

## Content & Methodology

### THEORY

This will include a survey of the traditional and historical roots of personal development and psychotherapy, its theory and practice. We will focus on mainstream and alternative psychotherapy since Freud. Particular attention will be paid to Carl Rogers, Gestalt Therapy, psychodynamic psychotherapy, body-oriented psychotherapy, psychodrama, myth, ritual, art and music. We share our own integration of the various approaches to working and relating. We encourage trainees to pursue their own particular interests and leanings.



### METHODOLOGY

The methods used take account of the individual needs of the trainees. They will participate in personal growth in a group context and in therapeutic structures. Psychodrama, ritual and various forms of artistic expression will be used in the training. Prescribed reading, research, written assignments, individual and group presentations, lectures, discussions and supervised practice are key elements of the training.

As a means of integration we explore the connections between theory, the group process and the individual journeys of the trainees.

## Assessment

Formal assessment takes place at the end of each year. It includes peer feedback, self and trainer assessment and will consist of oral and written statements.

A progress review will take place midway through each year.

Commitment to and attendance at the course, written work, project work and the group and personal process will be part of assessment. The Diploma is awarded to trainees who have achieved the required level of personal development and competence and who have fulfilled the practice requirements.

The final decision with regard to the presentation of the Flatstone Diploma rests with the trainers in consultation with the external examiner. Trainees may appeal the decision.

Trainees should be mindful of requirements for personal accreditation

### Course Directors

Claire Murray & Dónal Healy

### Training Team

Claire Murray, Helen O'Dea, Marie Stuart, Alan Davis, Ann Parfrey and Ray Wallace - all IAHIP accredited

Further information and application form from:

Claire Murray

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Applicants are required to attend for interview

## Flatstone

*"We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time"*

T.S. Eliot

## Humanistic & Integrative Psychotherapy Training Course

*This course is for :-*

- ◆ *People who wish to do a training course in psychotherapy*
- ◆ *People currently working as therapists who wish to develop their creativity and skill*

# Psychotherapy Training Programme

In our work we employ two major themes, those of Journey and Story. In this sense we see each individual as a pilgrim and every life a pilgrimage from its beginning to its end. Each person's journey is unique, yet connected to the greater journey of the universe.

We see counselling, psychotherapy and personal development as a means of journeying self-reflectively. If we engage fully with our experience of living and reflect on the meaning of our unfolding journey then it is more likely that we will have choice and satisfaction in the creation of the work of art that is our life.

People who undertake the process of therapy as clients often do so, in response to some perceived problem in their lives. Such 'problems' are in the main, a symptom of some theme in their story, some milestone on their journey. Counselling, Psychotherapy and Personal development are processes of many levels in which we take on the task of experiencing, understanding and renewing ourselves and our relationships with others and the world in which we live.

## ENTRY REQUIREMENTS:

- Previous group experience
- A degree or its equivalent in a related discipline. Relevant life experience is necessary.
- Have reached twenty five years of age
- Demonstrate a capacity to engage with all aspects of the course

## AIM:

We wish to provide a supportive, yet challenging environment in which each person can engage more creatively in their own process and consequently become as fully available as possible to accompany others on their journey.

## COURSE DURATION

- The **first three years** consist of:
  - Five residential weekends
  - Residential week
  - Monthly Seminar (3 hrs)
  - Tutorials (five 2.5 hour meetings)
  - Work Study Groups (six 2.5 hour meetings)
- **Year four** consists of:
  - Five residential four day workshops
  - Residential week
  - Monthly Seminar (3 hrs)
  - Fortnightly supervision of client work.
- The training takes place in an experiential learning group.

# Course Requirements

- The key requirement for successful completion of each year of the training is that the trainee has demonstrated a willingness to engage with their own personal process and an ability to relate with other trainees and with the training team at all levels.
- Other key requirements are:
  - attendance at all course events
  - participation in group and project work
  - completion of assignments
  - achievement of an adequate level of knowledge of theory
  - development of skills appropriate to the stage of training.
- Assignments include written essays, group presentations, learning journal, case study, research project and video work.
- Individual Psychotherapy with an accredited therapist is a requirement for the duration of the training. (Payment for this is not included in the course fees)

