



One Year Course in Psychotherapy

Professional development Course | **Course leader** Oriol Mathuen, 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, Oriol 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 £3,850 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.

Open evening

On Tuesday 20th September from 6.30-8pm, there will be an opportunity to join us at Spectrum to find out more about the course. Please inform the office if you are attending. We hope to see you there.

Dates for 2012

Two five-day workshops

Monday 9th January – Friday 13th January 2012
(residential)

Monday 25th June – Friday 29th June 2012
(non-residential)

Six two-day workshops

Thursday 16th February, Friday 17th February, Thursday 10th May, Friday 11th May, Thursday 5th July, Friday 6th July, Thursday 18th October, Friday 19th October, Thursday 15th November, Friday 16th November, Thursday 13th December, Friday 14th December 2012

Thirteen Thursdays

Thursday 19th January, Thursday 2nd February, Thursday 1st March, Thursday 15th April, Thursday 29th April, Thursday 26th May, Thursday 24th May, Thursday 14th June, Thursday 12th July, Thursday 20th September, Thursday 4th October, Thursday 1st November, Thursday 29th November 2012

The course will meet from 9am-4pm

Price

A deposit of £1,850 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 2011/12 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.