

# Transactional Analysis Counselling and Psychotherapy Training in Edinburgh

## CPTI TA Training Programme – Questions and Answers

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### **Note on Validation**

**CPTI is a Registered Training Establishment of the Institute of Transactional Analysis and an organisational member of COSCA the Scottish counselling body.**

**Psychotherapy training is recognised by the United Kingdom Council for Psychotherapy and qualification is under the auspices of the ITA. Registration with UKCP is through the ITA.**

**The diploma referred to is validated by COSCA.**

**The MSc in Transactional Analysis Counselling is awarded on completion of a master's project and the MSc in Transactional Analysis Psychotherapy awarded with the completion of the CTA qualification referred to in this FAQ. These degrees are validated by Queen Margaret University.**

## The Answers

### 1) What is Transactional Analysis?

Transactional Analysis (TA) combines theories of human development, personality and communication in a powerful psychological system that provides a framework for understanding human process and making personal change.

### 2) Why should I train?

Reasons might include:

- ❖ To qualify as a counsellor or psychotherapist
- ❖ To earn a diploma in TA Counselling
- ❖ To earn an MSc in Counselling or Psychotherapy
- ❖ To open new career options
- ❖ To enhance and add to current vocational training
- ❖ For continuing professional development
- ❖ For personal growth.

### 3) Who is eligible for training?

To enter training you need a relevant degree or qualification or appropriate life experience. All applicants need to demonstrate a willingness to be open in engaging in the developmental process.

### 4) I already have a counselling diploma. How would the training benefit me?

TA training will add to your theoretical knowledge and enhance your skills with the application of powerful models. You may wish to add an MSc as an academic qualification to your current professional recognition. You will also have the option of training for a psychotherapy qualification.

### 5) I work in training or HR. What would CPTI training offer me?

TA training will enhance your skills set and add powerful models to apply in your work. You will achieve valuable continuing professional development and the opportunity for personal growth. You will also have the option of completing an MSc.

### 6) How will training benefit my continuing professional development?

TA training will help you develop a better understanding of how you function both within yourself and in relation to others. This will lead to a better understanding of how you "miss" others and how they "miss" you. You will develop alternative ways of responding to people and situations, this improved communication capacity can lead to better and more effective problem resolution and management.

### 7) How will training help my personal development?

Training provides an excellent framework for personal insight and a platform for change.

**8) What is the TA101?**

The TA101 is an internationally recognised introduction to the theories and application of TA. It is a pre-requisite for entering training and is usually run over two days. The course is certificated in the UK by the Institute of Transactional Analysis. See also the TA101 FAQ.

**9) What is the Institute of Transactional Analysis (ITA)?**

The Institute of Transactional Analysis (ITA) is the governing body for TA in the UK. The ITA is a member organisation of the United Kingdom Council for Psychotherapy (UKCP) and is affiliated to the European Association for Transactional Analysis (EATA). The ITA is the professional body to which training and qualified Transactional Analysts can belong in the UK. CPTI is a registered training establishment of the ITA

**10) What does ITA Registered Training Establishment mean?**

The Institute of Transactional Analysis (ITA) maintains a register of recognised training establishments in the UK. To be registered an organisation has to comply with conditions laid down by the ITA, and commits to offering training that meets the requirements of the ITA, EATA and the UKCP. As a registered establishment CPTI is responsible to the training standards committee of the ITA for compliance with the required standards.

**11) What is the Foundation Year?**

The foundation year training provides an in-depth introduction to the breadth of TA theory. Particular attention is paid to both group and individual development. By itself this training provides a framework for personal and professional development and is the foundation for advanced training. The foundation year starts with a three day counselling skills introductory course; Trainees who have already completed an equivalent counselling skills course may obtain an exemption from these three days.

**12) What is the time commitment for training in the Foundation Year?**

Attendance over nine weekends (19 days), reading, a written assignment, keeping a reflective learning journal, joining a peer group, maintaining a training log and making a presentation at year end. The time required in addition to attendance at the weekends is estimated at 2 - 3 hours per week.

**13) What happens after the foundation year?**

You are eligible to apply for entry to an advanced training group. Most trainees doing this will be intending to qualify as psychotherapists or counsellors, although application will be considered from trainees wishing to continue the training for other purposes.

**14) What do I do if, after the Foundation Year, I want to qualify for Organisational or Educational TA?**

You would need to do other training with a trainer specialising in your area. This training is available at various locations. You could also continue your

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training with CPTI in the advanced group for your personal development, to enhance your ability to work relationally or to continue to an MSc.

**15) What is the time commitment for training for a qualification?**

Training is over ten weekends a year including two days of CPD courses and trainees continue in advanced groups for three years (two years if exiting with the counselling diploma). There are further reading requirements, keeping a reflective learning journal, membership of a peer group, maintaining a training log and the preparation of presentations or other projects, together with essays and, in the second and third years of advanced training a case study. Advanced year includes two days of CPD courses per year; these may be selected from an annual programme on specialised areas of psychotherapy practice. For the award of an MSc on completion of the three years of advanced training, students enter a Extended Training Group that meets for ten days per year. Counselling MSc students spend a year in the ETG for completion of their master's project, psychotherapy students complete their practice requirement, write their CTA case study and prepare the master's project based on this case study usually in two years in the ETG.

**16) Can I take time out during training?**

You may take a year out of training at any stage although there are time limits for the completion of both the MSc and COSCA Diploma. In each year the commitment is to complete the year.

**17) What happens if I move to another part of the country? Or abroad?**

There are training organisations in most areas of the UK and your training could continue at another establishment. Abroad, there are organisations offering training in many countries. The training and the CTA qualification is internationally recognised by all national TA organisations affiliated to EATA (Europe) and the ITAA (outside Europe). Your training with CPTI will count towards continuing to CTA elsewhere. Credits for MSc modules would be accepted at the discretion of the validating university.

**18) When I complete the four-year training, how do I qualify as a psychotherapist?**

Training is completed by compliance with requirements for training hours, assignments, practice hours, supervision, a psychiatric placement, personal therapy and passing an examination. To support you in completing the process you will join an Extended Training Group, where you continue your development as a psychotherapist and move towards taking the CTA exam. These groups meet for five weekends per year. Subject to compliance, gaining the CTA enables registration with the UKCP.

**19) What is the Certificate of Transactional Analysis (CTA)**

The Certificate of Transactional Analysis (CTA(P)) is the internationally recognised qualification in Transactional Analysis psychotherapy. Subject to compliance with conditions that are met within CPTI training, obtaining the CTA entitles the holder to registration as a Transactional Analysis

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Psychotherapist (TAP) with the United Kingdom Council for Psychotherapy. There are also CTA qualifications for the educational (E) and organisational (O) applications of TA. For information on the MSc, see 21.

**20) What academic qualification can the training give me?**

CPTI offer an MSC in TA Counselling and an MSc in TA psychotherapy in conjunction with the CTA (see 21). These degrees are validated by Queen Margaret University. Trainees joining our programmes will be eligible to apply to register for these awards at the end of the Foundation Year, matriculation is at the start of Advanced Year 2. Counsellors and psychotherapists who have previously undertaken TA training at CPTI or elsewhere at an earlier date may apply for one of the MSc awards through an RPL process.

**21) How do I get an MSc in Counselling or Psychotherapy?**

CPTI offer master's degrees in counselling and psychotherapy; these degrees are awarded by Queen Margaret University. Students matriculate on entering the third year of CPTI training (Advanced Year 2). The successful completion of the foundation and first advanced year of training is a pre-requisite for matriculation. For an MSc, students complete a further two years of part-time advanced training and then complete a master's project for the Counselling MSc or take the CTA psychotherapy exam, part of which is suitable for will qualify as the master's project for the psychotherapy MSc. Preparation of a master's project and preparation for the CTA psychotherapy exam is undertaken in an extended training group meeting for 10 days per year. The MSc student's handbook is available as a PDF on request.

**22) What professional exams or assessments do I have to undertake?**

There are written and practice assessments of your work and your own development throughout the course. At the completion of second year you will be assessed for the CPTI Certificate in TA Counselling Theory and Skills and at the end of third year examined for the CPTI COSCA validated Diploma in TA Counselling. Psychotherapy students, on completion of all the training requirements, are eligible to take the two-part CTA exam. Part one is a case study together with answers to theory questions and an account of your development and practice. The second part is a final oral examination where you discuss your work and demonstrate that you are a competent working psychotherapist. Passing this exam gives you the qualification Certificate of Transactional Analysis (CTA(P)). For information on the MSc, see 21.

**23) What does the CTA qualification give me?**

Gaining the Certification as a Transactional Analyst with a Psychotherapy specialisation (CTA(P)) will, subject to meeting all UKCP requirements, make you eligible to register with the UKCP as a Transactional Analysis Psychotherapist.

**24) How do I register as a Counsellor or Psychotherapist?**

Currently in the UK there is no statutory regulation of counselling or psychotherapy. In Scotland the professional counselling organisation is COSCA. Counsellors can register with COSCA on the basis of the diploma and compliance with practice requirements. The lead umbrella body for psychotherapy in the UK is the United Kingdom Council for Psychotherapy (UKCP) of which the ITA is a member organisation. The UKCP and COSCA maintain registers of registered psychotherapists or counsellors. It is now expected that counselling and psychotherapy will become a state registered professions within the next two or three years. Both COSCA and UKCP play an important part in representing the professions in this process.

**25) What are the UKCP and COSCA?**

The United Kingdom Council for Psychotherapy is the lead body for the voluntary registration of psychotherapists in the UK. There is no direct membership; registration is via a member organisation, in our case the Institute of Transactional Analysis. Within the next few years statutory registration will be introduced. Counsellors with the diploma and compliance with practice requirements can register as counsellors individually with COSCA. COSCA is the lead body overseeing counselling in Scotland.

**26) Is there an intermediate certificate or diploma?**

The Institute of Transactional Analysis (ITA) awards a certificate for the completion of the TA101. During advanced training CPTI make two intermediate awards, a Certificate in TA Counselling Theory and Skills and a COSCA validated Diploma in TA Counselling; these will normally be attained at the end of the second and third years of training respectively. The CPTI also gives an annual training hours certificate, showing the number of hours of recognised training that you have completed. Please note that the TA101 and the CPTI Certificate in TA Counselling Theory and Skills are not qualifications to practise.

**27) What are the Counselling Certificate and Diploma?**

The CPTI Certificate in TA Counselling Theory and Skills is an intermediate award, usually made at the successful completion of the second year of training. The award is made on compliance with the training requirements, passing assignments, practice hours and an assessment. It is not an authority to practise. The COSCA Diploma in TA Counselling is a practise qualification, awarded usually at the end of third year; it is made on compliance with training requirements, passing assignments, training hours and an oral examination. Validated by COSCA, the Scottish counselling body, entry for the diploma requires completion of the CPTI Counselling Skills Course which is part of the foundation year.

**28) Do I have to undertake my own therapy whilst training?**

If you intend to qualify as a counsellor psychotherapist you are required to undertake your own therapy for the duration of the training. It is

recommended that you experience both one-to-one and group therapy. For others, personal work is highly recommended and is a requirement prior to the completion of the foundation year.

**29) How many people will be on my course?**

There will normally be a maximum of fifteen in a foundation year training group.

**30) What is the cost of the Foundation Year?**

The fee is £1,875, a concessionary fee is offered to self funded individuals or a sponsoring charity in the voluntary sector is £1,605, including a reduction for payment of the whole fee prior to the commencement of the course. Alternatively, individual fees may be paid by banker's order over nine months.

**31) What is the cost of further training?**

Further training fees are dependent on the qualification entered for. An outline of the fee structure is in the prospectus or can be requested from our office.

**32) When can I start practising counselling and psychotherapy?**

This will depend on your progress in training and any prior experience as a counsellor. Trainees will normally start to practice early in their second year, although it is possible to start later and those with prior counselling experience may start earlier, possibly applying TA to their existing work. TA practice is started with the endorsement of a trainer and by taking supervision. Initial practice is normally in the form of a voluntary counselling placement.

**33) What is supervision?**

Supervision is a process used by all counsellors and psychotherapists to support and examine their work and their own process. Supervision gives essential support throughout practice. It holds a primary purpose of protection of the client. In TA practice, supervision is often done in groups.

**34) What professional organisation can I join?**

Completion of the TA101 entitles you to Regular Membership of the Institute of Transactional Analysis (ITA). Foundation year trainees are required to be Regular Members; on entering advanced training you become a Student Member. Once you start practice, you enter into a formal training contract with a trainer as principal supervisor and become a Contractual Training Member; this entitles you to be listed by the ITA as a Registered Practitioner.

**35) Can I meet one of the trainers to discuss training?**

When you apply for training, you will be invited to meet a trainer and a training programme administrator. If you would like to discuss training prior to making an application, we can arrange a meeting for you.

**36) Where can I train with the CPTI?**

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CPTI offer counselling and psychotherapy training in Edinburgh. Introductory courses (see TA101) are also offered in Glasgow and Aberdeen from time to time.

**37) How do I pay for training?**

By cheque annually in advance or by banker's order over twelve months (ten in the Foundation year).

**38) What sources of funding are available?**

Career Development Loans may be available to trainees in their third and fourth year of training. In addition, many employers are willing to support staff in training. This may be to provide continuing professional development or to add skills to use in your work. We will help you by providing information required for any application for training support from employers or other organisations.

**39) How do I get further information?**

Ask for the training prospectus by telephoning 0131 667 6173, emailing [training@cpti.info](mailto:training@cpti.info) or by downloading it from our web site at [www.cpti.info](http://www.cpti.info). For more detailed information on Transactional Analysis see our web site, the site of the Institute of Transactional Analysis at [www.ita.org.uk](http://www.ita.org.uk) and other linked sites. If you do not have access to the web, you can request a reading list from CPTI. Information on COSCA validation and recognition of counsellors can be obtained from the COSCA web site [www.cosca.org.uk](http://www.cosca.org.uk); information on Queen Margaret University can be obtained at [www.qmu.ac.uk](http://www.qmu.ac.uk)

**40) How do I apply for training?**

Application is by completion of an application form which should be submitted with your CV, references and a statement outlining your objectives in entering the training programme. The form is available from our office.

**41) Does CPTI only train counsellors in the TA modality?**

In addition to the programme for TA counselling and psychotherapy training, CPTI provides a modular training in Brief Intervention Psychological Therapies, this course leads to post graduate certificate and diploma and an MSc.

**42) Where is the CPTI based?**

The training programmes are based in Edinburgh, the administration office of the Counselling & Psychotherapy Training Institute is at New Sciennes House, 86 Causewayside, Edinburgh EH9 1PY. Telephone 0131 667 6173, or email [training@cpti.info](mailto:training@cpti.info). Web site [www.info.cpti](http://www.info.cpti)

*For further information read our training prospectus  
and the TA101 FAQ.*

*Note: TA training programmes vary in structure and methodology; this FAQ refers to the training programmes and academic qualification offered by the CPTI. Other TA training establishments will provide you with specific information about their programmes.*