**STARTING IN SEPTEMBER 2024**

**Are you looking for a way to stay focussed, motivated and continue your UKCP Registration and/or CTA journey at your own pace?**

**JOIN A PHYSIS SCOTLAND ONLINE EXAM PREPARATION/CPD GROUP**

Maintaining focus and motivation in the exam prep period can often prove challenging for students when they have completed their formal TA training. To this end, Physis Scotland is delighted to announce we will be offering an online Exam Preparation Group (6 days over 10 months) starting in September to support students who are preparing for their UKCP Registration and/or CTA exam. The group will be facilitated by Helen Rowland, TSTA.

The group will be open to trainees who have completed four years of core TA training. It will be a closed group for the academic year, with a maximum of 10 members.

Group participants will need to complete a new registration form each academic year to secure their place in the group moving forward. Should anybody choose not to continue in the group before the start of the new academic year, other people will be able to apply to join the group.

All members of the groups will be in regular clinical supervision and will be engaged in preparation for their UKCP Registration and/or CTA exam.

The format is structured to focus on the skills and tasks of the CTA exam process, whilst enable you to feel confident in demonstrating your work as a counsellor and/or psychotherapist.

**Joining an Exam Preparation/CPD Group will enable you to:**

* Do transactional analysis through presentation and analysis of tapes.
* Develop your identity as a practitioner through presentations of theory of your own choice/interest.
* Extend your knowledge of TA and the psychotherapeutic process through planned teaching by your trainer.
* Feel stimulated, stretched, focussed, and motivated as you work towards achieving your goal.
* Supervise each other’s practice – a fantastic way to develop a meta-view of psychotherapeutic work.
* Familiarise yourself with the UKATA/UKCP/CTA oral exam processes.
* Receive group support and discussion about the UKATA/UKCP/CTA Written Exam preparation.
* Participate in a mock exam – either candidate or examiner.
* Learn tools and techniques to help you manage any anxiety around being observed and assessed.
* Discuss ethical dilemmas.
* Consider practical issues such as which recording equipment to use.
* Familiarise yourself with the marking criteria.
* Receive supervision on the exam process.

The content of the days will be contracted for at the beginning of each day, depending on the needs and wants of the group members.

The group will meet **online** from 10.00 to 5.00 on **Fridays**. The dates for the Exam Preparation Group are as follows:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TA Exam Prep Group** | **Sept 2024**  **6** | **Nov**  **8** | **Jan**  **2025**  **10** | **March**  **7** | **May**  **9** | **July**  **18** |

Please note that all training groups including Exam Preparation Group run subject to a minimum number of participants.

The fee for the group will be £630 (inc. VAT). This may be paid in one instalment due by **1st September 2024** or by 3 instalments spread as follows:

|  |  |
| --- | --- |
| **Date** | **Instalment Amount** |
| 1st September 2024 | £210 |
| 4th February 2025 | £210 |
| 1st May 2025 | £210 |

Please note that the full fee remains payable if you decide to withdraw from the course or exit early.

To secure your place in the exam prep group 1, please complete and return the attached form to [enquiries@physisscotland.co.uk](mailto:enquiries@physisscotland.co.uk) by **26th July 2024**.

**REGISTRATION FOR EXAM PREPARATION GROUP**

**Conditions of Registration**

* I have completed all due assignments from my advanced training.
* I have achieved my Diploma Exam.
* I am in regular supervision with a TA supervisor.
* I am in regular therapy complying with UKCP and UKATA requirements.
* I am a student or contractual trainee member of UKATA.

**Payment Options**

Please tick the appropriate box:

I wish to pay for the course by a single payment of £630 by 01/09/2024

*or* by 3 instalments of £210.00 on the following dates – 01/09/2024, 04/02/2025, 01/05/2025

**Making Your Payment**

Payments can be made by Bank Transfer to **Physis Scotland, Acc number: 16931057, Sort Code: 09-01-29** or by sending post-dated cheques for your full balance or instalment amounts made payable to Physis Scotland. Please tick which option you would like:

BACS Transfer on or before the agreed dates outlined above

Post-dated Cheques (enclosed with this registration)

**Please register me for the Exam Preparation Group**

I have read and agree with the Conditions of Registration and I have selected the terms of payment and provided details of any sponsoring organisation (if applicable).

If I decide to withdraw from the course, I understand that the full fee remains payable.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ / /2024

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Registration forms should be returned no later than 26th July 2024.**

Best wishes

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Fiona Cook and Fiona Firman

Directors of Training

Physis Scotland