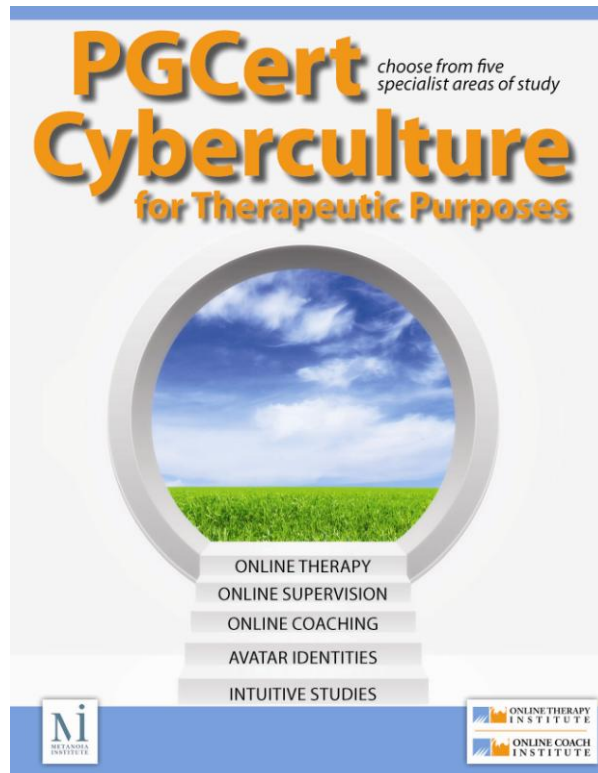


PROGRAMME INFORMATION BOOKLET



Ni METANOIA
INSTITUTE

 **ONLINE THERAPY
INSTITUTE**

PGCert IN CYBERCULTURE FOR THERAPEUTIC PURPOSES 2013/2014

What?

An exciting and dynamic online self-paced Postgraduate Certificate encompassing a Foundational Course in Cyberculture and a clinical course in **one** of five topics:

- Online Therapy
- Online Coaching
- Online Supervision
- Avatar Identities
- Intuitive Studies

Metanoia Institute awards 60 Credits at Level 7 that may be taken forward into further proposed courses in the future.

Who?

Designed for trained and qualified practitioners in the helping professions who are

- Currently working online
- Wishing to take their services online
- Wishing to gain an enhanced understanding of the digital culture in which their clients are immersed

Why?

As new generations of professionals and clients grow up in a digitally connected society, there is a need for therapists and other professionals to not only understand the practical and ethical delivery of online services, but to be actively immersed in today's Cyberculture. The growing body of theory, research and ethical development within working online develops every day. This is not a static programme – new ideas and technologies are added as they are invented, and participants are expected to take part wholly in the online student community to share resources and have ongoing discussion about their learning and its application to every day client services, both now and in the future.

Where and When?

The course is offered via our e-learning platform, JigsawBox, where all course material is held. The e-learning platform is also where you will meet fellow students via online forums. Live components of the course (scheduled by you) are:

- **Two meetings via video** with the Programme Leader (one after Foundation Course is complete, one at the end of the course).
- **Four online CPD events** of your own choosing, hosted by OnlinEvents, throughout the 12 months. These online interviews and lectures are free to attend and are on a wide range of topics.
- Other live elements of the course (**experiential exercises**) are not scheduled, but are worked into your learning package for you to take at your own pace.

We allocate a maximum of 12 months to complete the course. You are responsible for managing your learning to fit around other commitments and working at your own pace.

INTRODUCTION TO METANOIA INSTITUTE

Metanoia Institute was founded in the early 1980's and was one of the first organisations in the country to offer Humanistically oriented professional counselling and psychotherapy training programmes. We gradually extended to include Integrative training. We now offer training in counselling, psychotherapy, and counselling psychology leading to diploma level and academic awards and also to potential professional registration with the British Association for Counselling and Psychotherapy (BACP), the UK Council for Psychotherapy (UKCP), The European Association for Psychotherapy (EAP), The European Association for Integrative Psychotherapy (EAIP), the Health Professions Council (HCPC) and the British Psychological Society (BPS). These trainings are all validated by Middlesex University.

We also offer a Master's in a Coaching Psychology and a Master's in Child Psychotherapy, both validated by London South Bank University. We host a professional doctorate (DPsych) and a Doctorate in Counselling Psychology and Psychotherapy (DCPsych) as joint programmes with Middlesex University. Other post-qualification training includes certificate and diploma courses in supervision, a Master's course in coaching and a thriving CPD programme.

INTRODUCTION TO ONLINE THERAPY INSTITUTE

The Online Therapy Institute was formed in 2008 by Dr Kate Anthony, FBACP and DeeAnna Nagel, LPC, as an international training company and think tank for the use of technology in the delivery of mental health, coaching and related services. With geographically based offices in Scotland, UK, and New Jersey, USA, and virtual offices via the Internet using various platforms, we train students from across the globe – both online and face-to-face – in how to ethically and practically deliver their services with a strong theoretical element based on over 15 years of experience and publication in the field.

We work with many professional organisations in strategy, policy and ethical development of managing the rise in online services, including the British Association for Counselling and Psychotherapy (BACP), the UK Council for Psychotherapy (UKCP), the Association for Coaching (AC), Counselling and Psychotherapy in Scotland (COSCA), the International Association for Coaching (IAC), the Association for Counselling and Therapy Online (ACTO) and the Institute for Life Coach training (ILCT).

Working in collaboration with Metanoia Institute under the company OTI Europe Ltd (company number SC471447), the Online Therapy Institute offers bespoke academic courses within the topics of using the internet to deliver therapeutic services and how living in a digital culture impacts on our work as professionals.

AIMS OF THE PROGRAMME

By the end of the Programme students will:

- Have an understanding of the concept of living in a Cyberculture; how that takes place via online platforms including but not limited to email, chat rooms, blogging, microblogging, social networking, forums/bulletin boards, and virtual reality
- Have an understanding of the core theoretical themes that underpin online behaviour (and relationships in particular), particularly the consequences of disinhibition and the affect this has on clients lives
- Have an understanding of how to behave professionally and responsibly online; minimising harm to clients in particular
- Have an understanding of how Internet ethics apply to their day-to-day work and be able to think ahead to minimise risk to themselves and the wider profession
- Know how to communicate via text (email, chat, forums/bulletin boards, SMS), with specific reference to Netiquette and appropriate client communication
- Know how to communicate via audio and video at a distance for therapeutic work.
- Have the ability to critically think about what is needed to deliver and evaluate their own work, the work of others, become an educator of others, and appreciate the nuances and dynamics of working within an innovative environment.

The PGCert Cyberculture for Therapeutic Purposes draws on historical thinking in the fields of cyberpsychology, online therapy and the underpinnings of human relationship development, as well as new and emerging innovative thought and implementation in light of a changing society.

The central approaches of such a course are:

- That immersion in Cyberculture is the natural next step for humanity and therefore the helping professions
- That students are able to become experts in their own work and how technology can be embraced within it
- That learning should reflect the purpose of the course in being innovative and dynamic, with new environments to explore and experiences to have
- That pioneering such work in a trained, professional manner is an inspiration to the members of the profession who have yet to join it, to the greater good of future mental health in general.

These programme aims are embedded at the heart of the course, facilitated by the expertise of internationally acclaimed Programme Leader Dr Kate Anthony and associated tutors; community based support and co-learning; innovative and dynamic experiential content; and the concept of thinking in non-traditional ways as social entrepreneurs.

COURSE STRUCTURE

The course is structured in two parts, with four modules in each part:

Part One: Foundational Course in Cyberculture (all students)

Module One - Introduction to Cyberspace

- This will include: Basic, Enhanced and Further Enhanced Internet Functions; Visual and Aural Internet Functions, Web 2.0 and Beyond

Module Two - Relationships in Cyberspace

- This will include: Introduction to Email; SMS; Instant Messaging and Chat; Forums and Listservs, Multi-User Domains (e.g. gaming); Inappropriate Online Behaviour (e.g. cyberbullying, sexting, amateur pornography)

Module Three - The Online Therapeutic Relationship

- Model of Online Therapeutic Relationship; Presence; Disinhibition; Written Communication & Netiquette; Fantasy & Anonymity;

Module Four - Legal and Ethical Considerations of Living and Working online

- Digital Ethics; Internet Searches; Online Presence and Social Media; Applying Legalities and Ethical Considerations to Your Work

Part Two: Specialist Study in Chosen Topic

Online Therapy (all modules illustrated by an ongoing case study from initial enquiry to termination of contract between therapist and client)

Module One - Legal and Ethical Considerations of Online Therapy

- Intake Forms, Assessment; Informed Consent and Privacy Policies; Maintaining a Responsible Online Presence; International Legalities

Module Two - Working Therapeutically via Text-based Services

- Using Email, SMS, Chat and Forums for Therapeutic Work

Module Three - Working Therapeutically via Audio and Video

- Using Voice over Internet Protocol (VoIP) for Therapeutic Work (audio); using Voice over Internet Protocol (VoIP) for Therapeutic Work (video)

Module Four - Blending Technologies, Online Testing and Assessment, Business Building and Closure

- Online Testing and Assessments; Blending Technologies; Closure and Discharge; The Business of Online Therapy; History, Research and Further Resources

Course structure for other four specialities available on request, please email kate@onlinetherapyinstitute.com

Theory and Practice

The PGCert in Cyberculture for Therapeutic Purposes: Online Therapy draws from past and current literature on examination of working online and ethical delivery of such services in particular, based on international thought and development. The definition of “literature” serves to include video lectures (such as TEDTalks), blogs, podcasts, immersion in virtual environments, online conferences, live webinars, and chat room discussion, as well as more traditional academic reading and critical analysis of research. Students are encouraged to design their own online services (and given the resources to do so) in the spirit that there is no one right way in light of flexibility and technological development of online services delivery, but rather a bespoke suite of offerings that fit the needs of the client. Students are also encouraged to discover how their own theoretical orientation is adaptable to online work rather than pigeonholing any one approach by the two Institutes.

Practical Skills

The second part of the course focuses specifically on the practicalities of how therapeutic work is conducted online, including: appropriate use of differing platforms/methods; communicating via text (and the nuances of doing so both synchronously and asynchronously); communicating via audio methods (traditional landline, mobile technologies, and Voice over Internet Protocol (VoIP); communicating via video; and appropriate selection of online assessment tools and how to administer them.

Groupwork

Students collaborate in discussions within online encrypted forums within the training platform (at *least* one post per module); and attend at least four free online CPD lectures during the year.

Assessment

The programme will be assessed by ongoing assessment of written assignments as delivered; contribution to webinars and other live aspect of the course; and two live one-to-one vivas/tutorials before award of the qualification.

Organisation and Teaching

The nature of training and educating professionals in online work demands an online method of delivery. Rather than basing the Programme on traditional synchronous face-to-face methods of attendance, the course is delivered in a rolling ongoing asynchronous process, with online synchronous elements as desired or necessary.

The benefits of this approach are:

- No travel or accommodation overheads for the student
- The ability to fit flexible learning around busy careers and family life
- Being part of a dynamic and innovative way to being part of academia that fits the purpose and aims of the Programme as a whole.

Personal Therapy

Online Therapy Institute’s students do not currently have a requirement for personal therapy, although we are aware that some students seek recommendations from us to undertake online therapy to enhance their learning. All recommended online therapists are vetted and have been trained by the Institute, and may be visited from <http://onlinetherapyinstitute.com/wpcategories/graduates/>.

Required Reading

All required reading is provided within the programme [online access]. Further recommended reading is offered, with specific recommendation of purchase of:

- Anthony, K. & Nagel, D.M. (2010). *Therapy Online: A practical guide*. Sage Publishing: London.
- Anthony, K., Nagel, D.M. & Goss, S. (2010). *The use of technology in mental health: applications, ethics and practice*. Charles C. Thomas: Springfield, IL

Entry Requirements

Applicants to the PGCert in Cyberculture for Therapeutic Purposes are expected to have a core training/qualification in counselling and/or psychotherapy and have adequate experience of working in traditional settings face-to-face.

Fees

The cost of the PGCert in Cyberculture for Therapeutic Purposes is £1490, which includes the annual Metanoia Student Membership Fee of £40.

All fees are reviewed annually

Application

The application form should contain the name and email address of one referee, who should be a clinical supervisor, manager, or colleague who has known you and your work for at least two years.

Recruitment to the course is on an ongoing rolling basis, with the first intake being 1st May 2014.

Please send your completed application form and payment to Mandy Kersey at the address below:

Mandy Kersey, Metanoia Institute, 13 North Common Road, Ealing, London W5 1TP

If you have any queries about any **administrative** aspect of your application please contact Mandy on 020 8579 2505/020 8832 3073 (direct line) or email mandy.kersey@metanoia.ac.uk

For **academic** related queries please contact Dr Kate Anthony on 01506 511539 or email kate@onlinetherapyinstitute.com.