



training

**Child and Adolescent
Psychotherapy and Counselling**



For the next generation of child psychotherapists

welcome

Welcome to Terapia. I hope we can encourage you to explore the field of child and adolescent psychotherapy and counselling as your future profession.

We are passionate about our work. As child psychotherapists, we explore creative ways in which to enter children's internal world in order to support them with the emotional difficulties they face.

The work we do is both challenging and rewarding. It also carries significant responsibility. Working therapeutically with some of the most vulnerable members of society requires rigorous theoretical training, a wide range of therapeutic skills and an intense personal development.

I hope you will consider joining us at Terapia for a meaningful journey and a career which has the potential to change lives.

Bozena Merrick

Clinical Director, CEO and Founder



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about terapia

Terapia was founded in 2003 and is one of the UK's leading child and adolescent psychotherapy and counselling training organisations. We also provide specialised mental health services to children, adolescents, parents and families.

Terapia is a registered charity, registration number 1144041.

Our ethos

We recognise that the field of child psychotherapy needs to develop in order to reflect society's myriad needs. We believe our psychotherapists must be prepared to work with children from diverse social and cultural backgrounds, of differing ages and developmental stages and abilities, who may present with a wide range of emotional, developmental, social and behavioural issues. To meet this demanding task our graduates need to be equipped with in-depth theoretical knowledge and a broad spectrum of therapeutic and counselling skills.

Training

We offer in-depth training in therapeutic work with children and adolescents. We have developed an expertise in all issues related to child mental health. Our training is demanding, and our graduates can offer the highest standard of knowledge and therapeutic skills in the psychotherapy profession. We use established best practice in child psychotherapy along with the latest findings from neuroscience to resolve psychological pain and recover lives and hope. We know it works.

All our courses are part-time and are open to both qualified counsellors and psychotherapists who are seeking additional training to work with children, and also to those entering the field of psychotherapy and counselling for the first time.

Therapeutic services

Alongside our training programmes, we provide highly specialised counselling, psychotherapy and bespoke mental health services for children, young people, adults, parents and families.





Terapia schools service

Terapia works with primary schools, secondary schools and other community organisations, providing support to children, young people, parents and carers.

Our Schools Service also works with parents and teachers, helping them to understand children's behaviour, make sense of attachment issues and reduce conflicts at home or in the classroom.

Terapia centre

Terapia occupies The Bothy, a Victorian Grade II listed building within the beautiful grounds of Stephens House & Gardens in Finchley, London N3.

Our purpose-built training facilities allow us to provide a high quality training space for our students and specialist mental health services, all under one roof.

Training suites

Our range of training suites host workshops, seminars and tutorials. Featuring interactive smart boards and other state-of-the-art equipment, they offer an excellent environment for learning and a tranquil space for students to spend time together and relax.

Therapy rooms

Our individual therapy rooms are designed for counselling and psychotherapy sessions, while our play therapy rooms are equipped for group and family work, art and play therapy and creative sessions. A specialist suite with sprung flooring caters for movement and drama therapy.

Our extensive range of facilities allows us to work with children and adolescents of all ages, as well as adults, parents and carers. It also provides our trainees with the opportunity to learn about clinical practice.

Sensory room

Our sensory room is designed for children and adolescents with mild to severe additional needs. It features a range of specialist equipment designed to facilitate visual, tactile and auditory stimulation, including an interactive floor projector, an auditory sensory wall and a vibroacoustic body cushion.

Observation room

A discrete observation area attached to one of our therapy rooms caters for a number of different modes of practice, including supervising trainees and observing family sessions.

Other facilities

In addition to our training suites and therapy rooms, the centre features a library, communal seating, waiting areas and a large refectory and seating area for students.

The centre is fully accessible for wheelchair users and caters for trainees, clients and guests with disabilities.

training with terapia

Terapia was founded in response to the growing demand for highly qualified professionals able to work sensitively and creatively with children and adolescents from a broad spectrum of theoretical perspectives.

Our psychotherapy and counselling courses are validated by Middlesex University and accredited by the United Kingdom Council for Psychotherapy.

We are an organisational member of the Humanistic and Integrative Psychotherapy College (HIPC) and the College for Child and Adolescent Psychotherapies (C-CAP) of UKCP. Our MA graduates are eligible for registration as UKCP Child and Adolescent Psychotherapists, and also for membership of the European Association for Psychotherapy (EAP).

Terapia is also an organisational member of the British Association for Counselling and Psychotherapy, and our graduates are eligible to apply for BACP individual accreditation.

As well as a grounding in theory, our training also includes the study and practice of play therapy, art therapy, music therapy and drama and movement therapy, puppetry and therapeutic sand tray. We believe it is vitally important that trainees have a toolbox of skills to help them find appropriate ways to communicate with children, in order to help children express, explore and work with their feelings.

Our approach

Terapia is a uniquely integrative school. In contrast to most existing training programmes, we don't apply ourselves rigidly to one school of thought but explore all the leading approaches to child and adolescent psychotherapy and counselling.

Terapia is one of the first schools of its kind to offer training from this integrative vantage point. We strive to equip graduates with a range of therapeutic tools and draw from many theoretical approaches according to the issues a child may present in order to apply appropriate clinical intervention.

At Terapia we adopt a teaching model that takes the perspective of the child as an individual. We therefore define a child's healthy wellbeing as that which fulfils the child's potential within the context of his/her life and within their cultural and spiritual community. The theoretical approach applied will be one to suit the child in context and their level of development rather than the theoretical perspective of the therapist.

Theoretical and experiential training

The theoretical training is conducted in parallel with the experiential training. Both are designed in a way that ensures the appropriate grounding of the theory into practice, as well as a gradual introduction into practical work with children.

Workshops and seminars

We employ a comprehensive range of teaching methods, from presentations, reading and discussion to play, creative art techniques and experiential exercises. These different elements are carefully combined to deliver an engaging and effective learning experience.

Clinical work

Clinical work – from observation and supervision to clinical placements – forms a key part of the training experience. It gives our students the necessary skills to both identify the core issues at assessment and devise a suitable package of care in line with the child's age, ability and socio-cultural context. This way our work is truly child-led and can be informed by many, and not led by any one theoretical model.

Terapia can offer some trainees the opportunity to conduct their clinical placements within our Therapeutic Services at our Centre and also within our School Service.

Observation studies

Trainees are required to undertake a range of observational placements. For full details, please see the relevant course information.

Supervision

Terapia provides group supervision for all required observation and clinical work.

Students who are conducting clinical work with children are required to attend group supervision provided by Terapia but may need to attend additional individual supervision depending on how many children they work with per week.

Personal development and personal psychotherapy

At Terapia we believe that the most important aspect of therapeutic work is the relationship between the therapist and the client. The therapist's ability to form ethical, engaging and meaningful relationships with children and young people is of paramount importance.

This can only be achieved through intense personal development. The therapist must be acutely aware of who they are and be able to acknowledge the presence of their own prejudices, assumptions and judgements.

Personal therapy is therefore one of the central aspects of our training. All MA trainees (with the exception of the MA Forensic course) must attend a minimum of 40 hours of personal therapy per training year with a UKCP registered psychotherapist throughout their training with the exception of the Conversion Course trainees who must attend at least 40 hours over their two year course.



terapia's learning community

The staff/trainee relationship

At the core of our activities is the relationship we form with our trainees and the kind of relationships they establish amongst themselves.

Our training is delivered in small groups so that all trainees can benefit fully from interacting with our teaching staff and with each other.

Modelling core values

The learning community is grounded in our core values - namely, the importance of the therapeutic relationship, as well as the qualities of professionalism, self-knowledge and adherence to professional codes of practice.

We as Tutors demand the highest professionalism from each other as well as continuous modelling of our core values to the students. We require of ourselves to be open, empathic and congruent and to have full commitment to our personal and professional development.

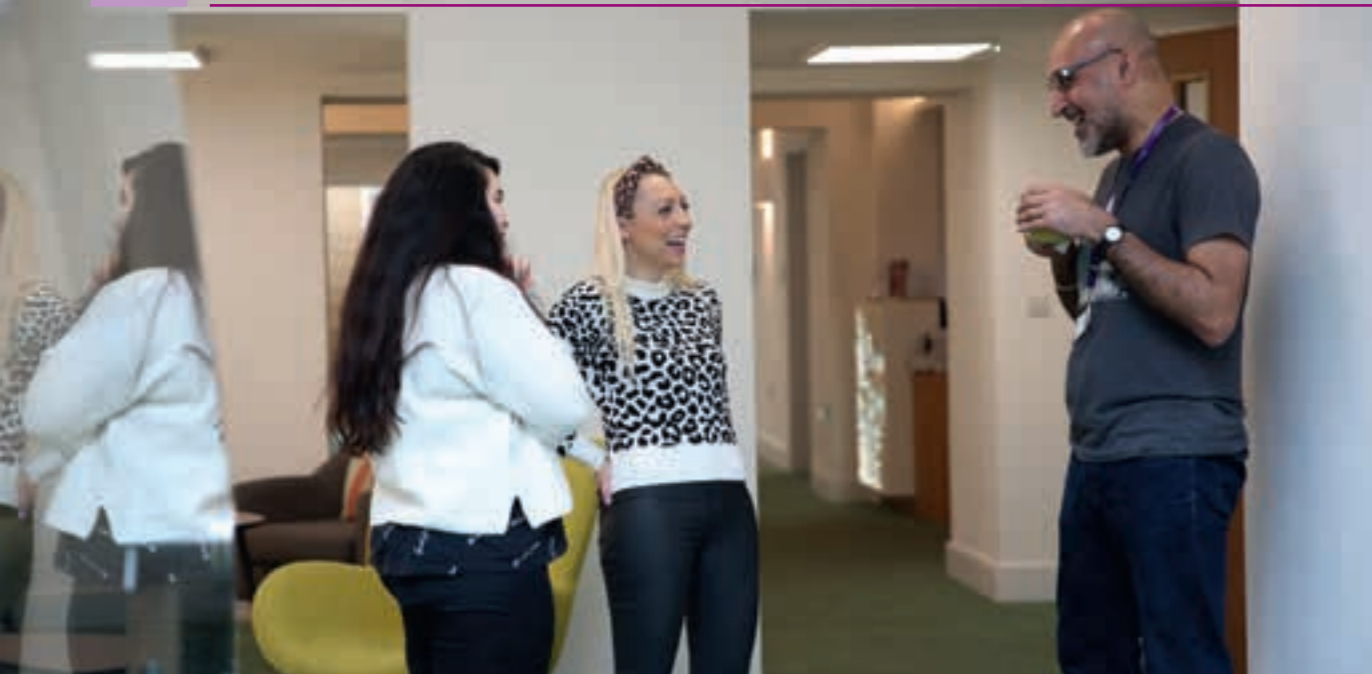
As a teaching community we demand accountability and transparency from each other, ensuring that these qualities are coherently and consistently passed on to our trainees.

Valuing individuality and equal opportunities

We endeavour to facilitate a learning process where each trainee will find their own style of working, and one which reflects their own individuality and personal qualities within a strong ethical framework.

Terapia values each trainee as an individual, recognises their uniqueness and we celebrate diversity and difference. We ensure that this is incorporated into all aspects of our training, in both the recruitment of tutors and the admission of trainees.





We translate our model of working with children and young people into our teaching and support of the students' ongoing personal process. We therefore define a student's learning and wellbeing as that which fulfils his/her potential within the context of his/her life and within his/her cultural and spiritual community.

We embrace and welcome all difference in terms of race, culture, age, gender, class and sexual orientation. We actively support trainees and staff to question the assumptions and judgements they bring from their own social context and personal history, which may impact on the therapeutic relationship. Our centre is fully accessible and disability is cared for wherever possible. Candidates are invited to contact Terapia to discuss their individual needs.

Disclosure of previous offences

Students will be required to complete an enhanced DBS (Disclosure and Barring Service) check. Failure to disclose any previous convictions will result in termination of the training.

Our core staff and tutors

Our passionate and dedicated teaching staff bring a wealth of knowledge and experience, both as teachers and as practitioners in the field of child and adolescent psychotherapy and counselling.

For a full list of our core teaching staff, please visit www.terapia.co.uk.

Visiting tutors

Each of our courses is enriched by our visiting Tutors who lead seminars and workshops in specialised topics within their field of expertise, giving our trainees the benefit of their unique viewpoint and specialised knowledge.

For a full list of our core teaching staff, clinical supervisors, observation supervisors and visiting tutors, please visit our website: www.terapia.co.uk.

Attributes and personal qualities we look for in potential students:

- Ability to form relationships with others, particularly with children/young people, that are engaging, meaningful and respectful;
- Personal integrity, attunement, resilience, creativity and ability to play;
- Good personal and professional boundaries;
- Commitment to personal development;
- Self-reflection, including a willingness to stay with and work with difficult feelings;
- Ability to work with personal issues from childhood and adolescence through personal inquiry, personal therapy, supervision and experiential work;
- Ability to receive feedback and recognise personal limitations;
- An understanding of the dynamics of interpersonal relationships, including an awareness of the social and political aspects, especially the vulnerable position of a child in society, and the power and powerlessness in relationships;
- A sensitivity to issues of diversity and equal opportunities. Awareness of prejudice and commitment to non-discriminatory practice;
- Evidence of experience of professional or personal involvement with children or adolescents in a caring capacity.



courses at terapia

Terapia currently offer the following courses:

- **MA in Child and Adolescent Psychotherapy and Counselling**
Can lead to UKCP Registration and BACP Individual Accreditation
Duration: five years part-time
- **MA Conversion Course**
Leading to UKCP Registration and Middlesex University MA in Child and Adolescent Psychotherapy and Counselling
Duration: two years part-time
- **Diploma in Child, Adolescent and Adult Psychotherapy and Counselling Supervision**
Duration: one year part-time, weekends only
- **MA in Forensic Practice with Children and Young People**
Duration: two years part-time, weekends only
- **Introduction to Therapeutic Work with Children**
Duration: five days

Our MA in Child and Adolescent Psychotherapy and Counselling and our MA Conversion Course begin in January each year. Starting dates for other courses may vary.



MA in Child and Adolescent Psychotherapy and Counselling

Terapia's MA programme is a unique course specifically focused on therapeutic approaches to working with children, young people, parents and families as well as adult clients.

Course structure

The course is divided into five modules, each corresponding to one year's part-time study.

There are three exit awards available to trainees following the first, third and fifth years of study.

Following MA Module 1:

Postgraduate Certificate in Adult Counselling (**60 credits**)

Following MA Module 3:

Postgraduate Diploma in Child and Adolescent Counselling (**120 credits**)

Following MA Module 5:

MA in Child and Adolescent Psychotherapy and Counselling (**210 credits**)

Credits earned are fully transferable

Option for study

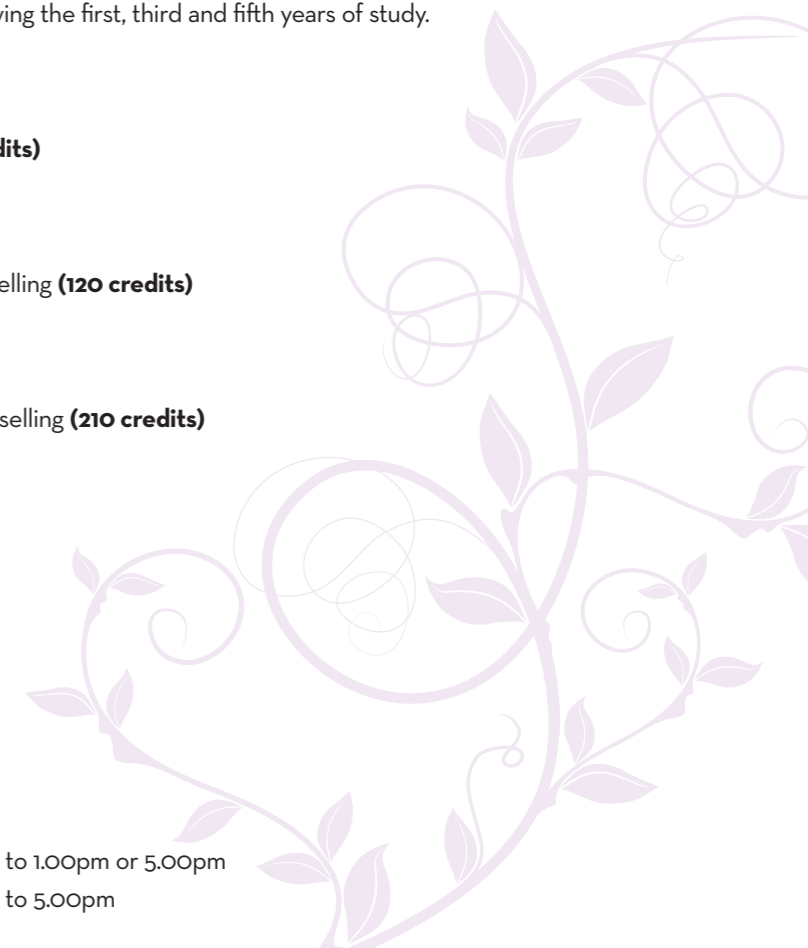
Evenings Option

The evening course consists of:

36 weekly seminars	7.00pm - 9.45pm
Weekend seminars	10.00am - 5.00pm
(approx. 8 per year)	Saturdays and Sundays

Daytime option

The daytime course consists of week days:	10.00am to 1.00pm or 5.00pm
Additional days on approx. 5 per year:	10.00am to 5.00pm



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MA in Child and Adolescent Psychotherapy and Counselling Module 1

Duration: One year part-time

Entry requirements:

- An intention and commitment to take on a long-term counselling and psychotherapy training;
- A commitment to self-development;
- Previous education and life experience indicating candidate's ability to undertake training at Postgraduate level of competence;
- Experience of professional or personal involvement with children, adolescents or vulnerable adults.

Exit Qualification: Postgraduate Certificate in Adult Counselling (60 credits)

This course is designed for candidates who have not previously trained in counselling or psychotherapy. The training is self-contained and can also be taken by students in caring professions to develop their counselling skills with adults and give them a substantial theoretical background in theories and approaches to psychotherapy.

Course content

Module 1 provides a thorough grounding in the major theoretical approaches to the field of psychotherapy and counselling. The practical and experiential component provides trainees with an understanding of the therapeutic process and equips them with a wide range of counselling skills with adult clients.

Options for study

Option 1 - Evenings and Weekends

The evening course takes place on Tuesdays and consists of:

- 36 weekly seminars 7.00pm - 9.45pm
- Seven weekend seminars 10.00am - 5.00pm on both Saturdays and Sundays

Option 2 - Daytime

The daytime course takes place on Mondays and consists of:

- Mondays 10.00am - 1.00pm or 5.00pm
- Approx. five Sundays 10.00am - 5.00pm

Module 1 training

Theoretical learning

- We cover the major theories of psychotherapy, their background history and social/cultural contexts, the theories of personality from which they are derived, and applications to practice.
- We focus on 4 main approaches: Psychoanalytical/ Psychodynamic, Humanistic, Cognitive/Behavioural, and Transpersonal. We consider multicultural, gender issues and intersectionality within presented theories.
- There will be lectures on DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) to introduce conditions that are formally recognised as psychopathologies and mental health disorders.

Adult counselling skills practice

- Skills Practice sessions introduce the basic essential skills and techniques of adult counselling.
- You will gain a wide range of therapeutic skills including appropriate counselling interventions, body language, use of voice, questions, touch and silence, understanding the personal and professional boundaries, assessments of suicide risk and working with unconscious processes and defence mechanisms.

Experiential learning and personal development

- To enhance the learning and understanding of the practice of counselling/psychotherapy, we use case studies, role play and experiential activities to reflect how theories are linked to practice with a variety of clients.
- Group Process (personal development group) will focus on engaging with your own process and interactions / dynamics within the group and your growing ability to gain self-awareness and reflect. Personal development is an important element of the training as well as learning about receiving / giving support and the development of trust, courage and humility.



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MA in Child and Adolescent Psychotherapy and Counselling Modules 2 & 3

Duration: Two years part-time

Entry requirements:

- Successful completion of Module 1 at Terapia, or completion elsewhere of a 1 year course in Adult Counselling Skills;
- Knowledge and understanding of major theoretical approaches to adult psychotherapy and counselling;
- Basic psychotherapeutic skills to facilitate a psychotherapeutic process and understanding of core conditions of counselling and psychotherapy;
- Evidence of previous experience in using counselling skills with peers or actual clients;
- Commitment to personal growth and self-development;
- Experience of a minimum of one year of personal therapy (desirable).

Exit Qualification:

Postgraduate Diploma in Child and Adolescent Counselling (120 credits).
May lead to individual BACP Accreditation.

Modules 2 and 3 of our MA programme focus specifically on working with children and adolescents, covering all aspects of the theory and practice of child and adolescent counselling.

These modules combine in-depth exploration of child development alongside intensive training of the counselling skills necessary to work with troubled and vulnerable children and young people.

Options for study

Option 1 - Evenings and Weekends

The evening course takes place on Mondays (Module 2) and Tuesdays (Module 3) and consists of:

- 36 weekly seminars from 7.00pm - 9.45pm
- Seven weekend seminars 10.00am - 5.00pm on both Saturdays and Sundays

Option 2 - Daytime

Mondays (Module 2) and Tuesdays (Module 3)
10.00am - 1.00pm or 5.00pm:

- Approx. five Sundays (Module 2) and five Mondays (Module 3) 10.00am - 5.00pm

Course content

The course explores the full spectrum of theories around child development from conception to 18 years of age and the full range of counselling and therapy skills relevant to children and adolescents.

Alongside the study of theory, the course teaches advanced skills relevant to a wide range of subject areas, including:

- Areas of child and adolescent development; physical, intellectual, language, emotional, social and spiritual.

- Attachment Theory.
- Neuroscience.
- Elements of Play Therapy, Theory of Play, Therapeutic Storytelling and Puppetry.
- Elements of Music Therapy, Art Therapy, Drama and Movement Therapy.
- Working with Sand Tray.
- Child Bereavement and Loss.
- Cyberbullying.
- Social Media.
- Working with teenagers, transitions and gang culture.
- Working with children with special needs: sensory impairments, learning difficulty, physical disability.
- Cognitive & Behavioural Therapy (CBT).
- Sexual abuse.
- Ethics and boundaries of the Child Counselling profession, multidisciplinary settings.
- Safeguarding Children.
- Working with children from diverse cultural backgrounds.

Practical placements

Module 2 - Toddler observation

Students are responsible for arranging a placement with a toddler within a nursery environment for a weekly one-hour observation (30 hours).

Module 2/3 - Clinical placement

Students are required to complete 150 hours of clinical work with children aged 6 - 11 and teenagers aged 12 - 18 either at a placement within Terapia's Clinical Services, or at an external placement approved by Terapia.

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MA in Child and Adolescent Psychotherapy and Counselling Modules 4 & 5

Duration: Two years part-time

Entry requirements:

- Students who have successfully completed Modules 2 and 3 at Terapia, or;
- Candidates who have previously trained in the field of child counselling to Postgraduate Diploma level with another organisation and who have also trained in adult counselling at a minimum of a certificate level (one year or more). For detailed information about Terapia's AP(E)L (Accreditation of Prior (Experience) and Learning) policy, please contact Terapia's office;
- Professional experience working with children/adolescents in a counselling or psychotherapy capacity (minimum 150 hours).

Exit Qualification:

MA in Child and Adolescent Psychotherapy and Counselling (210 credits).

Leading to UKCP Registration, membership of the European Association for Psychotherapy (EAP) and may lead to BACP Individual Accreditation.



Modules 4 and 5 of our MA programme give our trainees the opportunity to develop advanced psychotherapeutic skills and study child and adolescent mental health and psychopathology.

Demanding and enlightening in equal measure, Modules 4 and 5 challenge trainees to develop their understanding of child and adolescent mental health and psychopathology coupled with experience of infant observation and psychiatric placement. In-depth play therapy training is provided at a 5 day residential course during Module 4 in Oxfordshire.

Options for study

Option 1 - Evenings and Weekends

The evening course takes place on Wednesdays (Module 4) and Thursdays (Module 5) and consists of:

- 36 weekly seminars from 7.00pm - 9.45pm
- Seven weekend seminars 10.00am - 5.00pm on both Saturdays and Sundays

Option 2 - Daytime

The daytime course takes place on Wednesdays (Module 4) and Thursdays (Module 5) and consists of:

- Wednesdays (Module 4) and Thursdays (Module 5) 10.00am - 1.00pm or 5.00pm
- Approx. five Tuesdays (Module 4) and five Wednesdays (Module 5) 10.00am - 5.00pm

Course content

The final portion of our MA programme looks at child mental health and child psychiatry in relation to complex mental health and developmental disorders, including Autistic Spectrum Disorder, ADHD, learning disabilities, communication disorders and motor skills disorders.

Alongside the study of theory, the course teaches advanced skills relevant to a wide range of subject areas, including:

- Trauma.
- Parent and infant psychotherapy.
- Addiction and co-dependency.
- Eating disorders.
- Self-harm and suicide.
- Adoption and fostering.
- Elements of Family Therapy: Systemic approach.
- Group work with children and young people.
- Court appearances and expert witness skills.
- Multidisciplinary and multi-agency work.
- Advanced Play Therapy on Five Day Residential programme in Oxfordshire.

Practical placements

Mother and baby observation

Students are responsible for arranging a placement with a mother and baby for 18 months (60 hours).

Mental health observation placement

Students must conduct 100 hours of observation within a multidisciplinary mental health team working with children and/or adolescents.

Clinical placement

Students must complete a total of 300 hours of clinical work with young children aged (0-5), school-aged children (6-11), teenagers (12-18), parents, groups and adult clients, either at a placement within Terapia's Clinical Services, or at an external placement approved by Terapia.

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MA Conversion Course

Duration: Two years part-time

Entry requirements:

- UKCP training in adult psychotherapy or;
- Other training in adult psychotherapy equivalent to UKCP training standards and the following requirements were met:
 - A training course with a minimum duration of three years
 - Personal therapy requirement throughout the course
 - A minimum of 450 client hours
 - Recognition by a professional body/university other than UKCP
 - Evidence of experience of professional or personal involvement with children or adolescents in a therapeutic, counselling or caring capacity
 - Personal qualities and an aptitude to work with vulnerable children

Exit Qualification:

MA in Child and Adolescent Psychotherapy and Counselling (210 credits).

Leading to UKCP Registration, membership of the European Association for Psychotherapy (EAP) and may lead to BACP Individual Accreditation.

Terapia's MA Conversion Course gives experienced adult psychotherapists and counsellors the opportunity to pursue an advanced qualification in therapeutic work with children and obtain registration as a child and adolescent psychotherapist.

Many of our trainees originally focused on therapeutic work with adults but, through clinical practice, short courses and workshops, have subsequently gained considerable experience of working with children and adolescents.

The MA Conversion Course is specifically designed to supplement trainees' knowledge in psychotherapy in order to re-focus their career within the field of Child and Adolescent Psychotherapy and Counselling.

Core training

Core training sessions take place for one day, twice a month and cover a range of subject areas including:

- Child development.
- Child psychiatry / Child mental health.
- Court reporting / Expert witness skills.
- Mother & baby / Toddler observation.
- Clinical supervision.

Individual courses and additional requirements

Alongside the core training, each trainee selects individual subjects according to their previous training and clinical experience. Below are some of the topics covered - for a full list, please email training@terapia.co.uk.

- Elements of Play Therapy, Theory of Play, Therapeutic Storytelling, Puppetry, Art and Clay.
- Elements of Music Therapy, Art Therapy, Drama and Movement Therapy.
- Therapeutic Sand Tray.
- Neuroscience and the body: attachment, attunement and affect regulation.
- Systemic Family therapy.
- Cyberbullying.
- Social Media.
- Working with teenagers, transitions and gang culture.
- Sexuality issues in adolescence, gender dysmorphia.

- Child bereavement and loss.
- Eating disorders amongst children and adolescents.
- Addictions and substance abuse amongst children and adolescents.
- Self-harm.
- Working with trauma.
- Working with parents.
- Parent-infant psychotherapy.
- Adoption and Fostering.
- Working with children and families with additional needs.
- Cognitive and behavioural therapy (CBT) in working with adolescents.
- Working with groups.

Trainees will also be required to undertake a minimum of 200 hours clinical work with children and adolescents of different age groups, in addition to mother and baby, toddler and child mental health observation requirements.

Practical placements

Mother and baby observation

Students are responsible for arranging a placement with a Mother and Baby for 18 months (50 hours).

Toddler observation

Students are responsible for arranging a placement with a toddler within a nursery environment for a weekly one-hour observation (25 hours)

Mental health observation placement

Students must conduct 100 hours of observation within a multidisciplinary mental health team working with children and/or adolescents. (Students with previous experience may be exempt from this observation.)

Clinical placement

Students must complete a total of 200 hours of clinical work with young children, teenagers and parents, dependent on previous clinical experience, either at a placement within Terapia's Clinical Services, or at an external placement approved by Terapia.

For the list of our core teaching staff, clinical supervisors, observation supervisors and visiting tutors please visit our website: www.terapia.co.uk.

courses at terapia

Diploma in Child, Adolescent and Adult Psychotherapy and Counselling Supervision

Duration: One year part-time, 8 weekends

Entry requirements:

- Previous training in a field related to psychotherapy, counselling psychology, psychiatry, coaching or social work to a minimum of Diploma level;
- A minimum of three years of post-qualifying experience equivalent to 800 clinical practice hours;
- Ability to undergo training at a postgraduate level of competence;
- Evidence of sufficient practice of supervision or:
 - Ability to take up supervisory practice with groups and individual supervisees;
 - A minimum of 1 group or 2 individual supervisees required at beginning of course.

Exit Qualification:

Diploma in Child, Adolescent and Adult Psychotherapy and Counselling Supervision.



Terapia Diploma in Child, Adolescent and Adult Psychotherapy and Counselling Supervision is open to practitioners with experience in therapeutic work with clients from all age groups with an interest in child and adolescent work. We welcome qualified psychotherapists, counsellors and members of caring professions: psychologists, psychiatrists and social workers.

The course is approved by the United Kingdom Council for Psychotherapy (UKCP). Graduates may apply for recognition as Supervisors with The British Association for Play Therapist (BAPT) and British Association for Counselling and Psychotherapy (BACP).

The course addresses professional, ethical and legal dilemmas specific to the child and young people psychotherapy and counselling field. Above all, we aim to help individuals define their identity as a supervisor.

Course content

This course is unique as it combines process and developmental theories of supervision with models adapted from play therapy, attachment theory and neuroscience. Learning on the course is through the group processing theory via a range of experiential methods and creative techniques. There is live supervision with peer assessment and tutors' assessment.

Further subjects are focused on:

- Theories of process, social roles and developmental models in group and individual supervision;
- Use of creative materials as supervision tools;
- Assessment methods in working with children and young people;
- Ethical dilemmas in psychotherapeutic work with vulnerable client groups;
- Court appearances and court reports;
- Current legislation, safeguarding and child protection issues.

Practical placements

Students must complete a total of 25 hours of supervisory practice with individual supervisees who work with children or young people and/or 25 hours of group supervision conducted with supervisees who work with children, young people or adults.



courses at terapia

MA in Forensic Practice with Children and Young People

Duration: Two years part-time

Entry requirements:

- Previous training in a field related to psychotherapy, counselling psychology, psychiatry, coaching, teaching, youth or social works to a minimum of Diploma level;
- Minimum of three years of post-qualifying experience equivalent to 800 practice hours in their relevant discipline;
- Ability to undergo training at a postgraduate level of competence;
- Evidence of experience of professional involvement with children or adolescents in a caring capacity.

Exit award following Module 1 (Year 1):

PG Certificate in Criminological and Evidence Based Practice with Children and Young People (60 credits).

Exit award following Module 2 (Year 2):

PG Diploma in Assessment and Reporting in Forensic Work with Children and Young People (120 credits).

Exit award following Module 3 - submission of dissertation

MA in Forensic Practice with Children and Young People (180 credits).



Terapia's MA in Forensic Practice is a unique programme designed for qualified professionals working with children and young people, including psychiatrists, psychotherapists, counsellors, youth workers, social workers and probation service practitioners.

The course provides an in-depth understanding of child criminal behaviour and related issues, while simultaneously addressing the professional, practical, ethical and legal considerations specific to practitioners working with offending children and young people.

Course content

Our training addresses areas such as risk assessment, evidence-based practice, assessment and treatment planning and working as an expert witness in court.

The practical topics are linked to the study of criminology, theories concerning the development of antisocial and criminal behaviour, intervention and research as adapted from attachment theory, neuroscience, forensic psychiatry and psychology.

Further subjects are focused on:

- Theories and Models of Criminology;
- Children and young people's criminal behaviour. Adverse Childhood Experiences (ACE). Aetiology, ethnicity, class, gender and sexuality considerations;
- Violence and aggression;
- Sexual offending;
- Mental health issues related to children and young people. Interaction between social circumstances and children and young people's mental health. Children as victims;
- Risk Assessment, Radicalisation and Gang Culture;
- Evidenced Based Practice and Therapeutic Interventions;
- Secure settings, Reintegration of the child into the community. Multi-disciplinary, multiagency and systemic work;
- Child psychotherapists in court - court appearances and court reports.

Course delivery

The course is delivered through a variety of methods, from self-directed and small group investigations through to whole group work to understand how theory relates to practice via a range of experiential methods and creative techniques.



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Introduction to Therapeutic Work with Children

Duration: Five days full-time

Entry requirements:

- Professional experience or personal interest in therapeutic work with children and young people.

Exit Qualification:

Certificate in Therapeutic Work with Children from Terapia which equates to 30 CPD hours.

Please note, this course is not a stand-alone qualification in child counselling or child psychotherapy.



This five-day experiential workshop is suitable for practitioners who work with children as social workers, teachers, SENCOs, nursery teachers, classroom assistants, school nurses and foster carers. We also welcome participants who may be interested in therapeutic work with children and adolescents and would like to explore the field of child psychotherapy and counselling.

In designing this course, we considered the many challenges faced by these professionals who encounter on a daily basis psychological distress and emotional difficulties presented by children and feel unsure how to help.

This five day experiential workshop is designed to teach you ways of helping children to deal with their difficult feelings and is intended to give participants an insight into the complexities of psychotherapeutic work with children.

Course content

The theoretical training is conducted in parallel with the experiential training. Both are designed to ensure the appropriate grounding of the theory into practice, as well as a gradual introduction into practical work with children.

Participants will learn about therapeutic play and its use in facilitating expression of the child's inner world. They will also learn basic therapeutic counselling skills, play therapy skills and will be introduced to relevant theories of child development, attachment theory, neuroscience and an understanding of the importance of systemic thinking in working with children.

Further subjects are focused on:

- Basic skills in therapeutic work with children: relating and active listening;
- Meaning behind the behaviour, symbolic communication and age appropriate interventions;
- Therapeutic framework and therapeutic alliance – building a therapeutic alliance and rapport;
- Understanding how play is used to facilitate healing – therapeutic play, play therapy;
- Understanding of attachment and attachment behaviours;
- Therapeutic and professional boundaries in working with children.



how to apply

Please visit our course pages for the individual entry requirements for our courses. There is no minimum age requirement to apply, however a candidate's maturity will be taken into consideration during the recruitment process. Please visit www.terapia.co.uk/training-programmes and select your chosen course to apply. You will be asked to submit your CV with the application.

To find out more

To find out more about our courses, please come to one of our Open Events. They take place at our Centre in Finchley, North London - please see map on next page.

The event will start with a presentation by our Course Director, Bozena Merrick, and will be followed by a Q&A session where you can ask any questions you might have about our different courses, accreditation and job opportunities following the training. There will also be a past student in attendance who will be happy to talk to you about the training experience at Terapia.

There is no charge for the event and refreshments will be served. For a full list of Open Event dates and to register to attend, please visit www.terapia.co.uk.

If you can't make the next Open Event but have questions about any of our courses, please email us at training@terapia.co.uk, or call us on **020 8201 6101** and we will be happy to help.



Finding us

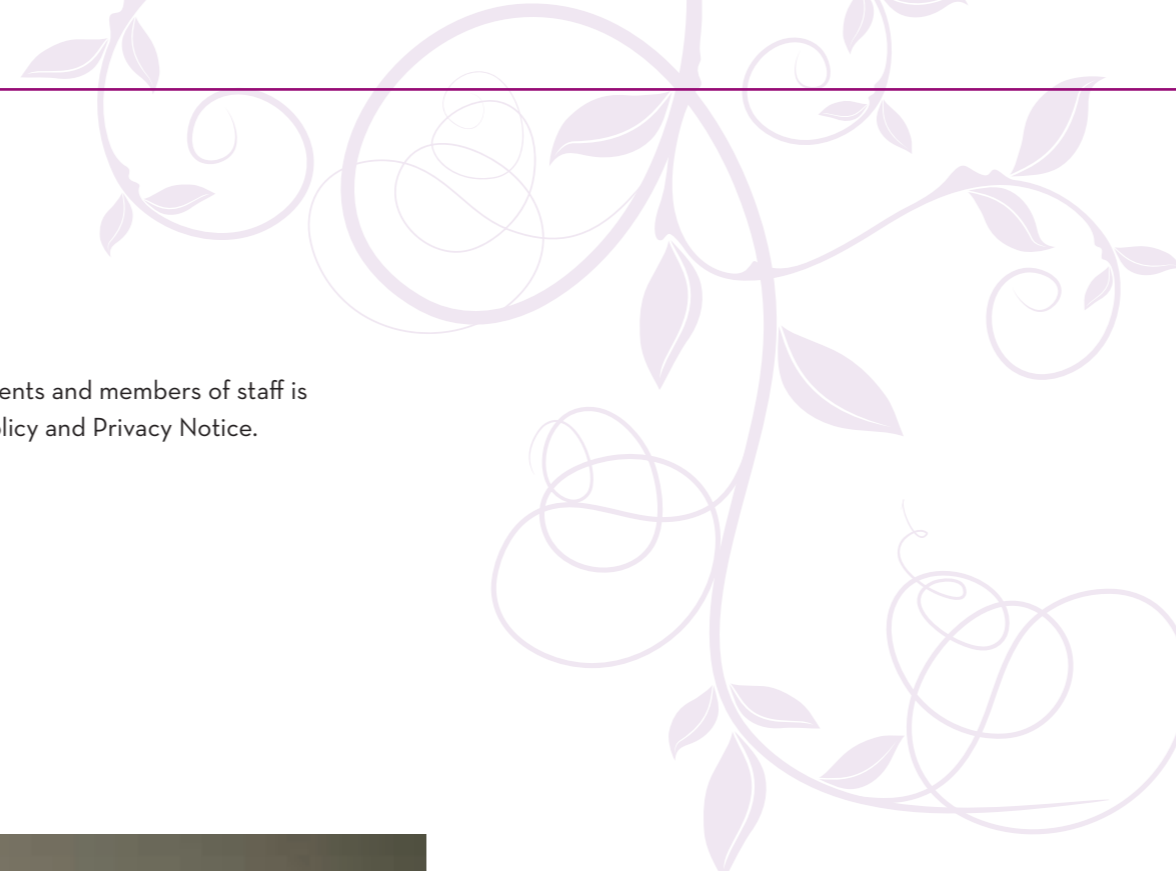
Our nearest tube station is Finchley Central on the Northern Line, High Barnet branch.

The Bothy, 17A East End Road, London N3 3QE



privacy policy

Terapia is committed to ensuring that the privacy of our trainees, clients and members of staff is protected. Please visit our website www.terapia.co.uk for GDPR Policy and Privacy Notice.



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For more information about
training with Terapia

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