

Programmes in Group and Intercultural Therapy  
MPhil/PhD

MA Group and Intercultural Therapy

# Group and Intercultural Therapy



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This booklet deals with the Group and Intercultural Therapy programmes offered at Goldsmiths, University of London. Please read it in conjunction with the PACE Prospectus; further information is available from Admissions at the contact details on page 15.

**We can supply information in alternative formats for people with a visual impairment or dyslexia. Please contact Communications and Publicity, tel +44 (0)20 7919 7409, e-mail [ext-comms@gold.ac.uk](mailto:ext-comms@gold.ac.uk).**



# Introducing the Department

Goldsmiths, University of London was founded to provide educational opportunities for local people, and today our Department of Professional and Community Education [PACE] continues this tradition, offering courses and programmes at all levels: professional, postgraduate, undergraduate, and programmes designed to give access to higher education.

One of the fifteen academic departments that make up Goldsmiths, PACE enjoys the sort of facilities and high standard of teaching associated with one of the world's great academic institutions.

With our emphasis on continuing education and professional development, PACE offers a lively environment in which to study. Whether you want to pursue an undergraduate or postgraduate programme or undertake a short introductory course, PACE staff are committed to providing advice and support throughout your study at Goldsmiths.

## Unit of Psychotherapeutic Studies

The Unit of Psychotherapeutic Studies brings together a number of different perspectives and areas of study in psychotherapy, namely the four discrete subject areas of Art Psychotherapy, Counselling, Group and Intercultural Therapy, Psychotherapy and Psychodynamic Studies. These subject areas offer Introductory, Certificate, Diploma and Masters programmes and opportunities for Research and Continuing Professional Development (CPD), as well as programmes in Cognitive Approaches to Counselling, Intercultural Therapy and Rational Emotive Behaviour Therapy.

## Why study group psychotherapy/intercultural therapy at Goldsmiths?

- You'll receive individual attention and support in your studies.
- We pride ourselves on new and innovative approaches to psychotherapy.
- We're unique in the UK in offering programmes specifically focused on cultural diversity in psychotherapy and in which you can select a variety of options for personal study eg psychodrama, arts therapies, family therapy.
- Our staff are specialists in both clinical and academic practice, most with multi-professional qualifications, and many of them practice within the NHS and other public services.
- Goldsmiths' campus is only 15 minutes from the centre of London, with all the facilities and attractions the Capital has to offer.

## Careers

The study of group psychotherapy and cultural diversity can enhance your current professional work (which might be as a psychologist, counsellor, nurse, a teacher, or arts therapist, for example). Within the MA, the study of systems theory and process sociology helps you to understand how institutions function, how decisions get made and where problems arise. There is much scope for progression – some of our students have completed the MA and then continued to MPhil/PhD level. We are always pleased to discuss career options with you prior to application or at interview.

Goldsmiths no longer offers the Postgraduate Diploma in Group Psychotherapy, which is the clinical training leading to UKCP registration. We will be happy to advise you on other programmes in London with whom we have links.

# Introducing the programmes

We offer the following:

- **MPhil/PhD**
- **MA in Group and Intercultural Therapy (incorporating Pg Cert in Cultural Diversity in Therapy and Counselling)**

## **Application and admission**

Please visit [www.goldsmiths.ac.uk/pg/apply](http://www.goldsmiths.ac.uk/pg/apply) for information on making an application. Admission is normally by interview, or for international students, a telephone interview can be arranged. We welcome informal enquiries before you submit an application. Please contact Professor Diane Waller (see page 15) for details.

## **Entrance requirements**

### **MPhil/PhD**

You should normally be a qualified and experienced health or social care practitioner or counsellor/psychotherapist (including arts, family, individual or systems-oriented) with a Postgraduate Diploma or an MA. Other qualifications (such as sociology, anthropology, psychology, nursing) and/or professional experience are also considered.

### **MA in Group and Intercultural Therapy**

Relevant degree or equivalent professional qualification usually in a health or social care discipline, such as counselling/psychotherapy, or sociology, anthropology or nursing. If you have extensive work experience you may be eligible for special entry.

## **English Language requirement**

If English is not your first language, you will need evidence of your English Language competence. Tests considered appropriate include:

- International English Language Testing System [IELTS] – pass with at least 6.5 overall and a minimum of 6.0 in the written element
- TOEFL score of at least 580 including 4.5 in the Test of Written English [TWE], or 237 in the Computerised test [CT] including 4.5 in the essay component, or 92 in the Internet-based test [IBT] including 23 in the written element
- International GCSE (IGCSE) English as a second language at Grade C
- Cambridge Certificate of Proficiency of English [CPE] Level 5 at Grade C or above
- Cambridge Certificate in Advanced English [CAE] Level 4 at Grade B or above.

For further information, please see the PACE Prospectus. International candidates may be accepted without an interview.

## **Fees and Funding**

Please visit [www.goldsmiths.ac.uk/pg/costs](http://www.goldsmiths.ac.uk/pg/costs) for information.

## **Open Days**

College-wide Open Days for all programmes across the university are usually held three times a year in Spring, Summer and Autumn. For further information on these, please visit [www.goldsmiths.ac.uk/opendays](http://www.goldsmiths.ac.uk/opendays) or contact Nick Holmes, Recruitments Events Manager, on +44 (0)20 7717 2997, e-mail [open-day@gold.ac.uk](mailto:open-day@gold.ac.uk). Research degree applicants may visit the Department by appointment.





## Full-time or part-time

We offer research supervision in all fields of group psychotherapy and intercultural therapy, and currently have a lively group of research students pursuing a variety of topics including spirituality in psychotherapy; action research concerning training in a therapeutic community; establishing psychotherapy services for black Afro-Caribbean clients; relationship of 'traditional' medicine to 'orthodox'; relationship of Ibo culture to group analysis; the profession of psychotherapy; art therapy and progressive illness; groups for Turkish/Kurdish community; and Korean community in London.

### Registration and study

Initially, you register for a Master of Philosophy (MPhil) programme to train you in the research methods you will need to complete a PhD. You can apply to upgrade to PhD registration when you have satisfactorily completed an agreed part of the research and training programme; this usually happens after 18 months if you are studying full-time, or 24 months if part-time. You should aim to complete and submit your PhD thesis within an agreed period, usually three to four years for full-time students, and four to six years for part-time. If you decide not to upgrade to PhD registration, you can submit your thesis for an MPhil after two years if you are studying full-time, or after three years if part-time. With the agreement of your supervisor, you can change your registration from full-time to part-time or vice versa.

North American applicants especially should note that the British system does not include preparatory taught classes or examinations as part of the MPhil/PhD programme, except for an initial course in research methods.

### Research and supervision

For MPhil and PhD study, you usually register for research by written thesis. In some circumstances video or film or photography can be included. You meet your supervisor regularly for discussion and guidance on all aspects of your research. If the thesis spans more than one discipline, we are able to bring in a second supervisor from PACE or from another department at Goldsmiths. You will be required to attend the Research Methods course run by Goldsmiths' Graduate School during your first year of registration.

Supervision is currently available in the following areas:

- History and development of the profession of arts therapies and psychotherapy
- Evidence-based practice in group and intercultural therapy
- Group work focused on specific client groups or institutions
- Comparative healing systems
- Occupational choice, career development and role change amongst group psychotherapists
- Social/cultural context of group and intercultural psychotherapy
- Process sociology as a framework for the study of groups (eg in sport, community life, employment)
- Explorations of different models which may include psychodrama or the arts.

Current research topics include:

- Exploring the role of group psychotherapy with people in psychotic states
- Spirituality and religion in psychotherapy practice
- A comparison of Ibo healing systems with group analytic practice in the UK
- Current professional issues in psychotherapy: towards regulation
- Post-traumatic stress among personnel returning from war zones
- Developing services for Turkish/Kurdish women; and for the Korean community in London
- Establishing mental health services which combine traditional and Western philosophies
- The role of traditional arts in maintaining cultural identity
- Writing as therapy
- Mixed race issues: exploring phenomena associated with skin-lightening.

### **Assessment**

Research leading to a written thesis requires a text of not more than 60,000-words for an MPhil and 100,000-words for a PhD. Examination includes a viva voce.





# MA in Group and Intercultural Therapy

1 year full-time,  
2-3 years part-time

This student-centred programme explores the theory and practice of group psychotherapy with a focus on understanding social and cultural difference, giving you a sound basis for designing projects to evaluate theory and practice in the workplace and the confidence to progress to a research degree.

Psychiatry and psychotherapy are deeply rooted in theories originating in the western world. Yet illness and healing exist in all societies, although emotional and mental disorders may be differently perceived, experienced and expressed. Throughout the programme, we consider how illness experiences are embedded and inseparable from social relationships, and that it is necessary to be wary of preconceived judgements and prejudices. We seek to explore the subjects with sensitivity and open-mindedness; suffering, illness, well-being, tragedy, humour and paradox are intrinsic to the human condition.

This programme now incorporates the formerly stand-alone programme on cultural diversity in therapy and counselling. It provides a forum to critically examine theories of group and intercultural therapy in terms of their relevance to practice with a range of client groups.

## Advanced Standing

Holders of a Postgraduate Diploma in Group Psychotherapy from Goldsmiths, or its equivalent, may enter the MA with Advanced Standing. This means you are exempt from three of the four essays, and must complete the dissertation. Holders of the Postgraduate Certificate in Cultural Diversity from Goldsmiths, or its equivalent, are exempt from one of the four essays, and must complete the dissertation.

## What do you study?

**Please note:** The syllabus is subject to change and development according to the interests and needs of the student group.

The programme involves lectures, seminars and group discussion. The seminars require personal readings and presentations by members of the student group, who are a valuable, essential resource. We have designed the syllabus to be relevant to anyone who works in health, social, community and educational settings and wishes to explore practice more deeply.

We look at:

- racial and ethnic issues that have a bearing on well-being
- socio-cultural classifications of illness and health
- the spiritual and artistic dimensions of healing that enable experiences to be recreated and stories retold.

We think that healing systems must be viewed within their wider context and that treatment is a point of entry to human thought and behaviour. As well as bringing in the social, cultural and spiritual dimension of therapy and counselling, we explore racism and issues of difference – areas that are often neglected in the training of health professions. We will touch on healing systems in other parts of the world – the Caribbean, Africa, Siberia (Shamanism), South East Asia and Europe (both East and West). This provides useful comparative material in order to gain a deeper understanding of different patterns of interaction and worldviews in relation to illness and health. Reading material will be advised as the programme proceeds.

The programme also offers a chance to:

- Examine theories of group psychotherapy
- Critically review literature and research on group and intercultural therapy
- Think about gender and class and abilities
- Look at some of the modifications of group psychotherapy – drama therapy, psychodrama, art therapy, family therapy
- See how groups can be used with a variety of different client populations
- Develop new ideas and services.

Many graduates have gone on to further research and are active in extending the boundaries of psychotherapy and counselling to meet the needs of service users.

You will be introduced to the ideas of Norbert Elias and process sociology, a method of analysis used widely in understanding how groups form and function – from NHS to sport. You will also look at how systems theory can help us to understand institutions and their function.

Research methods that are appropriate to these disciplines will be taught, both qualitative and quantitative approaches, using actual examples of the methods in practice. You will be encouraged to bring to the seminars examples from your own practice, as well as ideas for your dissertation, for discussion and to receive support.

**Please note:** The MA is an academic programme. If you have not already had training in psychotherapy and you wish to practice as a psychotherapist you will need to study on a programme approved by one of the main professional bodies, eg the United Kingdom Council for Psychotherapy, British Association of Counselling and Psychotherapy. Psychotherapy and Counselling are not currently statutorily regulated (Art, Drama and Music are) but it is likely they will be by 2010-11. We will be pleased to advise you about this.

### **Assessment**

There is continual assessment, with a final examination based on the presentation of four essays of 6,000-words and a final report of 10,000-words on topics to be decided in consultation with tutors. The choice is wide (but must reflect some aspect of the programme's content) and should be relevant to your interest and/or employment needs.

### **Attendance**

Seminars currently take place on Mondays between 11.00-4.00, and Tuesday evenings from 6.00-9.00 during three ten-week terms. There is flexibility in this timetable for part-time students and those who are in full-time employment. In addition, at least one day per week must be devoted to personal/library study and more time for the full-time course. Individual tutorials are by arrangement with your tutor.

### **Staff**

Programme leader  
Professor Diane Waller, MA (RCA), DPhil,  
Dip Gp Psych, FRSA, OBE  
Art Psychotherapist and Group Analytic  
Psychotherapist

### **Seminar leader:**

Cynthia Brooks, MA, Dip Gp Psych

### **Visiting tutors:**

Michele Burden, MA, Dip Gp Psych  
Dr Angela Hobart, PhD, FRSA, Visiting Reader  
Sonya Levin, BSc, MSc  
Dr Linda Sheppard, BSc, DPhil, Visiting Fellow  
Jud Stone, MA, Dip Gp Psych

Plus specialist visitors

### **Number of places**

6 full-time and up to 12 part-time





# Contact us

If you have specific programme queries, once you've read this booklet and the PACE Prospectus, please contact us as follows:

Professor Diane Waller  
Programme Co-ordinator  
tel +44 (0)20 7919 7844  
e-mail [d.waller@gold.ac.uk](mailto:d.waller@gold.ac.uk)

For queries about application and admission, or to get a copy of the PACE Prospectus, please contact us as follows:

Admissions Office  
telephone +44 (0)20 7078 5300  
fax +44 (0)20 7919 7509  
e-mail [admissions@gold.ac.uk](mailto:admissions@gold.ac.uk)  
Prospectus hotline: +44 (0)20 7919 7537 (24 hours)

## **Did you find this booklet helpful?**

We would welcome any comments you have about the content or design of this booklet. Please e-mail [ext-comms@gold.ac.uk](mailto:ext-comms@gold.ac.uk), or write to Communications and Publicity, Goldsmiths, University of London, New Cross, London SE14 6NW, stating the name of the booklet.

All information is treated in the strictest confidence and will in no way affect any application you make to Goldsmiths; no personal data is kept on file.

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Goldsmiths is one of 15 universities across England and Scotland participating in phase three of the Carbon Trust's Higher Education Carbon Management (HECM) programme, highlighting a commitment to cutting carbon emissions and reducing energy costs.





## Our Mission

We offer a transformative experience, generating knowledge and stimulating self-discovery through creative, radical and intellectually rigorous thinking and practice.

**Goldsmiths**  
UNIVERSITY OF LONDON

Goldsmiths, University of London  
New Cross, London SE14 6NW  
T 020 7919 7171 [www.goldsmiths.ac.uk](http://www.goldsmiths.ac.uk)