

Postgraduate Certificate in Existential Psychotherapy

Course specification

Academic Year 2024-25

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1. Programme Overview	
Full programme/award title(s)	Postgraduate Certificate in Existential Psychotherapy
Short programme title	PGCEP
Fees	See the tuition fees on the Regent's University London website (https://www.regents.ac.uk/admissions/tuition-fees)
Faculty / School	Psychotherapy & Counselling
Location of study	Regent's Park
Awarding institution	Regent's University London
Institution regulated by:	Office for Students, Quality Assurance Agency
Programme entry points	October 2024
Date of (re)validation	October 2018
Validated until	October 2024
Framework for Higher Education Qualification level of final award	Level 7
Number of credits in award	60
UCAS code	N/A
Underpinning QAA subject benchmark statements	QAA subject benchmarks for Counselling and Psychotherapy 2013
Other external and internal references	QAA Master's degrees characteristics; UKCP, Constructivist and Existential College (CEC) Standards of Education and Training 2017 Regent's University London Academic Regulations
Professional, statutory or regulatory body recognition/accreditation	Society for Existential Analysis (SEA) UKCP
Mode of study (Full Time / Part Time)	Part time (Note: as this is a part-time programme we are not able to sponsor students for a Tier 4 visa.)
Language of study	English
Minimum / Maximum duration of programme for each mode of study	Minimum: 1 year Maximum*: 3 years *in exceptional circumstances only, refer to Regent's University London Academic Regulations for details
Date of production / revision of this programme specification	August 2024

2. Why study this programme?

We want to make sure that you have chosen the right programme to study and that you are excited about studying your programme at Regent's.

Regent's Postgraduate Certificate in Existential Psychotherapy is a practice-based and highly experiential learning programme which leads to UKCP registration as an existential psychotherapist via the Society for Existential Analysis (SEA).

The programme aligns with the UKCP generic Standards for Education and Training (SETs) and those from the Constructivist-Existential College of the UKCP as well as the Regent's University, London values, goals and its Learning, Teaching and Assessment Strategy.

The programme aims to be a transformative journey in questioning the meaning of existence as preparation for relating with others. It provides an additional year of training to meet the four-year training requirements to become a UKCP registered existential psychotherapist.

In enrolling on the PGCEP, you are embarking on a journey which will change you and the way you relate to others. Phenomenology is a radical reorientation towards the world, an attitude of wonder and openness, a looking afresh at people and things. It fosters an enquiring, searching learning environment and mitigates the power relations which are inherent and inevitable in the psychotherapeutic encounter.

The training is founded upon the existential principle of the ultimate unfathomability of the question of the meaning of being. Human experience is far too complex to be explained by theory. Existential psychotherapy embraces this complexity and takes a philosophical approach, asking what it means to be human. The practice of phenomenology nurtures enquiry, radical openness, a fresh gaze upon the world and human beings.

Combining rigorous academic study of primary existential texts and experiential encounter exercises, you will develop a philosophical attitude and acquire a new vocabulary for contemplating human experience. Your learning will go beyond cognitive and rational understanding of yourself in relation to others towards an embodied way of making sense of experience.

This more open and embodied understanding prepares you to connect with the other in their ambiguity and complexity and together begin a relational process of deep exploration.

You will engage in a range of group seminars designed to open you to question your own beliefs, values and principles. You will need to be courageous, to embody fearless speech, to balance openness with circumspection and be willing to explore moments of discomfort with others in the group.

Expanding your horizons, this training will help you to work competently and ethically with some of society's most isolated and vulnerable individuals.

As an existential psychotherapist you may work with the most vulnerable members of society, a privileged position that should engender humility and discernment in all your professional dealings.

Qualifying as a registered UKCP existential psychotherapist means that you join a well-established community of practice in the SEA whose members are mutually supportive in upholding the highest standards of ethical, competent and humane practice.

3. Programme aims and objectives

This is a guideline to the main features of the programme. It includes the overall aims and objectives and what you might achieve and be able to demonstrate if you take full advantage of the learning opportunities provided.

Our central aim is to produce highly competent, ethical and humane existential psychotherapists as registered members of the UKCP who exhibit humility and discernment in all areas of professional practice. All learning experiences on the programme are designed to optimise this.

The training is founded upon the existential principle of the ultimate unfathomability of the question of the meaning of being. Life and existence are essentially mysterious and always beyond what language can articulate.

The programme holds that the question of what it means to be human is always beyond the reach of theory. We take the view that theories and techniques for treatment that arise from them will inevitably leave gaps due to what theory leaves out or misses.

Attention aimed at something is inattention to everything else. By focusing attention solely on a goal or diagnosed pathology we can miss the subtlety, nuance, complexity and specificity of the sufferer's way of being. In this culture we have become so adept at ignoring what does not fall within the scope of the goal that we barely notice that potentially highly significant dimensions of immediate lived experience are actively being eliminated.

The PGCEP programme is an encouragement to redirect effort spent in ignoring phenomena that can arise within a goal-focused approach toward incorporating hitherto ignored phenomena into explicit awareness for exploration and analysis.

Thus, as existential psychotherapists, we do not set ourselves up as experts who administer treatment in the form of techniques to see the sufferer through to functionality. Rather, with utmost humility which arises from the rigorous training on this programme, we encounter the other in their infinite complexity. In this way, vitally and critically, we connect with the sufferer and once we are connected a process of deep exploration can begin.

Accordingly, learning and teaching methods of the PGCEP programme do not take the form of the transmission of well-established techniques and interventions according to a psychopathological understanding of categories of human suffering. Rather, the PGCEP is a disciplined, structured and framed space in which you discover for yourself your unique and authentic identity as an existential-phenomenologist.

Being philosophical through close study of existential philosophy coupled with ensuing dialogue within the group is a deliberate attempt to facilitate profound learning experiences whereby the very basis for understanding, interpretation and meaning itself shifts. The programme assumes the epistemological position that as human beings, we are in a constant state of becoming: within the givens of our situation we are free and therefore responsible for how we choose to be.

Existential psychotherapy then, is regarded as *research as process* where the 'yield' is the embodied lived experience in the immediacy of the encounter. Thus, the worth of existential psychotherapy emphasises change at the level of being, i.e. the very way you make sense of anything, and that this comes about through recognition, acknowledgement and incorporation of the truth of embodied lived experience in the immediacy of encounter with the therapist.

Repetition of this form of embodied encounter as the therapeutic alliance evolves is commensurate change in your being, how you see yourself, your relation to others, to the world and to existence.

As such, the PGCEP programme is itself precisely this form of research-as-process where the aim is to facilitate learning that transcends the cognitive and rational realm to become embodied: a changed way of making sense of experience which is akin to a therapeutic experience.

This depth of learning equips the trainee therapist with a benchmark for recognising when just such a therapeutic experience occurs for clients. In addition, the trainee therapist develops a language with which to articulate, reflect upon and work with phenomena as they appear in the therapeutic context.

The PGCEP aims to bridge the gap between existential philosophical ideas as intellect and the embodiment of philosophical enquiry as action and process. Phenomenology as our method shifts from the deliberate and direct implementation of technique towards the embodiment of enquiry into the genuine lived experience within the inter-subjective field.

The idea is to learn to let go of a dependence on deterministic thinking based on scientific knowledge and understanding in favour of a stance which embodies 'not-knowing', being always in a process of becoming, of revealing and uncovering.

The juxtaposition between encounter and critical reflection informed by existential philosophy will lead towards the clear articulation of an identity as an existential psychotherapist.

The aim is to induct you into a process whereby the understanding of what it means to practice phenomenologically shifts from the realm of ideas in the intellect towards an embodied way of being which is fit for the purpose of bringing about psychotherapeutic benefit for the client.

Training blends learning about existential philosophy and developing a philosophical-phenomenological attitude as a way of being. The intellectual endeavour remains secondary to and firmly at the service of the primary aim of bringing about change to the very way you make sense of yourself, others and the world.

As such, academic seminars are immediately followed by experiential seminars which focus on the immediacy of encounter with others within the intersubjective field. Engagement with existential philosophy literature equips you with an expanded vocabulary to make sense of phenomena at large in your engagement with others in intersubjective field.

The PGCEP aims to create the optimum conditions for you to witness for yourself a certain fluidity in your way of being in the world; to experience the liberation of letting go of a default and reified way of being towards an openness to existence and possibility.

The rationale for this approach is that you need to experience this for yourself to, as it were, earn the right to be with the client who is in search of precisely this for him/herself.

4. Programme structure

This is a guide to the overall structure of your programme, mandatory elements, modules, term dates and periods of assessment.

You will study a number of modules across your programme, which will each have a credit value. On successfully passing each of these modules, you will gain credits that count towards the total needed for your degree. You will need to achieve 60 credits to complete the PGCEP.

One credit equates to 10 notional hours, which is the average time a student will take to achieve the specified learning outcomes. So, if a module is worth 10 credits, you would expect to spend 100 hours studying this. These will not all be ‘taught’ hours. You will receive guidance and instruction through lectures, seminars etc., but you will also need to engage in self-study. A percentage breakdown of teaching contact hours and self-study required on this programme is indicated in the section below.

This 60-credit Level 7 programme consists of two weighted core modules:

Modules	Term 1	Term 2	Term 3
MODULE 1: (EXP703)	Existential Philosophy Applied to Psychotherapy (20 credits)		
MODULE 2: (EXP704)	Practice and Reflexivity (40 credits)		

Classes run on one regular day each week for 30 weeks of the year. You may also be required to attend a one day induction.

Provisional day structure:

Time	Session
10:00 – 13:00	Academic seminar including experiential exercises
13:00 – 14:00	Lunch
14:00 – 16:00	Training supervision
16:00 – 17:00	PPD

5. Learning outcomes

This is a guide to the more specific knowledge and skills you will gain at each level of the programme if you take full advantage of the learning opportunities available to you.

A. Knowledge and understanding

On completion of this programme, students will be expected to demonstrate, critique, reflect on and apply knowledge and understanding of:

- A1 Existential philosophy and thought as it applies to psychotherapy.
- A2 Phenomenology as an embodied existential psychotherapy practice.
- A3 Existential psychotherapy as an ethical endeavour.
- A4 Methods for evaluating the therapeutic worth for clients of practice.
- A5 The wider context in which psychotherapy operates recognising the implications for professional practice.

B. Skills

Upon successful completion of this module students will be able to:

- B1 Assimilate and embody existential thought into psychotherapeutic practice.
- B2 Demonstrate ethical existential-phenomenological therapeutic practice and research.
- B3 Evaluate the therapeutic worth of practice for self and peers.
- B4 Embody fearless speech; recognise, remain with and explore emotional discomfort; and demonstrate comportment which balances openness with circumspection.
- B5 Articulate clearly a professional identity as an existential psychotherapist.

6. Learning and teaching strategy/ assessment methods (non-regulatory)

This is a guide to the academic opportunities available to help you achieve the overall aims and objectives of the programme as listed in Section 3 and the intended learning outcomes in Section 5. It is also a guide to the assessment methods used to test your achievement of the intended learning outcomes. In order to meet the full intended learning outcomes of the programme, you will be expected to study independently, participate in class discussions, ask for support in academic skills if required and engage with your personal tutors.

The syllabus comprises a combination of academic, research, clinical, and experiential components. In line with the philosophy and ethics of the profession we consider these to be interconnected and cannot be taught in isolation. The PGCEP programme therefore espouses the reflexive practitioner approach, which, combined with the reflection on personal and professional development encouraged by experiential seminars, training supervision, PPD group and personal therapy, promotes a strong professional and existential psychotherapist identity.

Academic seminar

You are given the opportunity to show how your reading of a given text contributes to the emerging ideas and thoughts of the group together with consideration of implications for practice. At least once a term, you will take responsibility for leading a section of the seminar either via a presentation or by facilitating a discussion. You are invited to be creative and to think about how best to generate learning in your peers as well as for yourself.

The academic seminar will involve whole-class discussion, pair-work and groupwork.

During Term 3, the weekly readings become the theme essays (Portfolio 1) from each member of the group where you provide constructive critical feedback and comment as well as receive this for your own theme essay. This is formative preparation for writing the final draft of the theme essay.

Experiential seminar

The experiential seminar will extend the themes and ideas engaged with in the academic seminar but with a stated emphasis on raising awareness, remaining with and exploring immediate experience in encounter with each other.

Sessions will require you to become aware of embodied emotions and will quite often involve bodily action and movement. You will be presented with situations which provoke feelings of discomfort, and you will learn collaboratively how to recognise, hold and work through them in a manner akin to working therapeutically with clients.

The experiential seminar will involve individual, pair, small group and whole-group exercises.

Each session will incorporate reflection on implications for existential practice.

During Term 3, the experiential seminars will include Portfolio 2.3 The Conversation. This involves each student making a presentation (10 minutes) on their learning process throughout the year, and their emerging professional identity. Each presentation is followed by a 10-minute group discussion.

Training supervision

In groups of up to four, each student will present case material at least fortnightly. Training supervision is a forum for the practice of working phenomenologically with each other for the purpose of bringing to light matters that were previously out of awareness. Students are responsible for the cultivation of an atmosphere of trust which affords fearless speech as a reflection of commitment to uphold standards of practice.

The main focus of the training supervision seminars is the exploration and critical consideration of each group member's approach and 'style' of practice as a competent, ethical and humane existential psychotherapist.

You are expected to attend training supervision appropriately prepared to present clinical work. The presentation should include an account of a session sufficient to give a reliable sense of the dialogue, tone and feel, together with your reflections on the session/s as well as your reaction to feedback offered in placement supervision.

You will be expected to reflect on what the session yielded through working phenomenologically with the client and how existential philosophy informs your interpretation of the dynamics within the intersubjective field. Further, there is an opportunity for you to demonstrate how the horizon within which your own understanding and interpretation of what happens in the therapeutic encounter changes as a result of the training supervisory process.

During Terms 1, each student will present Portfolio 2.1 Process Report. In weeks 4 and 5, students will prepare a verbatim (300-500 words) and make an oral presentation (15 minutes) to the group which demonstrates a critical reflection upon their therapeutic practice informed by existential-phenomenology. Students will receive formative feedback from peers and the tutor in preparation for their final Process Report which also contains a verbatim of 300-500 words and will be presented orally (15 minutes) during weeks 8 and 9.

During Term 2, students will present a draft of Portfolio 3 Case Study for constructive critical feedback from peers and tutors in preparation for submission of their final draft after the end of Term 2.

Depending on your progress, in some cases, additional training supervision outside of course times and at extra cost to the student may be recommended.

Where the tutor deems the student's clinical work, at any time to be a serious breach of the UKCP's Ethical Principles and Code of Professional Conduct, this will be thoroughly investigated by the Course Leader and Clinical Practice Coordinator and, following a recommendation to the Subject Board, the student may be withdrawn from the programme.

Personal and professional development (PPD) group

The PPD group is a forum for you to struggle with relationality, where you are challenged by your peers' verbal feedback to gain a clearer sense of how you are being in the world. It is a context for learning about those aspects of your ways of being which you may be unaware of and which may be getting in the way of productive engagement with others. You are also given an opportunity to receive feedback on productive, therapeutic engagement with others. The PPD group provides a space for you to explore and develop the qualities and attributes required for competent, ethical and humane practice and professionalism.

Technology-enhanced learning and support

Additionally, there is a dedicated virtual learning environment (Blackboard) provides a variety of resources and discussion forum for each seminar.

Tutorials

Students are required to attend tutorials each term (minimum 30 minutes; maximum 60 minutes) where learning in relation to the learning outcomes can be considered and supported.

Personal therapy

You are required to be in personal therapy on a weekly basis for the duration of the programme, including during extension training supervision, and for a minimum of 40 hours for the academic year.

Clinical Placement

You are required to undertake clinical work from the beginning and for the duration of the programme, completing 100 supervised client hours, of which a maximum of thirty-five hours can be from Private Practice. The latter will need to be approved by the course leader or clinical practice coordinator. This would entail seeing a minimum of three clients per week, two of whom should be long-term.

Contact hours

PGCEP: 60 credits – 600 learning hours		
Directed learning	150 hours	25%
Seminars	90	
Training supervision	60	
Collaborative Learning	75 hours	12.5%
Personal and professional development group	30	
Tutorials (1:1 and group)	3	
Blackboard	27	
Preparation for assessments	15	
Self-directed learning	375 hours	62.5%
Preparation for class	100	
Self-study after class	150	
Preparation for assessments	125	
Total	600	100%

Assessment

The assessment strategy for the PGCEP is based on gathering a portfolio of four pieces of evidence demonstrating that you have successfully met the programme learning outcomes.

The strategy and plan are designed so that assessments:

- **Focus on professional practice**, evaluating whether you have successfully met programme learning outcomes. This will be evidenced via the portfolio assignments, in particular Portfolio 2. Also, given that the process is as fundamentally as the outcome, the manner and spirit of your participation in all areas of the course, especially in terms of generating learning in others, will serve to give assurance of your professional practice.
- **Challenge you at an appropriate level**, assessing the extent to which you have met the programme learning outcomes, through critical engagement with academic discourses appropriate to a Level 7 qualification. This will be evidenced through your portfolio assignments, but related to your practice, evidenced through your capacity to generate learning in others as well as for yourself.
- **Are constructively aligned** with the activities we engage in during the programme, and with the learning outcomes.
- **Are authentic and practice-oriented**, enabling the work you invest in the assessment tasks to be directly relevant to your work practice as an existential psychotherapist, by basing the tasks on a varied range of processes used either in the real context of your clinical work in your placement, or on activities from class. Additionally, you will select the focus for most of the tasks so that they are as relevant to your practice and development as possible.
- **Are responsive** to different learning preferences by offering the opportunity for you to submit written pieces and make oral presentations.
- **Provide for learning through formative feedback**, with the opportunity to submit draft assignments at appropriate intervals through the programme and receive developmental feedback from the relevant tutor which you can incorporate into your final assignment.
- **Promote an ethical duty to uphold clinical standards of practice** through practising and developing accurate, reliable and valid peer feedback. All uses of clinical examples in any assignment requires an ethical statement that makes it clear that it is in accordance with the ethical framework of UKCP and therefore protects the confidentiality of client's and others. The penalty for breaching client confidentiality is an automatic fail with a mark of 0 for the assessment.

Learning through feedback

Learning through feedback, both offered and received, is an essential element in this programme. The environment of the PGCEP is designed to maximise opportunities for formative feedback. This can be informally, through class discussions with peers and tutors and includes more structured activities to feed back within the various sessions during the day.

You will also be required to provide written feedback for your peers for Portfolio 2.2 The Process Report and Portfolio 3 Case Study. During term 3, you will submit P4 Peer Review. This 500-word assignment requires that you reflect upon the level of criticality in both the written and oral feedback you have offered your peers throughout the year.

Draft submissions

The assessment design of the programme includes the requirement to submit draft versions for each of your portfolio assignments. Programme tutors will set intermediate deadlines for these drafts at appropriate points throughout the programme. Meeting these deadlines will ensure you receive formative feedback with sufficient time to integrate it and develop your practice and your thinking. A final single deadline for all draft assignments will be set at least three weeks before the summative assignment submission deadline. If you do not meet this deadline, you will not receive feedback on your draft work. The feedback you receive on these drafts will state whether or not the learning outcomes for the assignment have been met, as well as offering suggestions about possible further development.

If your feedback on the draft confirms you have met all the learning outcomes, this means you could submit the exact same piece of work as your summative assignment. However, tutors will always try to offer some developmental feedback, so you are free to enhance your work before submitting the final version, even if you have already met the learning outcomes. Feedback on summative assignments will be more limited and focus on learning outcomes and the marking criteria.

Tutors will determine the format of feedback (written, oral), attempting to model a variety across the programme. If you have a particular preference for the mode of feedback, let the tutor know and s/he will try to accommodate your request.

All coursework is graded as Pass/Fail.

Assessment overview

The diagram below shows how the assessment tasks relate to the modules.

	Summative assessment	
Module EXP703: Existential Philosophy Applied to Psychotherapy	P1 Theme Essay	P4 Peer review
Module EXP704: Practice and Reflexivity	P2 Practice and Reflexivity 1. Learning Contract 2. Process Report 3. The Conversation	
	P3 Case Study	

Clinical portfolio

In addition to the summative assessments, the clinical portfolio must be completed and submitted. It must be passed in part-fulfilment of the award of the PGCEP.

The table below documents the relative credit weighting for each portfolio assignment, the assessment outcome format, and the word length/minutes for each portfolio/sub-section.

Module	Portfolio	Total Module Mark (TMM)	Assessment outcome format	Word length/ minutes		
EXP703 20 credits	P1 Theme Essay	100%	Written paper	5000		
EXP704 40 credits	P2 Practice and reflexivity	55%	P2.1 Learning Contract	Written Paper	300-400	
			P2.2 Process Report	P2.2.1 Practice	Verbatim	300-500
				P2.2.2 Reflexivity	Oral presentation	15 minutes
			P2.3 The Conversation	P2.3.1 Learning Process	Oral Presentation	10 minutes
	P2.3.2 Professional Identity	Group Discussion		10 minutes		
	P3 Case Study	38%	Written paper	4000		
	P4 Peer Review	7%	Written paper	500		
Clinical Portfolio	n/a	Clinical Portfolio	n/a			
60 credits						

The table below sets out all sections and sub-sections of three assessment tasks that will form your portfolio for modules EXP703 Existential Philosophy Applied to Psychotherapy and EXP704 Practice and Reflexivity. The first column (split into two or three columns for sections and sub-sections) states the title and the maximum word length for the portfolio assignment. The second column cites the learning outcomes that the portfolio assignment is evaluating. Learning outcomes are ones that must be met to pass the assessment task. The third column details the task, with more detailed briefs being available on Blackboard. And the fourth column summarises the rationale for the portfolio assignment.

Portfolio	LOs	Task	Rationale
P1. Theme Essay 5000 words	A1 A5 B2	Present a particular issue, concern or area of practice that has stood out for you personally this year and which you want to examine in depth. You will present a draft of your Theme Essay to peers and tutors in the final term Academic Seminars for critical feedback in preparation for completing the final draft for submission.	<i>The Theme Essay is an opportunity to examine in- depth an existential- phenomenological theme drawing on your knowledge and understanding acquired from your training and to consider its implications for practice.</i> <i>The Theme Essay marks the point at the end of the training where you contribute to the discourse around Existential Psychotherapy and to that effect, students may wish to consider publication in the SEA journal.</i>

P2. Practice and Reflexivity	P2.1. The Learning Contract 300-400 words	A1 A3 B5	Use the learning contract guidance to reflect upon your current position	<i>This will provide you with an appreciation of your positioning as you start the course, promoting critical self-awareness and helping to identify strengths and your professional development needs for the year ahead.</i>	
	P2.2. Process Report	2.2.1 Verbatim	B1 B2 B6	300-500 word verbatim of a client session	<i>A verbatim from your actual clinical practice allows you to demonstrate your competence as an existential-phenomenological psychotherapist</i>
		2.2.2 Oral Presentation 15 Minutes	A1 A2 A4 B2 B3	Reflexivity: Critical analysis of the presented session Question and answer session from peers and tutors	<i>Critical analysis of the presented session allows you to reflect on your competence as an existential-phenomenological psychotherapist and demonstrate skills and attributes in analysis of your practice.</i>
	P2.3 The Conversation	2.3.1 Learning Process 5-minute interview	B4 B6	An account of your learning experience throughout the year with regards to your development as a psychotherapist, taking on board the learning contract from term one	<i>Commensurate with prevailing discourses, this task focuses specifically on the quality of your process of participation which has a bearing on the learning experience for yourself and for your peers.</i>
		2.3.2 Professional Identity 5-minute personal statement	A3 A5 B5	Professional Identity: Presentation of clear articulation of identity as an existential psychotherapist Question and answer session from tutors (and, possibly, External Examiner)	<i>This task will give you the opportunity at the end of the four-year training towards UKCP accreditation, to give a clear, succinct articulation of your identity as an existential psychotherapist in terms which the public can make sense of and to be able to defend your position with tutors.</i>
P3. Case Study 4000 words		A2 A3 A4 A5 B1 B2 B3 B4	An in-depth reflective analysis of your work with a long-term client (30+ sessions) through the lens of existential-phenomenology and with reference to related research. In term 2, you will present a draft of your Case Study to peers and your tutor in Training Supervision in preparation for completing the final draft for submission.	<i>The Case Study is an opportunity for you to critically reflect upon how your learning manifests in your work with a long-term client and to evaluate therapeutic worth.</i>	
P4. Peer Review 500 words		B3 B4 B6	Reflect on and evaluate the quality of criticality in your feedback and your own learning.	<i>The Peer Review gives you the opportunity to critically reflect on your responsibility to uphold ethical standards of practice</i>	

			<i>through the evaluation of competence of peers.</i>
Clinical Portfolio	n/a	<p>Students are responsible for ensuring the completion of all forms relating to personal therapy and Clinical Placements. These forms and records constitute the Clinical Portfolio.</p> <p>The Clinical Portfolio carries no credits but must be successfully completed record in part fulfilment of the programme for the award of Postgraduate Certificate in Existential Psychotherapy.</p>	<i>The Clinical Portfolio documents your personal therapy and clinical placement.</i>

Programme management and teaching staff

The course is managed by a Course Leader who works closely with the Director of Content.

Role of the Course Leader

- Manages the overall operations and strategy of the programme
- Represents the programme on Content Area and University committees
- Liaises with Registry, the UKCP, and external examiners
- Allocates teaching staff and organises scheduling of classes
- Oversees academic delivery of the programme
- Leads the course panels and advisory panels on all course issues
- Oversees student assessment and co-ordinates internal moderation
- Oversees the compilation of all programme materials
- Deals with student concerns and questions on aspects of the taught component of the programme
- Liaises with all University services such as library, media services and student support
- Allocates termly composition of student groups – supervision and PPD
- Oversees student references, placement reports and registrations.

Personal tutors

Students are allocated a member of academic staff as their Personal Tutor. Personal Tutors are available to give tutees guidance and support on academic, professional and personal issues that impact on learning. Personal Tutors meet with students each term.

Ethical approval of research

All research conducted within and outside the University by students at Regent's University London must be approved by the Research Ethics Committee prior to its commencement. This will include, but is not limited to, all research involving human or other living participants, and all experiments, investigations and procedures involving human or other living participants, or data relating to such living entities.

As an organisational member of the UKCP, the programme has its own Code of Ethics and Practice for Counsellors and Psychotherapists which applies to all students and professional staff. Students and professional staff are also obliged to comply with the UKCP Ethical Principles and Code of Professional Practice (see www.psychotherapy.org.uk/code_of_ethics.html).

Research ethics

Research undertaken as part of studies (teaching assignments and individual projects) that uses experiments, investigations and procedures involving human or other living participants, or data relating to such living entities must be approved by the Research Ethics Committee.

Seeking ethical approval and submitting the application is the responsibility of the staff member involved in designing the assessment and by the student for individual projects, and endorsed by the student's supervisor. No studies can be undertaken prior to obtaining ethical approval and failure by the student to follow the process would be subject to disciplinary action.

The research ethics approval procedure and the research ethics application form may be found under the Research webpages on the University intranet.

7. Relationship to other programmes and awards

Sometimes programmes share modules or have other connections to other programmes. This is a guide to whether this is applicable for your programme.

The programme forms part of a professional training in psychotherapy and counselling from Introductory Certificate level, where students may have no knowledge about psychotherapy, through the MA Psychotherapy & Counselling to the Postgraduate Certificate in Integrative or Existential Psychotherapy and UKCP accreditation.

The following is a brief guide to the PGCEP's relationship to other programmes offered by the programme :

Foundation in Psychotherapy & Counselling



Postgraduate Certificate in Psychotherapy & Counselling

Exit from the MA Psychotherapy & Counselling after the first year completed (60 credits)



Postgraduate Diploma in Psychotherapy & Counselling

Exit from the MA Psychotherapy & Counselling after the second year completed (120 credits)



MA Psychotherapy & Counselling

Graduate from the programme after successful completion of a research dissertation (180 credits)

Or

Graduate from the programme after successful completion of the taught pathways of Integrative Psychotherapy or Existential Psychotherapy (180 credits)



Postgraduate Certificate in Existential Psychotherapy

(one year taught programme of 60 credits)

Or

Postgraduate Certificate in Integrative Psychotherapy

(one year taught programme of 60 credits)



Professional membership of the UKCP

BACP Accreditation is also possible upon independent application

Further study

MPhil/Doctorate

8. Student support

We want you to make the most of your time at Regent's and we also know that sometimes life at university can be hard. We can give you the support and you need, on academic study, language skills, careers, disabilities, mental health, gender, sexuality, finance and many other issues.

Regent's Student Hub will be the first port-of-call for the majority of your needs. Staff in the Hub can either deal with your enquiry directly or point you to one of our services for more support. Our support services include:

- Personal tutor scheme
- Student Services
- Academic Skills
- English for Academic Purposes
- Careers advice, including placements
- Disability support
- Accommodation
- Student Union

For more information about life at Regent's and the services we offer please visit our website: regents.ac.uk/information/student-life/for-current-students

Students with disabilities

Regent's University London has a full-time Disability Officer who supports students with disabilities or learning difficulties during their study by offering advice as well as arranging and managing the Student Support Agreements. The Disability Officer works closely with the Course Leader, Student Support Services and Student Registry as well as members of academic staff to ensure that the support offered is holistic in scope.

9. Learning support

Regent's offers a variety of different facilities and technologies to support your studies. These include lecture theatres, seminar rooms, the library, IT labs and specialist software.

Regent's uses Blackboard as its virtual learning environment (VLE), where you will find learning materials and content for your modules. You will also submit your coursework online and receive feedback through Blackboard.

The campus has free Wi-Fi, including most areas of our extensive gardens, so any area can be adapted into a student study space. Regent's is a member of the Eduroam network, so you can connect to this service to access Wi-Fi worldwide.

The Regent's mobile app enables you to receive live updates with regards to your studies

For more information visit:

<https://www.regents.ac.uk/life-at-regents/learning-resources>

The Library at Regent's supports teaching and learning at the University. Our relevant and extensive collections, flexible study spaces and knowledgeable staff can help you achieve your academic goals. For more details visit:

<https://www.regents.ac.uk/about/library-services>

10. Opportunities for personal development planning

Personal and professional development is a hallmark of this training. The PGCEP programme is itself research as process which focuses on personal being and development. Further, personal and professional development is reflected in the many of the programme learning outcomes and as such reflection on and actioning personal and professional development is deeply integrated into both modules.

Personal development takes place as a result of the student's active participation in the various taught components of the day most especially in the experiential seminars, training supervision and the personal and professional development group.

Students will evidence their personal and professional development in all portfolio tasks in the module EXP704 Practice and Reflexivity.

Personal development in personal therapy

Personal psychotherapy constitutes an integral part of the programme and of training as a whole. This provides students with opportunities for personal development, as well as being an important source of support during the challenging and demanding training, and a source of learning about psychotherapy from the client's perspective.

Support with research

The Postgraduate Certificate in Existential Psychotherapy builds upon the training in research methods in the MA Psychotherapy & Counselling in focusing specifically on the question of methodology fit for the purpose of research into existential psychotherapeutic practice. The question of research into clinical practice is a strand which runs through both modules.

Tutors are available to provide guidance in drawing on clinical literature/research case-studies in writing P1 The Theme Essay and P3 The Case Study. In addition, tutors provide support in

helping you to draw on and apply your knowledge and understanding of research methods in interviewing an experienced UKCP accredited Existential Psychotherapist; and a client who has undergone a significant course of existential psychotherapy (a peer) as supporting documentation for Portfolio 2.3.2 The Interview: Professional Identity.

Help with placements

In accordance with The Health and Safety (Training for Employment) Regulations, 1990, and the general duties placed on employers by the Health and Safety at Work Act, 1974, Regent's University London has a rigorous health and safety policy as part of placement co-ordination. All placement managers receive information about the programme's philosophy and training and are required to adhere to formally signing up to this policy.

The Clinical Practice Coordinator attends to quality of placement provision, and ensures that students engage in the appropriate level of clinical supervision to support their practice. The Clinical Practice Coordinator and the Regent's Careers, Enterprise & Industry team are able to advise students on how to find and apply for placements. However, we wish to emphasise that finding a placement is the student's responsibility requiring a high level of proactivity and an extensive and independent search.

Further details relating to placements can be found in – 'A Guide to the Clinical Portfolio'.

Student /trainee membership of Society for Existential Analysis

If they have not already done so, students are encouraged to join the Society for Existential Analysis as a student member.

Careers support

The Regent's Careers, Enterprise & Industry offer tools, events and resources to develop your career planning and employability. For more information, visit:

<https://www.regents.ac.uk/study/careers>

11. Admissions criteria

Details of the University's entry requirements can be at <https://www.regents.ac.uk/policies>

Our Admissions Policy and Admissions, Appeals and Complaints Policy can also be found at the link above.

For more information, see the How to Apply tab under each programme on the website.

12. Visas and immigration

At Regent's, you will be part of a truly international community, with the opportunity to make friends and contacts from around the world.

If you require a visa to study in the UK, please visit the Visas and Immigration page on the website:

[regents.ac.uk/study/international-students/visas-and-immigration](https://www.regents.ac.uk/study/international-students/visas-and-immigration)

Note: as this is a part-time programme we are not able to sponsor students for a Tier 4 visa.

13. Tuition fees and other course costs

See the Tuition fees page on the Regent's University website (<https://www.regents.ac.uk/admissions/tuition-fees>)

There are also programme specific costs that you will incur which include the following:

- Personal psychotherapy: 40 sessions per year required (usually £50+ per session)
- Private supervisors – where necessary (usually £50+ per session).

14. Assessment and progression regulations

You will be assessed on how well you are achieving the intended learning outcomes at different stages throughout your time of study at Regent's. This will include a variety of methods as described under Section 6 above.

In order to continue with your studies, there are minimum requirements to be met in order to progress to the next level of your programme. The current progression regulations are published within the Academic Regulations on our website at the link below. These are subject to review and amendment each year. We will let you know if there are any major changes to the regulations that may affect you.

<https://www.regents.ac.uk/policies>

You will be provided with guidelines on what you need to achieve in each assessment to ensure you receive a good mark.

Progression and re-assessment

All sections and sub-sections of all four portfolio tasks together with the Clinical Portfolio must be passed individually in order to achieve the award of the Postgraduate Certificate in Existential Psychotherapy. Good work in some assignments cannot compensate for failure to submit others. You will submit draft versions of each assessment at appropriate intervals during the programme and have the benefit of feedback on these drafts. If any portfolio tasks submitted at the end of the module for summative assessment fail, the subsequent Subject Board will confirm the fail and set a re-submission date usually around six weeks after the

Board. Only portfolio tasks which have failed will be required to be resubmitted. Failure on a resubmission will result in your having to re-take the whole module.

Pass Regulations

None of the modules on the Postgraduate Certificate in Existential Psychotherapy programme is eligible for condonement under the current regulations of the University.

Both modules are eligible for the late submission rules under the current university regulations. For further information on late submission regulations, please refer to the University's Academic Regulations.

Feedback on student work will normally be provided no later than four weeks after the submission deadline.

Retaining copies of all course work

It is the responsibility of each student to retain, until the award of the appropriate degree, copies of all submitted written, audio and video work; all returned evaluations and all submitted forms (personal therapy, placement-related etc.). Registry or the Course Leader may request at any time that a student produces all or any portion of their Portfolio tasks and submitted forms, and a student's inability to respond to such a request may result in failure.

Readiness to practice

Students must enter the Postgraduate Certificate in Existential Psychotherapy programme with either a Masters or a PG Dip in Counselling and Psychotherapy with the equivalent study of existential psychotherapy to the programme's MA Psychotherapy and Counselling Existential Pathway and confirmation of a minimum of 200 certified contact hours in clinical placement with clinical supervision.

For further information on the programme's assessment and progression regulations, please refer to the University's Academic Regulations.

External Examiners

The membership of the Subject Board includes external examiners.

External Examiners are appointed to programmes to ensure that the University's standards and quality processes are appropriate and of a standard comparable to those of other higher education institutions in the UK. External Examiners do not alter individual student's marks or classification decisions.

15. Award criteria

To qualify for the Postgraduate Certificate in Existential Psychotherapy award, you must:

- Successfully complete the required 60 credits at Level 7 on the PGCEP programme
- Complete both modules at Level 7
- Have completed a minimum of 40 hours personal therapy whilst in training.
- Complete 100 hours of supervised clinical practice and submit and pass the Clinical Portfolio as set out in this document

You must also meet the requirements of any specific regulations as stated under section 14 'Assessment and Progression Regulations'.

For further details on award requirements, please see the Academic Regulations, available at on our website at the link below. The regulations are subject to review and amendment each year. We will let you know if there are any major changes to the regulations that may affect you.

[regents.ac.uk/about/governance/academic-governance/academic-regulations](https://www.regents.ac.uk/about/governance/academic-governance/academic-regulations)

The award of Postgraduate Certificate in Existential Psychotherapy is qualification for registered membership of the UK Council for Psychotherapy (UKCP) through the Society for Existential Analysis (SEA). Registry will notify you of the outcome after the Subject Board. You will then be eligible to apply for registered membership of the UKCP via the SEA. An SEA Committee member will explain the process in Term 3.

As a practice-based learning programme, the effects of successful learning on the PGCEP will be lasting for your practice as an existential psychotherapist. In addition, becoming a registered member of the UKCP via the SEA, you will be entering a community of practice in which you can play a part in the evolution of the discourse and future policy making.

16. Methods for evaluating and improving the quality and standards of teaching and learning

All quality assurance policies and procedures are found in the University Academic Regulations. The current versions are available at the link below. The regulations are subject to review and amendment each year. We will let you know if there are any major changes to the regulations that may affect you.

<https://www.regents.ac.uk/policies>

Regent's University London operates a number of institutional processes for ensuring and enhancing its academic quality standards. These include programme (re)validations, programme modifications, programme monitoring, student feedback systems and external examining.

Programme (re)validations

The University has a formal process to approve a new programme or reapprove an existing programme of study. This involves a panel of academics from within and outside Regent's to

ensure that your programme is of appropriate academic standard and of a high quality.

Programme modifications

We listen to your feedback and make changes to your programme as appropriate. You will be consulted on any significant changes to your programme which may affect the outcomes of your study. All changes to programmes or modules are subject to approval through Regent’s Academic Governance structures.

Programme monitoring

In order to ensure programmes continue to meet their academic and professional aims and objectives, Heads of Programme are required to prepare an Annual Monitoring Report (AMR). The reports include module feedback as well as external examiner reports and responses. They are reviewed at Faculty and Institutional level and are published on the University intranet under the Quality webpage where student can view these.

Student feedback systems

Students play a key role in the University’s processes for enhancing the quality of its educational provision and broader student experience. There will be multiple ways for you to provide feedback on your experiences at module level, programme level, through student representatives and at Course Panel meetings.

External examiner reports

External Examiners ensure that Regent’s standards and quality processes are appropriate and are of a standard comparable to those of other higher education Institutions. There are two types of external examiners. One reviews subject level assessment and the other reviews institutional level processes and attends the progression and finalist boards.

An annual external examiner report is produced at the end of every academic year at levels 5, 6 and 7. These are made available to students through the Annual Monitoring Reports which are published online.

17. Curriculum map

Module EXP703: Existential Philosophy Applied to Practice

	ILO	A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6
Portfolio item	Task											
P1	Theme Essay	✓				✓		✓				

Module EXP704: Practice and Reflexivity

		A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6
Portfolio item	Task											
P2.1	The Learning Contract	✓		✓							✓	
P2.2.1	Process Report: Verbatim						✓	✓				✓
P2.2.2	Process Report: Oral Presentation	✓	✓		✓			✓	✓			
P2.3.1	The Conversation: Learning Process									✓		✓
P2.3.2	The Conversation: Professional Identity			✓		✓					✓	
P3	Case Study		✓	✓	✓	✓	✓	✓	✓	✓		
P4	Peer review								✓	✓		✓
Clinical Portfolio												

Appendices

15. APPENDIX 1 – Postgraduate Certificate in Existential Psychotherapy Assessment Calendar

Level		Study module/unit	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	*
7		Term 1											
	P2.1	The Learning Contract			✓								
	P2.2	Process Report				Formative Assessment				Summative Assessment			
		Term 2											
	P3	The Case Study						Formative Draft Assessment				✓ 14	
		Term 3											
	P1	The Theme Essay				Formative Draft Assessment						✓ 21	
	P2.3	The Conversation				Summative Assessment							
	P4	Peer Review											✓ 7/14
		Clinical Portfolio											✓ 28

*Submission deadline = number of days after last teaching session of the term