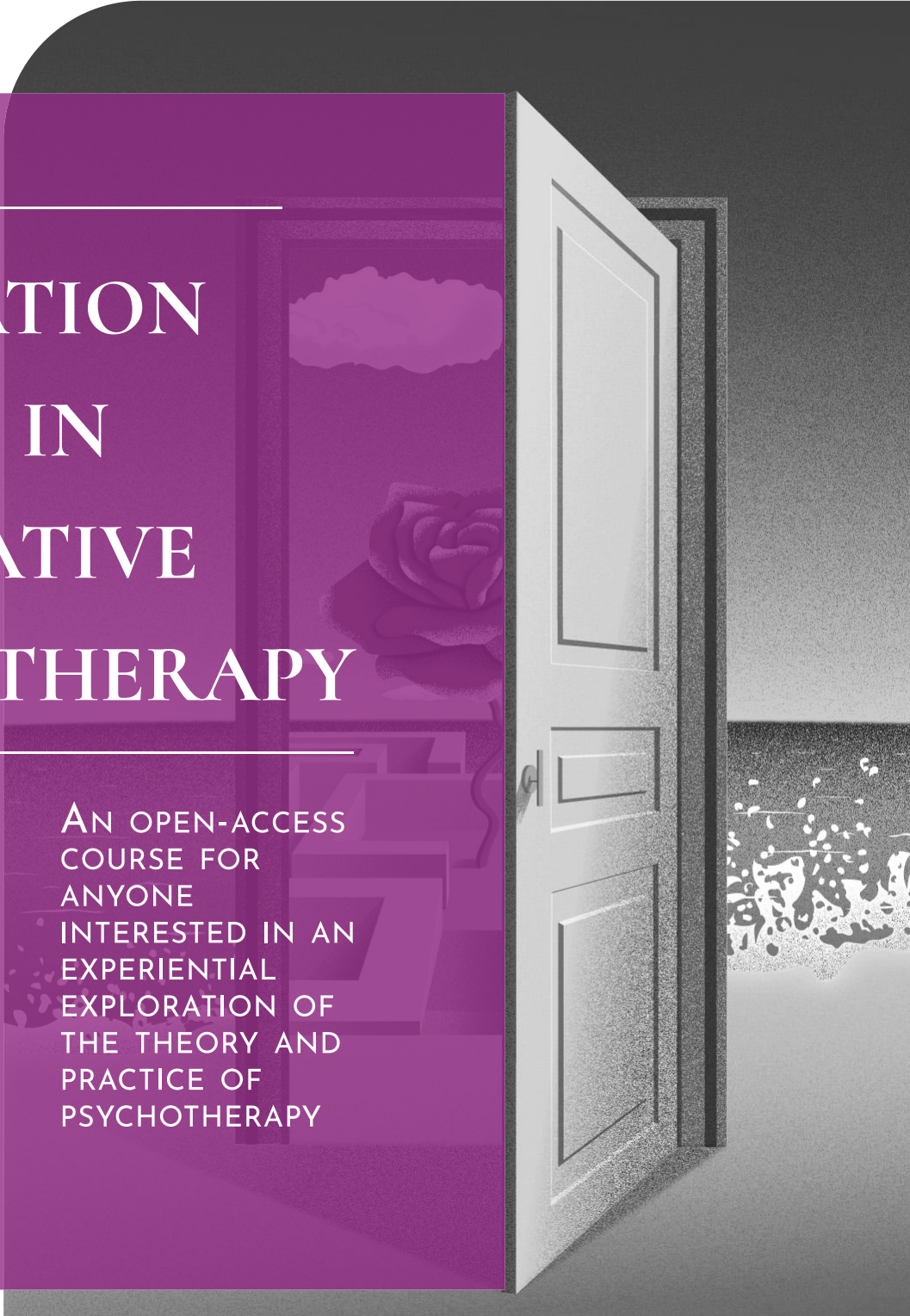

FOUNDATION COURSE IN INTEGRATIVE PSYCHOTHERAPY

AN OPEN-ACCESS
COURSE FOR
ANYONE
INTERESTED IN AN
EXPERIENTIAL
EXPLORATION OF
THE THEORY AND
PRACTICE OF
PSYCHOTHERAPY



COURSE OVERVIEW

This course provides an experiential introduction to the theory, skills and practice of integrative psychotherapy, in a supportive and inclusive relational learning environment.

We will draw on a broad range of theory and research but primarily focus on relational psychoanalysis, humanistic and cognitive approaches.

The course will also include skills observation and skills practice, as well as opportunities for in-depth relational exploration.

9-month in-person course

YOU WILL BE
INTRODUCED TO
THE ORIGINS OF
PSYCHOTHERAPY,
ITS CORE CONCEPTS,
AND VALUES.

WEEKLY FORMAT

Dates

October 2024 to June 2025

Timing

Wednesdays 19.00 - 21.30

Thursdays 19.00 - 21.30

Location

Inner Citadel Institute

Pricing

£3,500

Entry requirements

A first degree in any subject; having completed an Introduction to Counselling Skills Course

Deadline for application

8th September 2024

RESIDENTIAL FORMAT

Dates

October 2024 to June 2025

Timing

One residential weekend per month

Friday 19.00 - 21.00

Saturday 9.00 - 18.00

Sunday 9.00 - 17.00

Location

Venue in Oxfordshire

Pricing

£5,850 (incl. accommodation and meals)

Entry requirements

A first degree in any subject; having completed an Introduction to Counselling Skills Course

Deadline for application

8th September 2024

CONTACTS

STUDY@ICINSTITUTE.CO.UK

WWW.ICINSTITUTE.CO.UK

+44 01865 638842

WHO'S THIS COURSE FOR?

THIS IS AN OPEN-ACCESS COURSE FOR ANYONE INTERESTED IN AN EXPERIENTIAL EXPLORATION OF THE THEORY AND PRACTICE OF PSYCHOTHERAPY.

People who are curious about training as a counsellor or psychotherapist, or in related professions, seeking foundational knowledge and skills.

People who are simply interested in using therapeutic knowledge for self-exploration and contemplation.

People with a humanistic sensibility, who enjoy poetry, literature, art and music as forms of self-expression.

People seeking diverse, equitable, and inclusive educational opportunities.

People who have busy schedules and are looking for a part-time, flexible learning experience.

No prior experience of practicing counselling or psychotherapy is required.

However, we suggest students have completed an 'Introduction to Counselling Skills Course' (like our **Certificate in Relational Counselling Skills**, running for 10 weeks on a Saturday) before joining this one.

This course requires deep personal work, which can be both challenging and rewarding, so a personal readiness, including psychological robustness and a capacity for self-reflection is important.

This course, or an equivalent, is a requirement before starting professional training to become a psychotherapist or counsellor at Inner Citadel and many other training organisations.

All students are asked to be in weekly personal psychotherapy throughout the course (for a minimum of 40 sessions). Your psychotherapy should be with a qualified and experienced UKCP Registered or BACP Accredited practitioner, or equivalent. Personal psychotherapy costs are covered by students.

COURSE DETAILS

The course provides about 135 hours of training in total and is divided into three modules summarised below.

Please note there is an 80% minimum attendance requirement; when missing a session, students might be invited to complete some extra tasks to keep-up with the rest of the group.

MODULES

1. Foundation in Counselling Skills

Students will learn foundational counselling skills, including therapeutic presence, listening, empathic reflection, assessing clients' preferences, alliance building, working through alliance ruptures, and sitting with painful affect. Assessment: a video recorded role-play with reflective commentary (1,500 words).

2. An Introduction to Integrative Psychotherapy Theory

Students will be introduced to some of the major theoretical orientations and will be encouraged to reflect on similarities and differences across approaches. They will also learn the key concepts informing psychotherapy integration, while reflecting on their own personal theories on how people change. By actively engaging with the course material, students will develop an informed perspective on how therapy works. Assessment: 3,500-word essay.

3. Self in Process

This module will offer opportunities for self-discovery by a contemplative engagement with philosophy, literature, and the arts. Working with metaphor and imagination, students will be invited to expand their self-awareness and share their insights within the group. Moreover, yoga and meditation practices will be introduced to support ongoing presence and bodily awareness. Assessment: 2,000-word personal process report and creative group presentation.

ASSESSMENT

Students are assessed by Inner Citadel staff.

Students will also be given feedback on their participation and self-awareness, to further develop their personal readiness for future trainings.



TEACHING PHILOSOPHY

We believe teaching should be a transformative practice that challenges more established ways of seeing, supporting learners in exploring novel perspectives and integrating new insights into their way of being in the world.

Being mindful of our power as tutors, we try to use it to give voice not only to underrepresented students, but also to underrepresented ideas, challenging mainstream assumptions in the field of counselling and psychotherapy. Diversity is not discussed as part of a dedicated session, in a tokenistic way, but interwoven throughout our teaching.

Course Leader

DR. TANYA LECCHI

BA HONS (PSYCHOL) - MSC
(CLINPSYCH) - PHD (PSYCHOL)
DPSYCH



Tanya is a BPS Chartered Psychologist, Registered Counselling and Clinical Psychologist (HCPC), Relational Psychotherapist, Mindfulness Teacher, and Senior Research Fellow.

She has extensive training in a range of approaches to therapeutic work, with a focus on psychodynamic approaches and relational models. She has 15 years of experience in providing psychological assessment and treatment to adults, families, children and young people in different care settings, including the hospital environment and private practice.

Tanya is a lecturer on the DPsych at City, University of London, and a senior research tutor and a senior research fellow within the Child Attachment and Psychological Therapies Research Unit (ChAPTRe) at the Anna Freud Centre. Tanya has designed this introductory course to share her passion for and expertise in psychotherapy and is excited to bring it to life together with the tutoring team.

Testimonials

“When Tanya teaches, she models both an empathic and relationally attuned way of being together with a deep intellectual and erudite knowledge of psychotherapeutic theory. Above all you feel seen, validated and encouraged to learn.”

Tobias

INTEGRATIVE PSYCHOTHERAPIST
FORMER STUDENT OF TANYA

“I had the pleasure of having Tanya as my main tutor during a year of my doctoral training. She displays a rare intersection of outstanding academic knowledge with the highest communication skills, infusing it with her deeply compassionate human spirit and years of professional practice.”

Alastair

INTEGRATIVE PSYCHOTHERAPIST
FORMER STUDENT OF TANYA

LEARNING OBJECTIVES

1. Experiential learning

- I. To offer an enriching experiential right-brain learning process that enables the development of psychotherapeutic skills, including a capacity for moment-to-moment self-reflection, mindful contextual reflexivity, phenomenological enquiry and affect attunement.
- II. To provide learning through both plenary teaching and interactive discussion that facilitates the development of a discerning yet relational stance of authority and authenticity.
- III. To offer opportunities for input to the direction of the course, through reciprocal and responsive dialogue with the trainers based on evolving learning needs.

2. Personal and professional learning development

- I. To begin to cultivate one's own Inner Citadel through exploring and developing different dimensions of Self, including affective, cognitive, relational, physical, behavioural and transpersonal aspects of experience. While supporting one's personal development, this also cultivates the use of a multidimensional Self as the professional instrument of the therapeutic work, facilitating change and healing.

3. Relationship and community

- I. To facilitate spaces beyond the 'classroom' for in-depth relational exploration where trainees can really get to know each other and make use of the potent relational possibilities of the group to enhance their reflective capacity and learn about themselves and others.
- II. To create a community through the Inner Citadel where people can authentically connect and experience a sense of belonging.



What is an *Inner Citadel*?

An 'Inner Citadel' is a sacred, contemplative space within our Self that is private, precious, and protected from external stressors. Yet it is also a relational space where we can invite others in to connect and express ourselves, feel heard and be seen. We believe therapy can be a profound experiential journey toward cultivating an Inner Citadel in ourselves.

As the maze of the Inner Citadel symbolises, this journey may not be linear nor easy, but it can be an expansive and enriching process of discovery across multiple dimensions of Self. Looking beyond alleviation from clinical symptoms as a therapeutic goal, cultivating an Inner Citadel can enable people to find greater authenticity, meaning and fulfilment in their daily lives, while acknowledging the impact of intersectional and societal systemic factors on a person's reality.



LOGISTICS

FEES

We want the course to be as accessible as possible so we offer several options.

All fees can be paid in instalments.

WEEKLY FORMAT

Standard Fee - £3,500

Early bird [by 30th June 2024] - £3,250

Pay-It-Forward [for those with abundance who wish to help a fellow student] - £3,700

Concession Fee [limited places funded by our Pay-It-Forward scheme] - £2,800

BIPOC Community Scholarship - £700

RESIDENTIAL FORMAT [all fees include accommodation and meals]

Standard Fee - £5,850

Early bird [by 30th June 2024] - £5,600

Pay-It-Forward [for those with abundance who wish to help a fellow student] - £6,000

Concession Fee [limited places funded by our Pay-It-Forward scheme] - £5,250

BIPOC Community Scholarship - £2,500

Please only choose Concession Fee option if really in need.

TERM DATES

WEEKLY FORMAT [running every Wednesday and Thursday evening]

First term - Monday 14th October to Friday 13th December 2024

Second term - Monday 20th January to Friday 21st March 2025

Third term - Monday 28th April to Friday 27th June 2025

Location: Inner Citadel premises.

RESIDENTIAL FORMAT has more flexible dates.

Location: Venue in Oxfordshire.





ABOUT THE INNER CITADEL INSTITUTE

The Inner Citadel Institute is a psychology and psychotherapy centre based in Oxford. Our mission is to offer evidence-based therapies to people interested in exploring their lived experience in depth.

Our integrative and relational approach to therapy is informed by a broad body of ancient and contemporary knowledge from across the world. This includes philosophy, contemplative traditions, literature, the arts, as well as psychology, affective neuroscience, and psychotherapeutic theory and evidence-based research. While psychotherapy has traditionally focused on the mind and the 'left brain', with a focus on language and speech, we also emphasise the integration of embodied, mindful, and affective 'right brain' approaches to facilitate therapeutic change.

INNER CITADEL LTD

COMPANY REG. 14137657 | GARSINGTON - OXFORD

WWW.ICINSTITUTE.CO.UK | INFO@ICINSTITUTE.CO.UK

+44 01865 638842