017 in Berlin. Susie is a Primary Course Tutor at the Manchester Institute of Psychotherapy, and was a Core Tutor at Physis Scotland for 3 years.

Visiting Tutors



Bev Gibbons, TSTA
Visiting Tutor

Bev is a Transactional Analysis Psychotherapist, Supervisor and Trainer and also has a BA (Hons) in Integrative Counselling. She works in private practice and has served as Chair of the UKATA Council. Bev is passionate about getting TA 'out there' so that as many people as possible are aware of it and can have the opportunity to experience themselves positively through its great potential to transform.



Margaret Webb, PTSTA
Visiting Tutor

Margaret is a Transactional Analysis Psychotherapist, Supervisor and Trainer based in Glasgow. Prior to training as a therapist Margaret was a secondary school teacher in mainstream and in special educational needs. On leaving teaching Margaret worked as a counsellor in an NHS

Primary Care Mental Health Team where she used TA to develop group and one-to-one interventions for patients suffering anxiety and depression and mild to moderate mental health difficulties. Margaret currently has a [private practice](#) in Glasgow offering counselling, psychotherapy, supervision and training.



Paul Redpath, PTSTA
Visiting Tutor

Paul is a Transactional Analysis psychotherapist, trainer and supervisor with a [private practice](#) based in Edinburgh. He worked in secondary education in London for many years as he developed his interest in counselling and psychotherapy. He trained in humanistic psychotherapy at Spectrum in London as well as studying psychodynamic counselling in Vancouver and mindfulness psychotherapy at The Karuna

Institute in Devon. Transactional Analysis is the foundation of his work because of its accessible and sophisticated theoretical framework which provides for him a clear way of thinking about human personality and growth.

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.

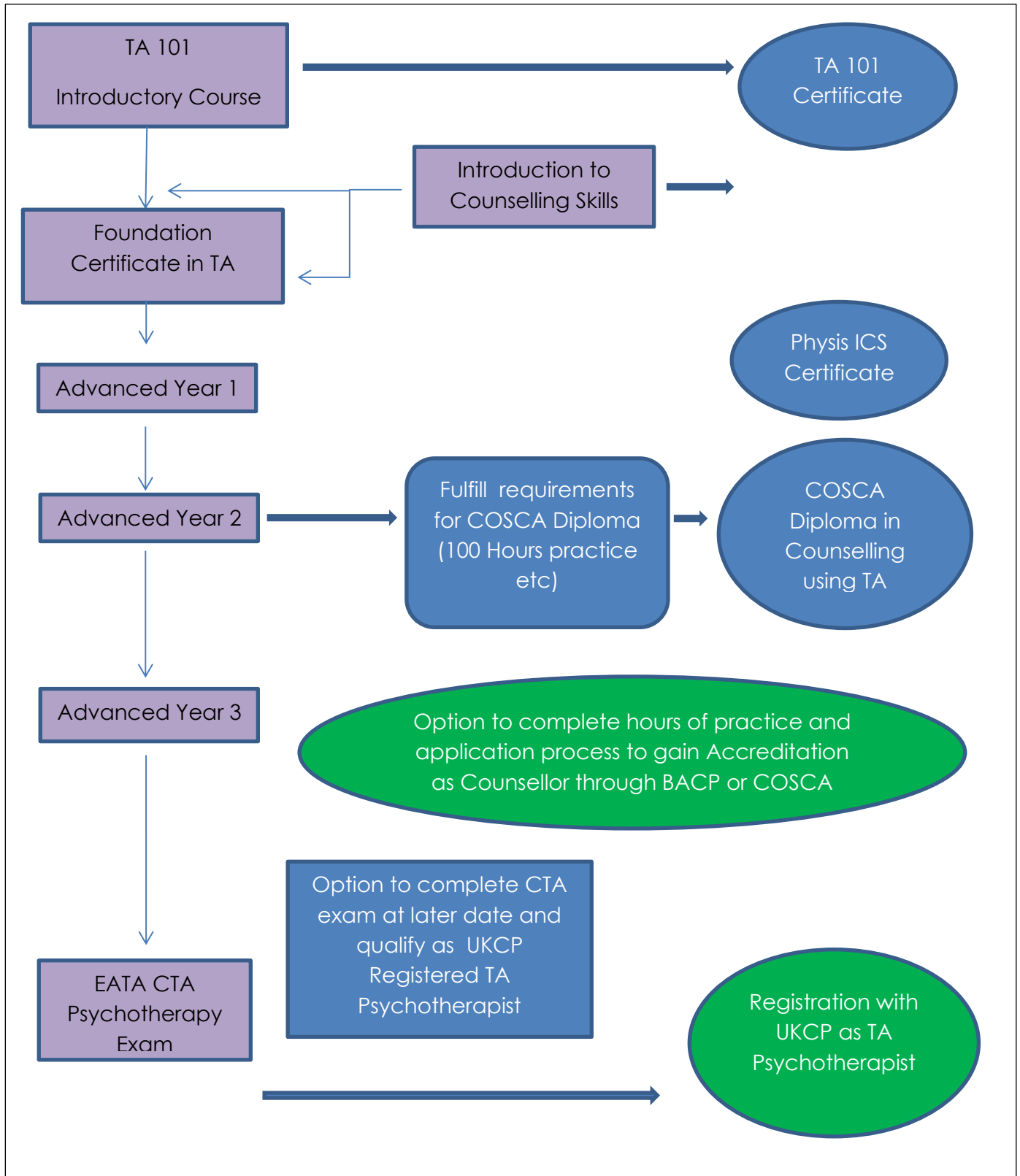
On successful completion of the Foundation Certificate training, measured by attendance, completion of assignments, and personal development, you may apply for advanced training for the TA Psychotherapeutic Counselling Diploma and the ultimate qualification as a Certified Transactional Analyst. There is 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 steppingstone 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.

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 Handbook. 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

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 5 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.

ENTRY TO DIPLOMA IN COUNSELLING 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 must be either practicing as a supervisor or will have the opportunity to supervise at least 2 supervisees working with adults over the duration of the course. Applicants currently not practicing as a supervisor will be supported in identifying the placement setting where they will acquire the 24 hours of supervised supervision required for the Diploma award and will have a "supervision of supervision" contract in place with a Physis Scotland approved supervisor, before commencing the training.

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 Handbook. Each case is assessed on its merits. Please contact Olivia Burroughs, Physis Scotland Administrator by email for further information enquiries@physiscotland.co.uk

DIPLOMA IN COUNSELLING SUPERVISION FEES

A total fee of £1200 is payable for the Diploma course.

A deposit is required to secure your place. The balance may be paid in full 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 Olivia Burroughs by email at enquiries@physiscotland.co.uk or telephone 07927 557217.

CERTIFICATE IN COUPLES WORK

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

The Physis Scotland Certificate in Couples Work course will be delivered over 6 days of interactive and experiential training, over a 3-month period.

The Physis Scotland 2023 Certificate in Couples Work will be a mix of in-person and online training weekends. The first training weekend will take face-to-face in Physis Scotland's premises at 22 Drumsheugh Gardens, EH3 7RN, whilst the second and third training weekends will take place online using Zoom technology, allowing for experiential work in breakout rooms.

This dynamic training will enable you to:

- Explore the ways in which couples work is different from individual therapy (a 'couple' here meaning any two adults in relationship, including family and friend couples).

- Introduce you to **The Key to Couple Work**, a robust eight-session model for working with couples, devised by Jennie Miller and incorporating Transactional Analysis theory.
- Explore all key aspects of couples work, including: essential skills; boundaries with couples; how to facilitate connection; understanding what aspects of couples work may be most challenging to you, the practitioner.

ENTRY TO CERTIFICATE IN COUPLES WORK

Applicants for this course must have completed 200 hours of supervised counselling practice or equivalent in other fields, for example coaching or organisational work. Whilst this course will draw on aspects of Transactional Analysis theory, no prior knowledge of TA is required to undertake the course.

CERTIFICATE IN COUPLES WORK FEES

Certificate fee: £690 (3 taught modules over 3 weekends). £75 deposit plus 3 x £205 if self-funding. If you are being sponsored through your organisation, the fee is £1000 - £75 deposit plus the remaining balance before the commencement of the course.

A deposit as indicated above is required to secure your place. The balance may be paid in full before the start of the course, or spread over 3 instalments if self-funding, paid in April, May, and June. Please complete the appropriate section of the registration form to take up the instalment payments option.

Please note: fees for supervision of your couples work are not included and are a matter for agreement directly with your supervisor.

For more information, a course booklet and an application form for the Certificate in Couples Work, please contact Olivia Burroughs by email at enquiries@physisscotland.co.uk or telephone 07927 557217.

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@physiscotland.co.uk

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.

FEES

Physis TA Training Course Fees 2022 – 2023				
Course	Total training days	Paying by instalments	Total fee if paid annually	Fees for organisations
TA101	2	N/A	175.00	200.00
TA Foundation Year	20 (1 year)	Yes	2200.00	2533.00
Each Advanced Training Year (on annual basis)	20 (1 year)	Yes	2200.00	2533.00
Diploma in Supervision	10	Yes	1200.00	1500.00
Certificate in Couples Work	6	Yes	690.00	1000.00

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.physscotland.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 £85 - £110 for a one-day workshop and £170 - £220 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@physisscotland.co.uk 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 HANDBOOK

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

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

Physis Scotland
22 Drumsheugh Gardens, Edinburgh, EH3 7RN
telephone: 07927 557217
email: enquiries@physiscotland.co.uk
www.physiscotland.co.uk

www.facebook.com/physiscotland
www.twitter.com/physiscotland

