



One Year Course in Psychotherapy

Professional development Course | Course leader Oriel Methuen, Gill Doust, Teresa O'Shea

The one year course in psychotherapy is the jewel in the crown of the Spectrum professional development programme. It was the first year-long programme developed at Spectrum in 1985 and has been shaped over the years to become a deeply transforming and educative experience. As well as personal work, the one year course introduces a variety of therapeutic models that become the foundation and reference point for continued professional development.

The work encompasses many different models of thinking and exercises the application of techniques from humanistic and analytic theory. Its central theme is to look at the therapeutic process through verbal, symbolic and somatic communication. Being in a year-long group also enables us to look at various life processes through a number of different lenses, including the formation of relationships and group development, the nature of bonding, interpersonal dynamics, communication styles, projection, introjection, transference and family influences.

The course is divided into three terms. Each term has a theme. The theme of the first term is interpersonal work and group dynamics, covering theory and application of encounter, small and large group work, leadership styles, psychodrama, family therapy, transactional analysis and communications theory. The second term's theme is intrapersonal and one-to-one work, including gestalt, motivation theory, bodywork and transpersonal psychology. In the third term the theme is clinical application, personal projects and integration.

The group is heterogeneous as we believe that this makes the experience of personal contact and professional sharing much richer. We also believe that the approaches we teach and employ in our practice at Spectrum are applicable in any caring or educational environment. We welcome people on the one year course who may want to add to their people skills but may not want to become psychotherapists.

The course teaching staff are Gill Doust, Oriel Methuen and Teresa O'Shea. Please note that a high level of commitment is expected on this course and it is a condition of the course that participants attend all sessions. A certificate of attendance will be given on completion of the year. The cost of the course is £3,950 inclusive of VAT. The fee is payable in three instalments.

People working for statutory bodies should consider applying for funding for this course.

The course consists of one five-day residential workshop, one five-day non-residential workshop, six two-day non-residential workshops, and thirteen fortnightly meetings.

Dates for 2013/2014

Two five-day workshops

Monday-Friday, May 13-May 17, 2013 - Residential

Monday-Friday, October 28-November 1, 2013 - Non-residential

Seven two-day workshops: (Thursday & Friday)

June 6-7, June 27-28, July 11-12, September 26-27, October 10-11, 2013. March 6-7, April 3-4, 2014.

Eleven Thursdays

July 4, September 12, November 21, December 5, December 12, 2013. January 16, January 30, February 13, February 20, March 20, March 27, 2014.

The course will meet from 9am-4pm

Price

A deposit of £1,950 is required upon acceptance on the course, a further £1,000 before the course commencement, and the balance of £1,000 by the middle of the second term. Fees include residential costs and materials.

How to apply

If you are interested in applying for the 2013 course, please download the application guidelines. You are advised to apply early as applications are dealt with on a first-come first-served basis. We ask that you participate in a workshop at Spectrum before applying for the course if you are new to Spectrum. You will be interviewed soon after receipt of your application.