

CCPE

Centre for Counselling & Psychotherapy Education



Diploma and M.A. in Counselling & Psychotherapy 2025

**UKCP Accredited Training
MAs validated by the University of Northampton**

There is a vast field of knowledge in
the realm of psychology.

The knowledge of imagination and the same turning into thought;
the knowledge of feeling and the same turning into emotion;
the knowledge of passion and the same turning into expression;
the knowledge of impulse and its outlet;
the knowledge of impulse and its suppression;
the knowledge of attraction and the knowledge of its contrary effect;
the knowledge of sympathy and antipathy, their origin and source -

All these belong to psychology.

HAZRAT INAYAT KHAN -- *Spiritual Dimensions of Psychology*

THE SPIRITUAL APPROACH TO COUNSELLING AND PSYCHOTHERAPY

The word 'human' comes from the two sources, 'hu' meaning 'divine' and 'mana' meaning 'mind'. From the psychological point of view, 'hu' relates to the character, or that unique blend of inner qualities that make us an individual. 'Manas' refers to the different temperaments or what we might call personality, which reflects our inner qualities.

In transpersonal psychotherapy personal breakdowns and crises are seen to have a useful purpose in that they act as a warning signal as well as indicating the way for us to change, grow and unfold.

Once the crisis is over and the mental condition is stabilised there is a chance to re-examine ourselves with a view to change, and then unfold, thus preventing a recurrence of the crisis. This involves reassessing our motivation, sense of purpose and meaning in life and our capabilities.

Much of the counselling and psychotherapeutic work done at the Centre is based on the fundamental principle of building and expanding on people's strengths or 'qualities'. Attention is also paid to balancing the person's energies and lifestyle, i.e. the balance between grounded and aspirational, between being expressive and receptive, and to helping the person find their natural rhythm in work, at home etc.

At this point the client is able to sense the right direction and to set goals that give him or her a sense of fulfilment and achievement in life.

CCPE HISTORY

In January 1984 a two-year part-time training programme, offering a *Diploma in Counselling and Psychotherapy* was launched to fill the need for a genuinely transpersonal approach to counselling and psychotherapy. This was followed in 1986 by the introduction of an additional year of training so as to integrate some useful material from other therapeutic approaches. In 1991 the three-year course was extended to four years' part-time training, so as to meet the high standards required in future professional therapeutic practice.

In 1987 a one-year part-time Certificate Course in *Fundamentals of Counselling and Psychotherapy* was introduced for those applicants who have had no previous counselling training or experience.

The Centre also offers a Supervision and Advanced Psychotherapy course, a research-based *M.A. in Transpersonal Counselling & Psychotherapy*, and a taught *M.A. in Transpersonal Child, Adolescent & Family Therapy*. The diploma course is UKCP accredited, the *M.A.* trainings are validated by the University of Northampton.

There are a variety of weekend seminars and on-going groups open to the public. Some 200 therapists currently practice at the Centre.

DIPLOMA COURSE DESCRIPTION

The course is run by staff trained and qualified in counselling, psychotherapy and the spiritual disciplines. The emphasis on the Course is on developing a spiritual perspective on human interaction, on learning practical techniques to help people with psychological problems as well as those who are seeking to unfold their own potential.

The four-year part-time Diploma course involves 900 contact hours, including one six-day intensive, one residential weekend, 24 weekend seminars and 120 evening meetings spread over four years. The evening meetings include a period for lectures and group supervision. In addition, students undertake a minimum of 160 hours of individual therapy and at least 550 hours of supervised counselling/psychotherapy practice and 100 hours at an approved psychiatric observational placement. Students will draw on their supervised counselling/psychotherapy practice hours to submit case histories for assessment. Finally, Diploma students are required to develop an individual counselling practical project, which reflects their beliefs, personality and therapeutic style of working.

THE DIPLOMA PROGRAMME

The course philosophy does not adhere to any belief, dogma or religion, and is open to all those sincerely interested in the field of counselling and psychotherapy from a spiritual perspective. Students who successfully complete the four-year training requirements will be awarded the CCPE *Diploma in Counselling and Psychotherapy*.

Note: This is a pre-requisite to UKCP registration as a psychotherapist. The CCPE is a Member Organisation and Training Member Organisation of the United Kingdom Council for Psychotherapy (UKCP). The award of the Diploma does not automatically qualify you for UKCP registration.

CRITERIA FOR DIPLOMA COURSE ENTRY

The following are the criteria for the four-year UKCP accredited Diploma course:

- Maturity, relevant life experience and a willingness to reflect deeply
- 40 hours therapy with a qualified psychotherapist prior to commencement of the course
- Successful completion of a one-year Counselling Foundation Skills course or equivalent that provides basic Counselling skills training and knowledge of basic counselling theory
- An interest in and commitment to their own personal spiritual development
- Personal qualities and aptitude to work with vulnerable adults and those in mental emotional or spiritual crisis
- Evidence of skills and capacity for essay writing and academic work
- Successful interview and review by the CCPE Admissions Panel

Those candidates who do not meet the above requirements may be asked first to complete the *Foundations of Counselling and Psychotherapy* course.

The Diploma Course is set at a postgraduate level of academic competence, which will be assessed through written work, as outlined below. Students also need to show that they have sufficient emotional competence and maturity and the spiritual resources necessary to engage with the demands of the training and the work of psychotherapy. Qualities that we look for include: a lively and enquiring mind, an ability to listen and respond with compassion and respect, awareness of prejudice, the capacity for in-depth self-reflection, self-awareness and commitment to self-development.

A student handbook with detailed guidelines on meeting the course requirements is available at the beginning of the first term.

THE RESEARCH M.A. PROGRAMME

Suitable Diploma course students may be able to transfer to the M.A. programme at the beginning of the fourth year of their training. Suitability is based on the standard of their essays, case presentation in supervision, therapeutic skills, personal maturity and attendance of the Diploma training. M.A. track students must submit two case histories in the fourth year of the Diploma and a 1100 word example of a Transpersonal intervention in therapy. In addition students must attend a module on research methodology, complete a research proposal and a critical review in the fourth year of their training. The M.A. research dissertation is then carried out in

the fifth year, the date for completion of the written submission being in the autumn of the fifth year. Transfer students will also be awarded the Diploma on successful completion of the M.A. Please note that M.A. track students can only apply for UKCP registration after completion of the M.A.

ELEMENTS OF THE COURSE

PART 1 - THEORY AND SKILLS

A brief outline of each year follows.

FIRST YEAR

Transpersonal and Psychodynamic Approaches

The first year is intended to train students in the fundamentals of psychotherapy/counselling theory and practice and is also used as an introduction to the spiritual dimensions of counselling and psychotherapy. Some analytical approaches are included. Students are also required to undertake peer counselling on a one hour per week basis as a means of practicing skills and having further peer support. The topics covered in each year are grouped into the following headings, but the order in which these will be taught will only be available on the student website once you join the course.

TERM 1- TOPICS

- Spiritual model of human being and personality
- Core theories of Klein, Winnicott, Bowlby (and early childhood issues), Freud (and psychoanalysis)
- Personality theories

TERM 2 - TOPICS

The therapeutic interview:

- Verbal and non-verbal communication
- Assessment of clients for counselling and psychotherapy
- Creating a therapeutic alliance
- Transference and counter-transference
- Defence mechanisms
- Interpretation, intervention and insight
- Transformation strategies, working through
- The concept of resistance
- Acting out
- Termination

TERM 3 - TOPICS

- Counselling with obsessive clients
- Counselling with depressed clients

- Counselling with personality-disordered clients
- Counselling with disturbed clients
- Thought processes, cognition, emotion and perception
- Psychopathological syndromes

WEEKEND SEMINARS

1. Fundamental Skills

Two days of working under supervision with listening, empathy, clarifying and reflection skills.

2. Alchemy of Transformation

Understanding the stages of transformation.

Problems encountered at each stage.

How this relates to the counselling process and to life in general.

3. Alchemy, Archetypes and Personal Unfoldment

Discovering the archetypes within and their role in our development.

Self-image and archetypes.

Sensing the qualities in a person.

Expressive, receptive and balanced qualities.

4. Creative Imagination in Therapy (Six days)

Concentration practices and their use.

Visualisation practices and their use.

Using guided imagery in therapy.

Working with dreams.

Developing creativity.

5. The Inner Child

Contacting the Inner Child as a means of working on early life issues and touching the inner core of our being.

6. Alchemy of Relationships

A course to explore the dynamics of interpersonal relationships as they go through different stages of transformation (and transform us).

Relationships as a path of growth and development.

Awakening the ability to open, communicate, be vulnerable, co-operate, share, be independent.

Purpose, meaning and faith in relationships.

SECOND YEAR

Adolescence, Group, Self and Society

This focuses on early youth to adulthood, incorporating many of the humanistic approaches.

TERMS 1, 2 & 3 - TOPICS

- Violence and Anger
- Dealing with angry clients in placements and private practice
- Gestalt
- Gestalt skills
- Couples work
- Co-dependency
- Eating disorders
- Death, Dying and Transformation
- Touch in therapy
- Working with the shadow
- Envy, jealousy and greed
- Addiction
- Transactional Analysis

TERMS 1 & 2 - GROUP WORK - 16 EVENINGS

We focus on the use of group therapy, starting with the relationship between each individual member and the group, as well as interpersonal relations and projections between group members.

Residential Weekend: A two-day residential group weekend to complete the group work as one whole group.

WEEKEND SEMINARS

1. Bodywork
An experiential weekend working with body awareness.
2. Intermediate skills
Two days of working with skills and receiving supervision.
Skills worked with are congruency, intervention, insight and interpretation.
Also, a review of visualisation skills and other skills learned in the first year.
3. Family Therapy
Basic theory of family therapy. Skills and working with families.
Recreating our own families.

4. Gestalt

An experiential weekend combined with some Gestalt theory.

5. Sexuality and Sexual Development

How erotic blueprints are created. An exploration of archetypes and imagery

6. Childhood Survivors of Sexual Abuse

Understanding and working with erotic transference. Shame and its defences

THIRD YEAR

Existential and Transpersonal Approaches

The focus is on the transpersonal approaches to therapy. Here the spiritual dimension is fully considered.

TERMS 1 & 2 - TOPICS

- Psychopathology and the role of medication in psychotherapy
- Dealing with Personality Disorders
- Reading seminars - Existential Psychotherapy and its influence on the Transpersonal model
- Reading seminars - The Transpersonal: the Jungian approach
- The Transpersonal: the Spiritual perspective in psychotherapy
 - Boundaries
 - Beyond boundaries
 - Meaning and Purpose in Life
 - Intuition, faith, unfolding personal qualities, inherited qualities
 - Integrating the personal and transpersonal outlooks in life.

TERM 3 - TOPICS

- The Transpersonal: the spiritual perspective in psychotherapy
 - Energy centres
 - Subtle levels of consciousness
- Case Histories: preparation, presentation and assessment; Examples.

WEEKEND SEMINARS

1. Research Methods

2. Advanced Skills Training (three days)

Feedback and supervision on the skills learned on the course to date.

3. Psychology of Accomplishment
Developing mastery through accomplishment.
Roles of will, concentration.
Choosing goals, aligning with purpose and achieving balance in our development.
Balance between power and intelligence.
4. Healing with Breath and Sound (three days)
Gestalt and Reichian bodywork use what we consider the grosser energies, whereas we now focus on pin-pointing and working through the more subtle energy blocks using more subtle techniques such as the breath and voice.
5. Life Crisis
Opportunities for a breakthrough.
Causes and purpose of a crisis.
Process of transformation in a crisis.
Intervention points in a crisis.
Holding in a crisis
6. Facilitating Spiritual Growth in Counselling and Psychotherapy
Guiding the client who is spiritually questioning and seeking.

FOURTH YEAR

Integration and Professional Development

This year is intended as a year of consolidation, attending to the practical issues, case histories and projects.

TERM 1 – TOPICS

- Reading seminar
- Planes of consciousness
- Review of topics covered during the course and integrating this with the spiritual perspective
- Linking the Transpersonal perspective to therapeutic practice – spiritual formulation
- Theory of dream work - use of myths in therapy - alchemy and the therapeutic process

TERM 2 - TOPICS

- Ethical issues in practice
- Transcultural issues and dealing with difference
- Practical projects: planning, development, execution
- Professional issues: ethics, legal issues, building a professional practice

TERM 3 - GROUP WORK

Four evenings are spent in three large groups focusing on appreciating the qualities of each group member, and giving positive, critical feedback to each member on areas they need to work on. Course endings.

WEEKEND SEMINARS 1, 2 & 3

1. Dreams
Role of dreams as metaphor for our inner life. Waking dream therapy. Interpretation. Imaging work with dreams.
2. Dreams and Archetypes
Exploring the relevance of archetypes in dreams and their significance in our personal lives.
3. Working with Dreams: A Transpersonal Approach

WEEKEND SEMINARS 4, 5, 6

Fourth year students are required to attend three weekend seminars during which they will receive specialised supervision and skills training based on their client case load.

PART 2 - PRACTICUM

All students are required to complete 550 hours of one-to-one client work under supervision and a further 100 hours observational psychiatric placement in a medical setting, totalling 650 placement hours. A minimum of a 100 hours are to be completed within the first year of training. Students are required to attend a placement induction meeting (normally prior to the start of the course) where information and assistance regarding placements is given.

PART 3 - TUTORIALS

Students attend two individual tutorial sessions in the first and second year and small tutorial groups in the third year.

PART 4 - CASE SUPERVISION

Lectures and weekly case supervision in small groups will be held at the Centre. Practical work will be discussed and supervised, with students' case studies being used as teaching material. Students will also be required to obtain individual supervision in the second, third and fourth years, at their own expense. This would typically involve one individual supervision session per month.

PART 5 - INDIVIDUAL PSYCHOTHERAPY

It is a requirement of the course that all students complete a minimum of 160 hours of psychotherapy with a recognised and approved therapist over the span of the 4-year course at a rate of approximately 40 hours annually.

PART 6 - ON-GOING ASSESSMENT

In the first, second and third year students are required to submit an essay applying theory to practice, based on the course work. In the first and second year, a self-assessment essay based on their own personal growth is also required. In the fourth year students are required to write two case histories and complete an individual practical therapeutic project.

REQUIREMENTS FOR AWARD OF THE DIPLOMA

The following are the requirements for the award of the Diploma:

1. Satisfactory completion of essays during the course (two in year 1, two in year 2, and one in year 3).
2. Two written case histories based on client work, showing a clear integration of theory and practice.
3. Completion of an individual practical therapeutic project designed and documented by the student.
4. Completion of 160 hours of individual therapy.
5. Completion of 550 hours of counselling with clients spread over the duration of the course (100 hours are to be completed during the first year practicum).
6. Completion of 100 hours at an approved psychiatric observational placement.
7. Full attendance of course programme. Missed attendance at weekend seminars needs to be made up by attending a full weekend seminar at an additional cost. Any other missed attendance beyond the allowance needs to be made up at additional cost.

The course is intended for people who wish to obtain a theoretical and practical training in the counselling and psychotherapy profession from a spiritual perspective.

Prospective UKCP registrants will need to complete a short clinical module and make a formal application to the CCPE UKCP Registration Committee. The clinical module consists of four DSM-V one-day workshops at the student's own cost (currently at £80 per one day seminar). These workshops can be taken over the course of the Diploma from the second year onwards.

Exceptionally, students who have been awarded the Diploma may be asked to gain further experience before being added on the UKCP register.

INTERVIEW PROCEDURE

Interested potential applicants are asked to submit (1) their completed application form found on the CCPE website and (2) CV detailing their history, qualifications and relevant professional and personal information to admissions@ccpe.org.uk. The application is reviewed by the Admissions Administrator who makes a preliminary assessment of the applicant's eligibility based on the course entry criteria. If the applicant meets the basic entry criteria they are asked to pay the £85 admission fee, and then invited to interview with one of the Diploma Interviewers. The interview lasts 55 minutes.

REQUIREMENTS FOR AWARD OF THE DIPLOMA

The following are the requirements for the award of the Diploma:

1. Satisfactory completion of essays during course (two in year 1, two in year 2, and one in year 3).
2. Two written case histories based on client work, showing a clear integration of theory and practice.
3. Completion of an individual practical therapeutic project designed and documented by the student.
4. Completion of 160 hours of individual therapy with a fully qualified and UKCP registered Transpersonal therapist.
5. Completion of 550 hours of counselling with clients spread over the duration of the course (100 hours are to be completed during the first-year practicum).
6. Completion of 100 hours at an approved psychiatric observational placement.
7. Full attendance of course programme. Missed weekend seminars must be made up by attending make up seminars at additional cost. Any other missed attendance beyond the allowance may also incur additional cost.

ENTRY REQUIREMENTS FOR THE M.A.*

The following are the entry requirements for the M.A. track:

1. Completion of 3 years of the CCPE Diploma course, together with a first or second class honours degree, or have demonstrated ability to produce academic work at a Master's Degree level.
2. Good therapeutic skills.
3. Full attendance of Diploma course to date.
4. Completion of all essays.
5. Minimum 100 hours of individual therapy.
6. Minimum 350 hours of counselling/psychotherapy practice.

Alternatively, a portfolio of other qualifications (such as the CCPE Diploma or

equivalent) and/or experience with evidence of the ability and motivation to study at the Master's level may be sufficient. Students who satisfy the Masters' entry criteria listed above may be admitted to the M.A. Degree Programme and will only be required to complete the Research Methods Module and the Dissertation Module.

REQUIREMENTS FOR AWARD OF THE M.A.*

The following are the requirements for the award of the M.A.:

1. Completion of Diploma course work or its equivalent, up to but excluding the practical therapeutic project. The course work (case histories, skills, essays etc) all needs to be of a good standard.
2. Completion of the Research Methods module and preparation of a research proposal and critical review.
3. Completion of a research dissertation of 15,000 words.

Only students who have joined the M.A. following completion of, or in conjunction with the CCPE Diploma will be eligible for UKCP registration through CCPE. Eligibility for registration and distribution of awards for both courses will be reached following successful completion of all criteria associated with the Diploma, MA and DSMV workshops.

*For the MA in Transpersonal child, adolescent and family therapy, please see the separate brochure.

DURATION AND COST OF COURSE

New 4-year courses start every January. Fees include lectures, seminars, and case supervision. Fees do not include the individual therapy or private supervision taken in addition to supervision offered by the course. The next MA cohort will commence in January 2025.

The cost* of the course commencing in 2025 is **£5174** for the 1st year (including a non-refundable deposit of £300), **£6048** in 2026 for the 2nd year (including a residential weekend fee), **£6048** in 2027 for the 3rd year and **£6048** in 2028 for the 4th year. The additional cost for the M.A. option will be confirmed on application to the M.A (during 3rd year of the Diploma).

**Prices are accurate at the time of printing.*

CCPE Training Staff

Year Tutors and Core Staff

Nigel Hamilton, *Founder, Ph.D, M.A. (Couns. Psych.), Dipl. ClinPsych & Social Psych.*

Ian Burton, *Managing Director, M.A. BSc (Hons.) Dipls. Psych*

Susie Sanders, *Deputy Director, M.A., B.A.(Hons.), M.Sc., Dipls. Psych., Supvn & Adv. Psych. MInst GA*

Dr Rashon Chowdhury, *Director of Professional & Academic Studies, (EdD) M.A., Dipls. Psych., Supvn & Adv. Psych.*

Marcelo Fagundes, *M.A., B.A., Dipls Psych., Supvn.*

Dorothy Farr, *M.A., Dipls, Psych,*

Rina Malin, *M.A., Dipls, Psych, Adv Psych. Supvn*

Supervisors & Facilitators

Elena Adams	
Feisal Ali	
Ulla Andrews	MA., Dipls. Psych., Supvn., Adv. Psych & Couples
Dave Bain	
David Billington	M.A., Dip Psych
Suzanna Brown	
Ian Burton	M.A. BSc (Hons.) Dipls. Psych., Supvn & Adv. Psych
Dr. Rashon Chowdhury (EdD)	M.A., Dipls. Psych., Supvn & Adv. Psych.
Paul Croal	Dipls. Psych., Supvn.
Debra Deaville	M.A., Dipls. Psych., Supvn, Adv. Psych.
Cornelia Dobb	M.A. (Cantab) Dipls, Psych., Supvn, Adv. Psych
Tyrone Duff	
Marcelo da Cruz Fagundes	M.A., B.A., Dipls Psych., Supvn.
Madelaine Fielden	
Shaun Goodwin	M.A. Dipls. Psych. Supvn. Sand.
Dawn Grantham	M.A., Dipls. Psych., Supvn., Sand., Art.
Daška Hatton	B.A. (Hons) Dipl. Psych.
Alshamsha Burns-Heath	
Yasmin King	BEng(hons), PGCE, Dipls. Psych. & Supvn, Cert. Dreams, EMDR
George Lambton	
Emma Leonce	
Bryony Livingstone	MSc, Dipl Psych.
Keith Mainland	
Paul Maiteny	B.Sc. (Hons), MBA, Dipls. Psych.& Adv. Psych., Adv Dipl ERT & Wild
Rina Malin	M.A., Dipls, Psych, Adv Psych. Supvn
Manuela Meilak	M.A., MBA, Dipls. Psych. & Adv. Psych., EMDR
Sue Nappez	M.A., Dipls. Psych., Supvn., Adv. Psych.
Ann Oldknow	M.A., B.A. (Hons) Dipls Psych., Supv
Tamsin Olivier	Dipls. Psych, Supvn
Eluned Owen	B.Ed (Hons), Dipls Psych, Adv. Psych.
Raj Pagarani	B.A. (Hons) Dipl. Psych.
Tracy Richards	
Emanuela Roberti	
Jennifer Rooney-Levy	M.A., Dipls. Psych., Adv. Psych., Supvn., EMDR., Dreams.
Suzanne Rose	BA (Hons), PG Dips Hsg, Psych, Adv Psych, Supvn
Ellen Lin Perry	M.A. BA. (Hons.) Dipls. Psych., & Supvn
Tracy Phillips	Dipl. Psych
Rachel Podger	M.A., Dipls., Psych., Supvn.
Cristina Preda	M.Sc, BSc (Hons), Dipls.Psych.
Suzanne Stafford	Dipls. Psych. Adv. Psych & Supvn
Colin Stewart	Dipls. Psych & Supvn
Helen Stokes	
Ben Tye	MAPsych (Dist.), Dip. Psych., Cert. Adv. Facilitation, BEng (Hons)
Katherine Walker	

N.B. Some Post-nominal titles have not been submitted at the time of printing

All Staff are UKCP Registered Psychotherapists. Dipls. Psych., Supvn. & Adv. Psych. means Diplomas in Counselling & Psychotherapy, Supervision and Advanced Psychotherapy

CCPE Equal Opportunities Policy

CCPE promotes equal opportunities for students, clients and staff. CCPE is committed to a policy and practice where students' admission to and assessment on the course will be determined only by personal merit and performance. No applicant as a student or for a staff appointment will be treated less favourably than another. CCPE does not discriminate on the grounds of nationality, race, gender, sexual orientation, age, social class, disability, political, religious or spiritual persuasion or practice. CCPE promotes an Equal Opportunities and a Diversity Policy where students, staff and graduates recognise, respect and value the dignity and diversity of others. This statement also applies to all client practice.

CCPE

Centre for Counselling & Psychotherapy Education

Nearest tube: **Warwick Avenue** (Bakerloo Line) or **Paddington**

Directions from Warwick Avenue: Walk down Warwick Avenue towards Paddington, take the third right and then right again into Warwick Crescent.



For further details or to book an interview please contact:

Centre for Counselling and Psychotherapy Education

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