



Karuna Institute

International Training and Retreat Centre

POST GRADUATE DIPLOMA IN
MINDFULNESS BASED CORE PROCESS
PSYCHOTHERAPY
BRISTOL

Frequently Asked Questions

We are frequently asked questions about the training, so we thought it might be helpful to put them all in one place to give you some more information.

The PG Diploma in Mindfulness Based Core Process Psychotherapy (MBCPP) is an accredited training with the United Kingdom Council for Psychotherapy (UKCP). This means that once a student has met all the training requirements they can apply for accreditation onto the UKCP register of accredited therapists validated by the Professional Standards Authority.

What is the Pathway to joining the PG Diploma in Mindfulness Based Psychotherapy?

A pre-requisite for entering the training is to either do a Foundation (5 days) or a Diploma in Relational Mindfulness (2 x 5 days). The foundation training will give you a taste of the course and help you to understand what the PG Diploma training entails to help you decide if it is the right course for you.

Entry Requirements

People often ask us about the entry requirements for the training, Please see the application pack online for more information.

What does the application process entail?

Our application process requires completion of an in depth application form, followed by an interview where the tutors meet applicants to explore more about suitability for the training. As outlined above students are also required to do the CPP foundation training before beginning the four-year diploma.

The application pack on the website has a lot of additional information about the application process and the training requirements. For more information you are welcome to download the application pack here: <https://www.karuna-institute.co.uk/downloads/PG-Dip-MBCPP-Application-Form.pdf>

When do I have to pay the course fees?

If after interview your application is successful, you will be sent a formal offer letter and given a period of time within which to accept.

We ask that you pay the deposit at this time to reserve and confirm your place. The balance is then due either in full, or you can pay by way of a schedule of payments further details of which can be sent to you.

Please note, course fees usually increase slightly each year in line with inflation.

Do I need to be in personal therapy throughout the training?

Yes the requirements are that trainees are in therapy with a UKCP Accredited Core Process Psychotherapist from 1st September of the year you begin your first year on the PG Diploma. You are required to undertake 160 hours of weekly therapy throughout the four years (40 hours per year)

How do I find a therapist and does it have to be a CPP therapist?

The requirements are that a student must have weekly therapy in the modality they are training in. This means that wherever possible you should find a UKCP accredited Core Process Psychotherapist. You can use the 'Find a Therapist' tool on the Association of Core Process Psychotherapists Website: <https://www.acpponline.net/>

We recognise that in exceptional cases such as students living overseas you may not be able to find a Core Process Psychotherapist in your area. In this case, you would need to find a therapist aligned with our approach. We suggest you discuss this with the Tutors at your interview or if you are offered a place.

What if I am applying from overseas?

The PG Diploma in MBCPP is a new training and is not currently registered with the British Accreditation Council (BAC). This means unfortunately that we cannot help with international visas / student loans etc. In addition with the current uncertainty of Brexit, we cannot guarantee or know anything about visa implications until we know what happens after Brexit. Therefore, you would need to check the visa requirements and implications for entering UK from your country.

Some students do live abroad and commute for the course, however this is often where they have a UK Passport. Students wanting to commute to the training on a monthly basis would need to check all visa implications.

If living overseas and not able to find a suitably registered Core Process Psychotherapist, we will discuss equivalent options with you.

Are Core Process Psychotherapists able to apply for jobs in an education setting or the NHS for example, or is this accreditation and Core Process therapy approach best suited to private practice only?

Currently there is no government Statutory Registration of Psychotherapists in the same way as Doctors are state registered. Regulation is via the Professional Standards Authority via the professional bodies UKCP and BACP.

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Authority.

Many of our graduates choose to develop and make a living working in private practice, others combine this with part time work, whilst others apply for and work in a variety of agencies, charities or NHS sector. Please note, we cannot guarantee that the training will lead to a job in the NHS or other sectors.

NHS Trusts sometimes advertise and employ graduates from BACP or UKCP accredited trainings. Once UKCP accredited, you would be able to apply for any job where the Person Specification requires diploma level therapy training and professional membership of UKCP or equivalent professional association. It would then also be up to you to demonstrate how you meet other required experience and criteria for any particular role to be shortlisted for an interview.

Jobs are often posted on UKCP/BACP websites for accredited members. Job postings may be in counselling roles in UK public sector organisations e.g. NHS, Fire Service, London Underground and other types of charities, projects, addiction services, voluntary organisations, universities etc. Roles may often have 'counsellor' or 'therapist' in the title. Many of these job titles are also now integrating into 'psychological wellbeing' type roles.

Having UKCP or BACP Accreditation doesn't automatically guarantee access to a job in the NHS. UKCP are currently engaging for more recognition of UKCP Psychotherapy trainings within NHS and other organisations with the hope of improving access to better paid roles for members.

Where will the training be held?

The training is usually held at a non-residential venue in Bristol and there is also one 5 day residential each year. Due to the current Covid-19 situation, this is subject to change and you will be informed about arrangements nearer the course start date if you are offered a place. Please check the website as venue information is often posted there.

Is accommodation provided?

This is a non-residential training based in Bristol. If you are not based in Bristol or the UK, you would need to factor in additional travel and accommodation costs. You will be advised of the venue for your training when you are offered a place on the course. You would then be able to make arrangements for finding suitable accommodation.

For the first three years of the training there is a 5 day residential – this would usually be at Karuna Institute in Devon, however the venues will be confirmed when you are offered a place.

Do you help finding placements?

This is discussed in the first year of the training and tutors will make suggestions. However, because students all live in different areas, it is up to the individual to find a suitable local placement. The Institute will provide letters for you to send to the placement and we will do whatever we can to support you in the process.

How soon can I practice?

Students do not see clients in the first year. This is so that they can deepen into their own enquiry and find their ground before beginning to practice. In the second year students are not able to see clients until they have been given 'Permission to Practice' by the tutors. There is then a formal process of clinical contracting with the Institute before students can begin their practice. We discuss this fully during the training.

Do I get help in finding clients?

Currently we do not have a referral clinic for students to practice, so we cannot refer clients to students. We will discuss setting up in practice in detail throughout the course and particularly in the clinical year of the course.

Will it be the same Tutors in the 2020?

We have a faculty of tutors (See <https://www.karuna-institute.co.uk/our-staff.html>)

Each year group will have a Year Tutor Team of at least two tutors who work with that group throughout the year. For subsequent years, you may have different Year Tutor Teams.

You will be told who your tutors are either at Interview or when your place is offered on the course.

How much does it all cost?

When applications open, course fees are detailed on the website and the application form. So that you can plan, we have outlined below some of the additional costs.

Additional Costs

To give you a full picture of any additional costs you may incur, we have outlined below some of the activities you will need to factor in:

- Weekly personal therapy (a minimum of 160 hours to Graduate) – to be negotiated separately with the therapist

- Supervision when in Clinical Practice there is a minimum of 38 hours to graduate (should you choose to go forward to accredit with UKCP, there is a required minimum 100 hours supervision) to be negotiated separately with the Supervisor
- Clinical Contracts when not attending a taught year : this is an annual fee and is currently £425 (as at 2019) *subject to change
- Registration as a Data Controller currently £40 per year (as at 2019) *subject to change.
- Regular contemplative meditative practice (i.e. cost for retreats)
- Books - whilst we provide some relevant academic papers and Core Process manuals, students are expected to obtain and study books.
- Travel, Accommodation & Subsistence costs
- Additional travel costs incurred to do exchanges if necessary
- Application to Accredite
- Insurance once in Professional Practice
- Travel to Mental Health Familiarisation Placement, if appropriate
- Travel to Clinical Placement, if appropriate.
- Supervisor's written reports
- Room rental to see private clients
- Any additional support for writing essays / dissertation if required

These and many other questions are discussed during the Foundation Course. If you have any further queries, please don't hesitate to contact us on +44 01647 221457 or email office@karuna-institute.co.uk