



training

**Child and Adolescent
Psychotherapy and Counselling**

**For more information about
training with Terapia**

Call: **020 8201 6101**

Email: **training@terapia.co.uk**

The Bothy
17A East End Road
London N3 3QE

Registered charity no. 1144041



www.terapia.co.uk

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



contents

About Terapia.....	4
Training with Terapia.....	8
Terapia's learning community.....	10

Courses at Terapia

Course list	12
MA in Child and Adolescent Psychotherapy and Counselling	13
Module 1 and Module 2.....	15
Module 3.....	16
Module 4.....	17
Foundation Course.....	18
MA Conversion Course	20
Diploma in Child, Adolescent and Adult Psychotherapy	24
and Counselling Supervision	
Introduction to Therapeutic Work with Children (Summer School).....	26
How to apply	28
Finding us.....	29

about terapia

Terapia was founded in 2003 and is one of the leading child and adolescent psychotherapy and counselling training organisations in the UK.

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 theory and practice of child psychotherapy needs 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 a contemporary, leading-edge 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 and contemporary 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 trainees 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 trainees to spend time together and relax.

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, a large refectory and seating area for trainees.



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 College for Child and Adolescent Psychotherapies (CCAP) of United Kingdom Council for Psychotherapy (UKCP) and an Organisational Member of British Association for Counselling and Psychotherapy (BACP). Our MA graduates are eligible for registration as UKCP Child and Adolescent Psychotherapists, for Individual Accreditation with Child Psychotherapy Council (CPC) and British Association for Counselling and Psychotherapy (BACP) and for membership of the European Association for Psychotherapy (EAP).

As well as a grounding in theory, our training also includes the study and practice of play therapy, art therapy, music therapy, 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 trainees 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 just one theoretical model.

Terapia offers trainees the opportunity to conduct their clinical placements within our Therapeutic Services at our Centre and 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.

Trainees also 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 trainees must attend, in-person, 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. This is at an additional cost to trainees.



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

Terapia's 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 trainees. We require 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 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 our trainees' 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, religion, 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 catered for wherever possible. Candidates are invited to contact Terapia to discuss their individual needs.

Disclosure of previous offences

Trainees 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 MA (Middlesex University), Registration with UK Council for Psychotherapy (UKCP), Accreditation with Child Psychotherapy Council (CPC), Accreditation with British Association for Counselling and Psychotherapy (BACP) and membership with the European Association for Psychotherapy (EAP).
Duration: four years part-time
- Foundation Course in Adult Psychotherapy and Counselling**
Required for candidates who are applying for MA course and have not undergone any basic training in adult counselling.
Duration: one year part-time
- MA Conversion Course**
Can lead to MA (Middlesex University), Registration with UK Council for Psychotherapy (UKCP), Accreditation with Child Psychotherapy Council (CPC), Accreditation with British Association for Counselling and Psychotherapy (BACP) and membership with the European Association for Psychotherapy (EAP).
Duration: two years part-time
- Diploma in Child, Adolescent and Adult Psychotherapy and Counselling Supervision**
Duration: eight weekends
- Introduction to Therapeutic Work with Children**
Duration: four and a half days, equalling 28 CPD hours

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

MA in Child and Adolescent Psychotherapy and Counselling

Terapia's MA programme is a unique course providing in-depth training in therapeutic work with children, young people, parents and families from an integrative perspective. The training includes major approaches to child psychotherapy and counselling and covers all topics related to children's mental health.

Course structure

The course is divided into four modules, each corresponding to one year's part-time study. There are three possible exit awards available to trainees following the first, third and fourth years of study.

Following Module 1 (Year 1):

Postgraduate Certificate in Child Development and Young Child Observation Studies
(60 credits)

Following Module 3 (Year 3):

Postgraduate Diploma in Child and Adolescent Counselling **(180 credits)**

Following Module 4 (Year 4):

MA in Child and Adolescent Psychotherapy and Counselling **(240 credits)**

Credits earned are fully transferable

Option for study

Evenings Option

The evening course consists of:

37 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 33 weekdays:

Additional training days as part of a workshop (approx. 5 per year):

10.00am to 4.30pm
10.00am to 5.00pm

Entry requirements:

- Minimum of one year (three terms) of training in adult counselling or Terapia Foundation Course in Adult Psychotherapy and Counselling (see page 18);
- Previous education and life experience indicating candidate's ability to undertake training at Postgraduate level;
- An intention, commitment and ability to undertake a long term training in psychotherapy;
- A commitment to personal growth and self-development;
- Self-reflection, including a willingness to stay with and work with difficult feelings. Ability to receive feedback and recognise own limitations;
- Personal integrity; attunement, resilience, creativity and ability to play;
- Good personal and professional boundaries;
- Experience of professional or personal involvement with children, adolescents or vulnerable adults;
- Ability to form relationships with others that are engaging, meaningful and respectful;
- Sensitivity to issues of diversity and equal opportunities. Awareness of prejudice and commitment to non-discriminatory practice;
- Clear Enhanced DBS Check;
- Experience of a minimum of one year of personal therapy (desirable).



course content

Module 1

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

Term 1: Infancy and Neuroscience

Child Development: Conception & Birth, Attachment Theory, Neuroscience, Attunement & Affect Regulation.

Term 2: Latency and play

Child Development: Latency, Elements of Play Therapy, Attunement & Playfulness, Safeguarding.

Term 3: Adolescence and Preparation for Therapeutic Practice

Child Development: Adolescence, Introduction to Clinical Practice with Young People, Ethics and Boundaries, Child Bereavement and Loss.

Practical placements

Toddler observation

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

Module 2

This year long module introduces trainees to clinical practice and supports them in their first steps as child psychotherapists. It is also the beginning of a profound learning from observing the formation of a relationship between an infant and a primary caregiver as a formative training experience.

Term 1: Therapeutic Work with Young Children

Staying with a Child's Process, Working with Anger & Sadness, Working in Schools, Sexual Abuse, Sand Tray Therapy, Working with Cultural Difference.

Term 2: Therapeutic Work with Young People

Neurobiology of Teenage Years, Conversations with Adolescents, Gender Identity, Self-Harm, Social Media & Cyber Bullying, Working with Teenagers, Art Therapy, Music Therapy.

Term 3: Therapeutic Skills Development

Use of Touch in Therapeutic Practice, Mentalisation & Skills Practice, Transference & Countertransference, Containment, Drama & Movement Therapy, Reflective Parenting, Therapeutic Skills in Working with Adult clients.

Practical placements

Parent and Baby Observation

Trainees are responsible for arranging an observation of a baby and the primary caregiver for a weekly one-hour observation (30 hours).

Clinical Work with Children and Adolescents

Trainees are required to complete 100 hours of clinical work with children aged 6 - 11 and teenagers aged 12 - 18 at a placement within Terapia's Therapeutic Services, or at an external placement approved by Terapia.

Module 3

This year long module enhances trainees' understanding of therapeutic process and completes the Baby Observation studies. It also introduces trainees to the subjects pertaining to psychopathology and ill mental health of children and young people.

Term 1: Advanced Psychotherapeutic Practice

Working with Stuckness, Erotic Transference, Working with Defences and Projective Identification, Therapist's Resilience & Self-care, Therapeutic Storytelling, Puppets and Dialoguing, Body Process, Adult Skills

Term 2: Child and Adolescent Mental Health

Initial Assessments & Formulations – Child Psychiatry, Initial Assessments & Formulations – Child & Adolescent Psychotherapy, Risk Assessment & Suicidality, Court Report Writing & Giving Evidence in Court, Evidence Based Practice & Research, Eating Disorders, 5-day Residential Training in Play Therapy (Oxfordshire)

Term 3: Child and Adolescent Mental Health

Neurodevelopmental Disorders (ADHD, ADD, TICS, Tourette's Syndrome, Social & Communication Disorders, ASD), Anxiety Disorders, Bipolar Related Disorders & Personality Disorders in Relation to Children. Disruptive, Impulse Control & Conduct Disorders, Substance related & Addictive Disorders. Trauma & Stress Related Disorders, CBT and the Treatment of OCD, Substance Misuse, Gaming and Gambling.

Practical placements

Parent and Baby Observation

Trainees are continuing and completing observation of a baby and the primary caregiver for a weekly one-hour observation (30 hours).

Clinical Work with Children and Adolescents

Trainees are required to complete 150 hours of clinical work with children aged 0-5, (young children) 6 - 11 (primary school) and teenagers aged 12 - 18 either at a placement within Terapia's Therapeutic Services, or at an external placement approved by Terapia.

Module 4

This year long module consolidates trainees' theoretical knowledge and advanced clinical skills. It prepares them for independent practice with all groups of children and young people with all complexities they might present.

Term 1: Working with Trauma

Affect Regulation, Trauma-Informed Art Therapy, Working with Shame, Gangs, Knife Crime & County Lines, De-escalation of Violent Behaviour, Intergenerational Transmission of Trauma & Racism, Child Sexual Abuse, Fostering & Adoption.

Term 2: Diversity-Informed Practice

Sensory Motor Play, Working with Children with Special Needs, ADHD, Understanding Gender Dysphoria, Diversity-Informed Practice, Neuro-Affirmative Practice & Autism.

Term 3: Working with Systems Around the Child, Integration

Integration – Articulating Your Integrative Approach, Systemic Family Therapy, Parent Infant Psychotherapy, Family Therapy, Endings.

Practical placements

Clinical Work with Children and Adolescents

Trainees are required to complete 200 hours of clinical work with children aged 0-5, (young children) 6 - 11 (primary school) and teenagers aged 12 - 18, adults, reflective practice with parents either at a placement within Terapia's Therapeutic Services, or at an external placement approved by Terapia.

Mental Health Familiarisation Placement

Trainees must conduct 100 hours of observation within a multidisciplinary mental health team working with children and/or adolescents who have a diagnosable mental health disorder.



courses at terapia

Foundation Course

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 trainees in caring professions to develop their counselling skills with adults and give them a substantial theoretical background in theories and approaches to psychotherapy.

Exit qualification: Certificate in Adult Psychotherapy and Counselling (Terapia)

Options for study

Option 1 – Evenings and Weekends

The evening course takes place on Tuesdays 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 Mondays consists of:

- 30 weekdays: 10.00am to 4.30pm
- Additional training days (Tuesdays) as part of a workshop (approx. 5 per year): 10.00am to 5.00pm

Duration: One year part-time

Entry requirements: basic adult counselling skills or

- An intention, commitment and ability to undertake counselling and psychotherapy training at post-graduate level;
- A commitment to self-development;
- Ability to form relationships with others that are engaging, meaningful and respectful;
- Personal integrity; attunement, resilience, creativity and ability to play;
- Good personal and professional boundaries;
- Self-reflection, including a willingness to stay with and work with difficult feelings. Ability to receive feedback and recognise own limitations;
- A sensitivity to issues of diversity and equal opportunities. Awareness of prejudice and commitment to non-discriminatory practice;
- Clear Enhanced DBS check.

Course content

Foundation Year 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.

Theoretical component

- We cover the major theories of psychotherapy, their history and social/cultural contexts, and their application to psychotherapeutic practice.
- We focus on the four main modalities: Psychoanalytical/ Psychodynamic, Humanistic, Cognitive/Behavioural, and Transpersonal. We consider multicultural, gender issues and intersectionality within presented theories.
- There are 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 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 expand your self awareness. 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.

Training Requirements

Personal Psychotherapy

It is a course requirement that students attend, in-person, 40 hours of personal psychotherapy per training year with a UKCP registered psychotherapist. This is an additional cost to trainees.

Written Assignments and Students' Assessments

Details of written work and modes of assessments will be provided to students accepted on to the course.



courses at terapia

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 where 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;
 - Clear enhanced DBS check.



Exit Qualification:

MA in Child and Adolescent Psychotherapy and Counselling (240 credits).

Leading to UKCP Registration, Child Psychotherapy Council (CPC) Accreditation, 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 twice a month on 18 Wednesdays per year and cover a range of subject areas including:

- Child Development.
- Child Psychiatry / Child Mental Health.
- Court Reporting / Expert Witness Skills.
- Parent & Baby / Toddler Observation.
- Clinical Supervision.

Individual part of the course 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, Therapeutic storytelling, puppetry.
- 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.
- Social Media and Cyberbullying.
- Working with teenagers. Gang culture, knife crime and county lines.
- Sexuality issues in adolescence, understanding gender dysmorphia.
- Child bereavement and loss.
- Eating disorders amongst children and adolescents.
- Addictions and substance abuse amongst children and adolescents. Gaming addiction.
- Self-harm.
- Working with trauma.
- Reflective practice 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.

Personal Psychotherapy

During this two-year course, it is a requirement that all students attend, in-person, 40 hours of personal psychotherapy, with a UKCP registered therapist. This is an additional cost for trainees.

Practical placements

Parent and Baby observation

Trainees are responsible for arranging a placement with a parent and baby for 18 months (40 hours).

Toddler observation

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

Mental health familiarisation placement

Trainees must conduct 100 hours of observation within a multidisciplinary mental health team working with children and/or adolescents with a diagnosable mental health disorder. (Trainees with previous experience are exempt from this observation).

Clinical placements

Trainees must complete a total of 250 hours of clinical work with young children, teenagers and parents, dependent on previous clinical experience, either at a placement within Terapia's Therapeutic 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: Eight 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;
- 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 the beginning of course.



Exit Qualification:

Diploma in Child, Adolescent and Adult Psychotherapy and Counselling Supervision (Terapia)

This course 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).

To be eligible to join the UKCP Supervisors' Directory, you have to already be a registered member with the organisation.

The course addresses professional, ethical and legal dilemmas specific to the child and young people psychotherapy and counselling field as well as to adult clients. 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 takes place through a range of experiential methods, creative techniques, presentations and individual study. 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.

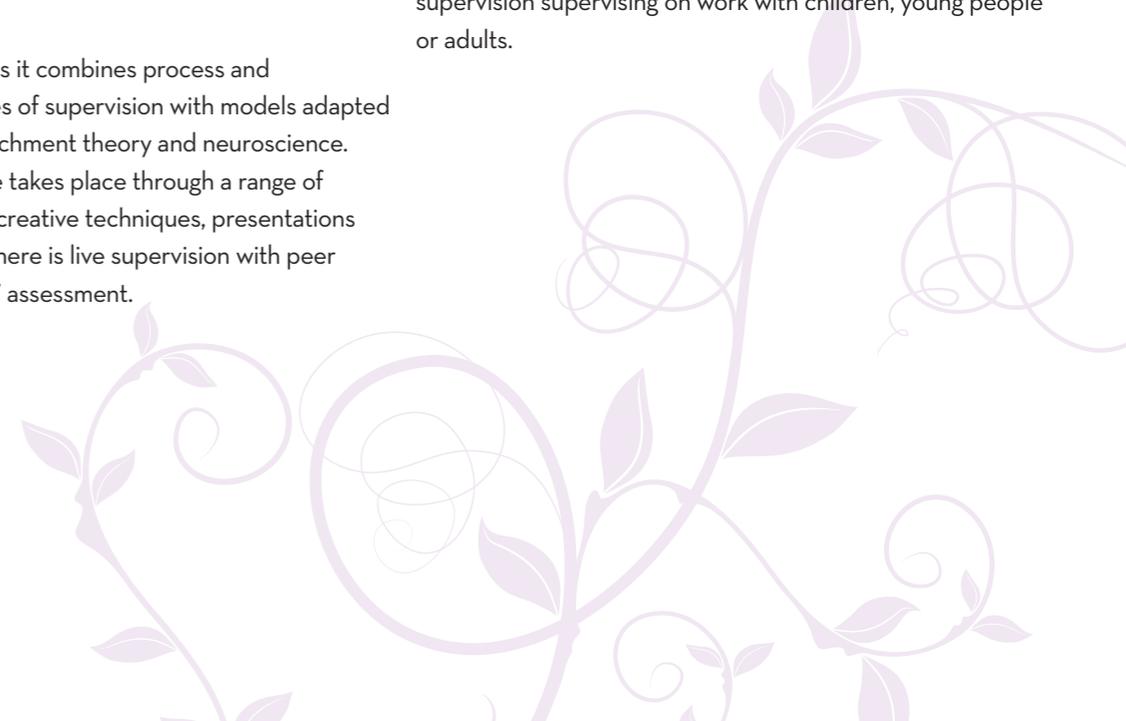
Training Requirement:

- 100% attendance is required

In extreme circumstances, unexpected absences will need to be compensated as agreed by the tutors.

Practical placements

Trainees must complete a total of 25 hours of supervisory practice with individual supervisees or 25 hours of group supervision supervising on work with children, young people or adults.



courses at terapia

Introduction to Therapeutic Work with Children (Summer School)

Duration: Four and a half days

Entry requirements:

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



Exit Qualification:

Certificate in Therapeutic Work with Children (Terapia) 28 CPD hours.

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

This four and a half day experiential course 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 training, we considered the many challenges faced by professionals who, on a daily basis, encounter psychological distress and emotional difficulties presented by children and feel unsure how to help.

This course 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 behaviour;
- Therapeutic and professional boundaries in working with children.

how to apply

Please visit our website 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. To apply, please visit the website www.terapia.co.uk

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, The Bothy, in Finchley, North London – please see map on next page.

The event will start with a presentation by our CEO and Founder, 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 is no charge for the event and refreshments will be provided. For a full list of Open Event dates and to register to attend, please visit www.terapia.co.uk.

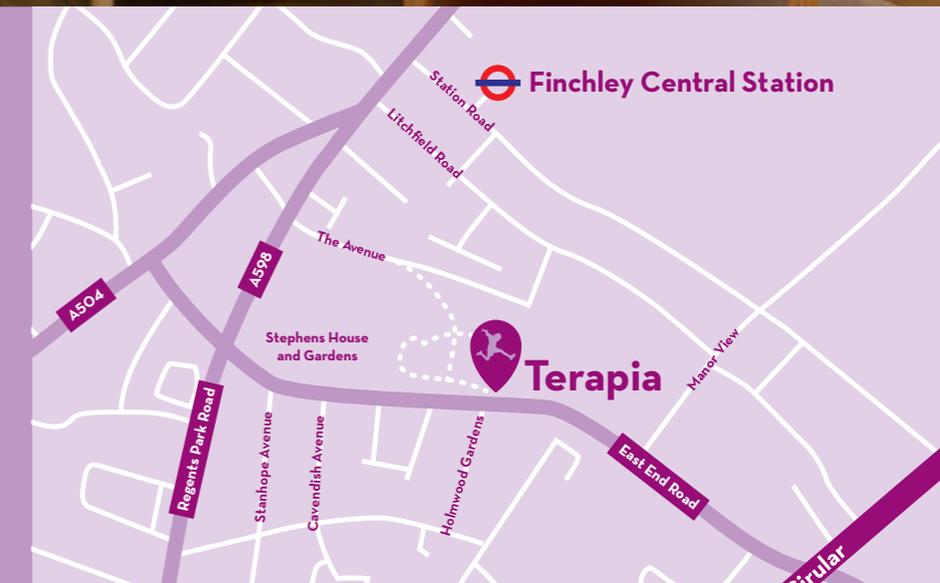
If you can't make the next Open Event but have questions about any of our courses, please email us at training@terapia.co.uk, or call us on **020 8201 6101** and we will be happy to help.



Finding us

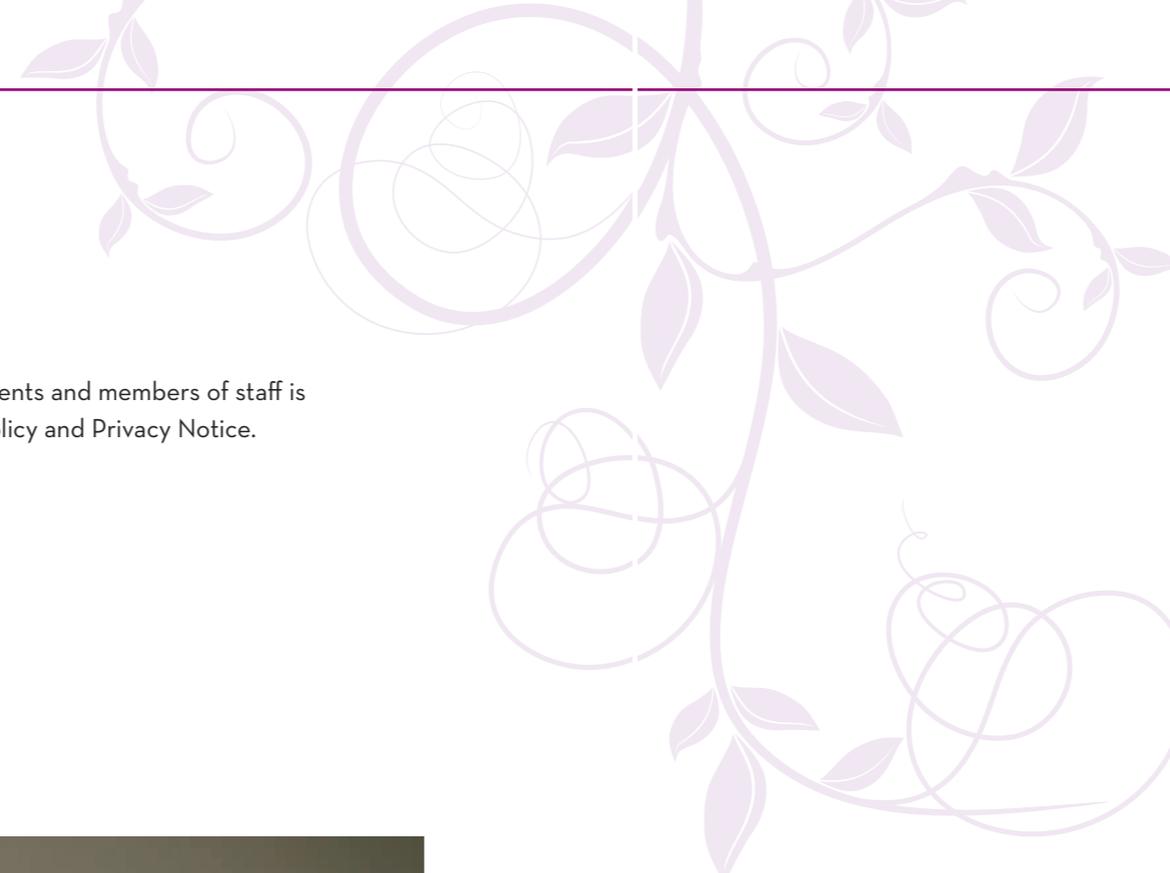
Our nearest tube station is Finchley Central on the Northern Line, High Barnet branch.

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.



because we care...

This publication has been produced using materials from sustainable sources whilst the carbon generated has been balanced and global conservation projects supported resulting in a positive impact to our planet!

