



TARA ROKPA THERAPY INSTITUTE

Tara Rokpa Group Therapist Training 2010

Tara Rokpa Group Therapist Training

The Tara Rokpa Psychotherapy Training (TRPT) Faculty are launching an apprentice based training to qualify new Tara Rokpa Group Therapists.

What is a Tara Rokpa Group Therapist?

This is an internal qualification awarded by the TRT Training Institute. A Tara Rokpa Group Therapist will be qualified to deliver, on an equal basis with other Tara Rokpa Therapists, all stages of Tara Rokpa Therapy, within the context of Tara Rokpa Therapy groups.

The training will be equivalent in depth and rigour to the Tara Rokpa individual Psychotherapy training.

The training will leave participants ideally placed to work towards European Association of Psychotherapy (EAP) and national accreditation with further clinical experience. The training will not qualify individuals as professional one to one psychotherapists.

For Whom is This Training Suitable ?

This training is open to those who:

- Have completed the Six Lights stage of the Tara Rokpa Therapy process
- Are able to demonstrate qualities of maturity and resilience which will be needed for the training and the work as travelling TR Group psychotherapist
- Have an undergraduate degree or other relevant studies in Humanities/Human Sciences or related field or equivalent life experience. Applicants who do not have a relevant primary degree may access this training via Accreditation of Prior Experiential Learning (APEL). Alternatively applicants may be invited to participate in an access module which provides opportunities to attain equivalence.

What is the Structure of Course Delivery?

Taught modules will be combined with apprenticeship based training and will be delivered by individually mentored pathways taking account of individual learning needs. Involvement in previous trainings in the Tara Rokpa Therapy approach will be recognized.

What are the Training Components?

The three main training components are: Personal Therapy, Clinical Practice Skills and Theory, and Supervision.

■ **Personal Therapy/Personal Inquiry**

Participation in the Tara Rokpa Therapy process to date counts as the personal therapy component of the training. All trainees will be expected to continue in the TRT process as participant/practitioner throughout the four years of the training.

■ **Clinical Practice Skills and Theory**

The clinical practice skills and theory components will involve two aspects:

Taught Modules

Over the four years of the training, there will be **twelve days teaching each year**.

Trainees will explore and discuss in depth the core theories underpinning the Tara Rokpa Psychotherapy approach, including Buddhist understandings of Mind as well as understandings coming from Constructivist, Social Constructionist and Systemic psychotherapies. Trainees will also be introduced to the other main theories in the development of Western psychotherapy.

During these modules, trainees will also look at the essential components involved in delivering the Tara Rokpa Therapy at each stage of the process, from Back to Beginnings through to the Compassion phase of the work. The trainee group context will provide a practice environment within which trainees will deliver the Tara Rokpa methods to each other, including the opportunity for feedback and assessment of clinical skills by both trainers and peers.

While this training will not teach the skills required to practice 1:1 psychotherapy, the ability to support participants of the Tara Rokpa therapy process in 1:1 situations, as they arise within the context of group weekends, is a necessary part of a group therapist's development. Therefore attention will also be given to the development of these skills.

Apprenticeship Weekends

Additionally trainees will be required to attend **twelve apprenticeship weekends**, with a qualified Tara Rokpa therapist, ideally over a **four year** period. These weekends will provide the main learning environment for the acquisition of clinical skills. There will be opportunities to learn by example, as well as a requirement to deliver the different stages of the Tara Rokpa work under supervision. There will also be the chance to discuss clinical theory in supervision during the weekends. The trainee will also gain experience in conducting 1:1 interviews as they arise in this setting.

■ **Supervision**

Trainees will be expected to have 150 hours of supervision. The majority of these hours will be covered within the apprenticeship setting. There will be a cost for the hours of supervision outside the context of the apprenticeship weekends.

Assessment

Progress through the course will depend on continuous assessment of practical skills and theoretical understanding and will include written and clinical skills based evaluation. This assessment process will include suitability to deliver Tara Rokpa Group process.

Costs

The costs for the tuition fees will be approx 2000 Euros per year depending on the final number of trainees accepted on the training. Costs for accommodation, travel and supervision outside the apprenticeship weekends are not included in this training fee.

How do I Apply to do this training?

If you are interested to do this training you are invited to fill in the attached **questionnaire** and return to:

Brion Sweeney bsweeney@gofree.indigo.ie
or **003531 278897** to indicate your level of interest by the **15th January 2010**.

An **application form** will then be sent to those interested in the TRT Group Training.

For further information you can also contact any of the TRT therapists who are all on the Training Faculty.

You will be required to submit a **short statement** outlining personal motivation and aspirations for wishing to undertake the training along with the application. There will be a **formal interview and intake process** for entry to this training.

There will be an **introductory weekend** for this training on **23/24 April 2010** in Scotland and the proposed start date at present is in Summer 2010. The venue for the training will be determined by the number of applicants and where they reside.