

The taught component of this course comprises two years with an additional six months after course completion enabling trainees to write their dissertation, thus completing all course requirements for graduation. Participants are rigorously trained in the Core Process approach in order to be able to demonstrate clinical competence. There are two clinical pathways for those undertaking this Course: either to work towards graduation alone which involves having two Core Process clients for six months; or then working towards accreditation, which means undertaking the Clinical Year after year 2 and building the required client hours for registration with U.K.C.P. The M.A. is awarded to all trainees at graduation. All students are required to apply to graduate within six months of completing year two.

Cost: Course Fee for the two years : £9,250

Deposit : £2,000 (including residential costs for the 5-day seminar in Devon)

Plus: The Clinical Year at the amount applicable when joining.

Course Trainers:

Maura Sills - Co-Director of the Karuna Institute

John MacFadyen - Karuna Training Team, based in Scotland.

Franklyn Sills - Co-Director of Karuna Institute will be present during the 5-day residential in Devon.

For a discussion about the course please contact:

John MacFadyen on 01620 825300

Maura Sills will be giving a public talk

on 24/7/10 in Edinburgh on:

'The psycho-spiritual essence of mindfulness'

For payment option details,

please contact Michelle Davey at the Institute

(email: mdavey@karuna-institute.co.uk)

Enquiries and applications: Karuna Institute,

Natsworthy Manor, Widecombe, Devon, TQ13 7TR.

Tel: 01647 221457 e-mail: office@karuna-institute.co.uk



Karuna Institute

Edinburgh 2010-2012

MA Programme :

Post-Qualification Training in

Mindfulness-Based

Psychotherapeutic Practice

(validated by Middlesex University)



This post-qualification MA Course is an in-depth Training in Core Process Psychotherapy that builds on the foundation of the trainee's prior clinical experience and learning. It presents an in-depth mindfulness-based model of psychotherapy derived from the profound insights of Buddhist Psychology.

Please see website for more detailed course description and for an application form: www.karuna-institute.co.uk



Core Process Psychotherapy is an innovative psychotherapeutic approach which integrates the Buddhist understanding of mindfulness and the intrinsic health of our true nature with developments in neuroscience, western psychology and psychotherapeutic approaches. Within this wide perspective there is a deep appreciation of the significance of inner experiencing and the importance of relationship, both within the earliest developmental 'holding environment' and attachment experience, and the therapeutic alliance between therapist and client. Core Process recognises that particularly throughout childhood but also at all stages of the life cycle we all benefit from and need reflective and enriching developmental and learning opportunities.

This training in a contemplative approach to psychotherapy is facilitated through lectures and intensive skills practice within the context of personal, interpersonal and group enquiry. Given that this training emphasises the fundamental interconnectedness of our individual experience, one major learning vehicle is the development of skills to enquire jointly into relationship itself at depth. The training group learns to cultivate and deepen awareness as a primary psychotherapeutic and transformational tool.

Concepts underpinning Core Process psychotherapy such as the relational field, the universal holding field, the nature of being and embodied presence are introduced in the context of basic Buddhist teachings on impermanence, the nature of suffering, the factors of personality and the interdependent nature or co-arising of experience. These form frameworks for enquiring jointly into our inherent health and resources, our self-structures derived from early wounding in relationship, and into the primary patterns of overwhelm and traumatization. The course also promotes development of the fundamental clinical skills of embodied open-hearted presence and compassionate responsiveness.

The course content is structured so that contemplative and inter-relational practices and skills are developed alongside the unfolding theoretical input about the Core Process psychotherapeutic developmental model of the self.

Format:

Years 1 and 2 of the course each consist of five 4-day non-residential training modules in Edinburgh, and one 5-day training module at Karuna Institute in Devon. The Clinical Year for those wishing to prepare for Accreditation and Registration as a Core Process Psychotherapist with UKCP is offered at the Karuna Institute, Devon over five 2½ day residential modules with an additional two years to acquire the requisite clinical and supervision hours for Accreditation.

Entry Requirements: This course is for clinical practitioners of all disciplines with at least three years post-qualification experience working one-to-one with clients, who want to broaden their current approach by training in a contemplative model of psychotherapy. Applicants need to have had experience of at least one year of one-to-one personal psychotherapy prior to the start of the course.

Course members are required to be in weekly one-to-one therapy with a Core Process Psychotherapist for the duration of the training.

Dates: Module One: Mon evening to Friday lunchtime

2010 – Sept. 6 - 10, Nov. 1 - 5,

2011 – Jan. 10 - 14, Feb. 28 – Mar. 4, May 2 – 6,

Residential at Karuna Institute - July 3-8 (Sun–Fri)

Venue: **St Andrew's Children's Society, 7 John's Place, Leith, Edinburgh, EH6 7EL**

Introductory day dates: June 27/2010 John MacFadyen

July 24/2010 Maura Sills