

MA Psychotherapeutic Practice

Guidelines for Personal Therapy, Clinical Practice, and Supervision

Personal Therapy

As part of the Psychotherapeutic Practice programme, it is mandatory for you to complete and document 25 hours of personal therapy over the course of the three-year programme. To ensure a comprehensive and well-rounded experience, we recommend that you engage in as many in-person therapy sessions as possible.

However, we also recognise the value of both in-person and online therapy experiences. Therefore, the programme strongly recommends that at least 60% of your personal therapy is attended in person. The remaining 40% may be completed through online therapy sessions.

This blend of in-person and online therapy is designed to provide you with a diverse and flexible learning experience, helping you to develop a broader understanding of therapeutic practices.

When choosing a personal therapist, please ensure they have formal training in humanistic therapy and are registered with a recognised professional body. We strongly encourage you to work with a therapist who can support your development in engaging with an embodied process, which will enhance your ability to effectively support clients.

Please note that engaging in personal therapy is a mandatory requirement before you can begin your placement

Clinical Practice

As part of the Psychotherapeutic Practice programme and aligned with the National Counselling and Psychotherapy Society (NCPS), it is mandatory for you to complete and document 100 hours of clinical practice over the course of the three-year programme. To ensure a comprehensive and well-rounded experience, we recommend that you engage in as many in-person therapy sessions as possible.

However, we also recognise the value of both in-person and online therapy experiences. Therefore, the programme and aligned with the current professional bodies of NCPS and BACP have established **a requirement that at least 51% of your counselling hours must be held in person. The remaining 49% may be completed through online therapy sessions.**

Further guidelines from the NCPS:

The NCPS Register requires that registrants have, during their training, completed a minimum of 100 supervised clinical hours with clients within a relevant organisation/agency. It is important that training and placement providers provide guidance about the number of clients

trainees should be seeing. There can be a tendency for trainees to try to gain their hours as quickly as possible, and this may be a risk to their own well-being as well as that of their clients. The fundamental principles of Beneficence and Self-Responsibility in the NCPS Code of Ethical Practice are relevant here. The caseload which a trainee is allocated will vary



depending on the particular service, client group, course requirements, and level of training and experience of the trainee.

As guidance, we recommend that at first students see a maximum of four clients per week, and up to six clients per week once they have at least 75 hours of clinical experience. At all times, the well-being of individual students and their clients must be considered.

Clinical Supervision

As part of the Psychotherapeutic Practice programme, it is mandatory for you to engage with and document your clinical supervision. **It is a requirement that you attend supervision fortnightly and have a minimum of 1.5 hours per month.** To ensure a comprehensive and well-rounded experience, we recommend engaging in as many in-person therapy sessions as possible.

Further NCPS Guidelines for Supervision for Students:

Students/Counsellors-in-training must abide by the requirements of their training, placement provider(s), and their contract with their supervisor. We recommend a minimum of 1.5 hours per month, face to face (in-the-room), with a qualified supervisor who is suitably experienced to support the casework that they are carrying out, and with meetings happening fortnightly. A break from supervision may be taken if no clients are seen in a calendar month, subject to the agreement of the training provider, placement provider and supervisor. This should be documented for accreditation purposes. The Society nevertheless recommends that supervision continues regardless of whether or not members are seeing clients, particularly for students and those less experienced. It is likely to be valuable to discuss areas not related directly to client work for their development.

Group supervision facilitated by an experienced supervisor is acceptable but **must be** in addition to formal 1-1 supervision.

NCPS recommend:

- 1 hour of supervision for every 8 hours of client work
- not less than an overall minimum of 1.5 hours per month
- delivered not less than fortnightly
- Peer supervision is not acceptable for students.

Please note that according to BACP guidelines, supervision must be attended fortnightly. If you plan to pursue BACP accreditation upon qualification, you must provide evidence of meeting this requirement.

Please also note that group supervision can contribute to your hours but must be received in addition to one-on-one supervision. Two hours of group supervision with a maximum of four supervisees, one hour of supervision can be claimed.

This will be reviewed each year, with guidance from professional bodies for counselling and psychotherapy.