

NIP • Norsk Institutt for Psykosyntese

Information about the Four-Year Professional Training Programme in Psychotherapy (Psychosynthesis) at the Norwegian Institute of Psychosynthesis

The entire course of study in the Four-Year Professional Training Programme consists of an introductory course (five days), a foundation year with its main focus on self-development, alongside an introduction to basic developmental psychology and psychosynthesis theory, and a three year clinical training, during which the main emphasis is on theory and learning related to the student's clinical practice and supervision.

On completion each student will have received some 2000 academic hours of training.

The Four-Year Professional Training Programme consists of the following units:

- **Thematic Seminars:** 500 hours
incl. 95 hrs Psychopathology (yr 2: 19 h, yr 3: 38h, yr 4: 38 h)
- **Therapeutic Method & Practice:** 173 hours [Included are four independent course units: 1) Counselling Skills (Person-Centred) (38 hours); 2) Gestalt Therapy (38 hours); 3) Psychosynthesis Typology (38 hours); and, Coaching module (60 hours)]
- **Clinical Practice:** 375 hours - includes a minimum of 300 client contact hours. An approved placement of clinical practice is to be undertaken by the student
- **Clinical Supervision:** 400 hours
- **Tutorials:** 135 hours
- **Written Work:**
 - Year 1 - Foundation Year:*
Autobiography: 3-5,000 words
Paper 1: 1,500 words
Paper 2: 3,000 words
Report / Will Project: 3-5,000 words
 - Year 2 - Clinical Training:*
Clinical Work Book & Psychological Journal: 3-5,000 words
Paper 3: 3,000 words
Paper 4 (clinical): 3,000 words
Extensive notes, client journals, logs, case presentations etc
 - Year 3 - Clinical Training:*
Clinical Work Book & Psychological Journal: 3-5,000 words
Clinical Case Study 1: 4-5,000 words
Paper 5 (clinical): 3,000 words
Extensive notes, client journals, logs, case presentations etc
 - Year 3 - Clinical Training:*
Clinical Work Book & Psychological Journal: 3-5,000 words
Paper 6 (comparative): 4-6,000 words
Clinical Case Study 2: 7-9,000 words
Paper 7 (transcript & analysis of taped session): 2,000 words
Paper 8 (philosophy of practice): 1,000 words
Extensive notes, client journals, logs, case presentations etc
- **Right Relations Groups:**
 - Group Therapy:** 170 hours
 - Group Dynamics:** 90 hours
- **Individual Therapy:** 125 hours
- **Discussion Groups, Colloquia:** 160 hours

A note on written work: Written work constitutes an important part of the professional programme. Two case studies based on the student's own clinical practice have to be submitted; one shorter study at the end of the third year (4,000 words), and another at the end of the fourth and final year (7-9,000 words) The latter is considered along with the comparative paper major parts of the student's main body of work, thus having an important influence on the final student evaluation.

A note on course reading: The reading lists are extensive, amounting to about 4,500 pages a year. Upon completion of the four year programme the candidate will have read some 18,000 pages.

Most students will have participated in a number of extra-curricular activities and seminars with visiting trainers.

"Fra evigheten, ut av fortiden, i nåtiden, for fremtiden"
- Roberto Assagioli