

Train to be a psychotherapist

Doctor Sarah Niblock, CEO of the UK Council for Psychotherapy, and UKCP member Andy Ryan discuss the path into psychotherapy – not only to open the door to a fulfilling career, but as a way to understand yourself deeply



PSYCHOTHERAPY TRAINING is the opportunity to launch a new career. It

also offers a space to understand yourself, your experiences and the way you relate to the world. In the accompanying podcast with therapist Andy Ryan, I explore how the teachings of psychotherapy could create a better world with much-needed human discourse, and why anyone, no matter their profession, would benefit from the transferrable skills that psychotherapy affords.

Sarah

CEO of the UK Council for Psychotherapy

About UKCP and how to find a therapist

• **The UK Council for Psychotherapy (UKCP)** is the leading research, innovation, educational and

regulatory body working to advance psychotherapy for the benefit of all. We have a register of more than 8,000 individual members, who offer a range of therapy approaches for couples, individuals, families and groups. We also have more than 70 training

and accrediting organisations for those who wish to become psychotherapists.

• **To find the right therapist for you** or learn how to become a therapist, visit psychotherapy.org.uk



UKCP member Andy Ryan outlines the routes into psychotherapy and the advantages of training

Psychotherapy attracts people in different life stages, but a considerable number enter after an established career elsewhere.

My case was a little different. After accessing drug and alcohol treatment services myself, I began to think about what was next, where my life would go and how I could create meaning from my experiences. I had counselling to help me on my journey and, as I began to understand myself, I became curious to know more. I explored counselling courses and was drawn to psychotherapy because of the

importance of connection and the in-depth nature of the training.

My psychotherapy training lasted four years, part-time, and even before qualifying, a lot of what I was learning was making its way into my life. On a practical level, training to be a therapist offers plenty of space for connection and discussion, and time for students to process and understand the theories that support the work. It also offers an opportunity to talk about how the theory has had an impact on you, and there is space in essays and journals for that too.

Enriching growth

Through training, I was able to say what I needed and create healthier boundaries with colleagues and in my personal life. I remember saying to a supervisor that even if I did not walk away with my certificate at the end of the course, I would say: 'Thank you very much, this



HOW I BECAME A THERAPIST

Healing and curiosity drew Andy Ryan into the field



AS I EMERGED FROM the chaos of drug and alcohol addiction, I felt a curiosity to understand what had happened and was happening in my life. I was offered therapy as part of my treatment and wanted to know more.

It became obvious that training to be a psychotherapist was a path that I wanted to walk for both personal and professional development. The training helped me make sense of so much in my life. There is a community centred around training – conferences, literature and more – that keeps the fire stoked with continued opportunities to develop in many subjects within the field. I'm still developing and I feel more connected with who I am and the world around me than I could have ever imagined.

changing-lives.org.uk

Prepare for a life-changing journey

Are you interested in becoming a psychotherapist? Begin the process by taking these three enlightening steps

1 Get therapy. By experiencing what it is like to be in therapy, you'll see how sessions play out and better understand the psychotherapeutic relationship. Try therapists working with different psychotherapeutic approaches to see what each entails and which you feel drawn towards.

and ask for advice. Talk to people who have accessed therapy and are happy to talk about it. How was their experience with their therapist and that professional's therapeutic approach?

2 Speak to therapists. Get in touch with people who have been through psychotherapy training and are practising therapists. Look to social media or similar platforms

3 Talk to a training institute. Experts can give you an overview of the training that they offer. They can also answer any questions you may have and steer you towards further reading or resources that may be helpful to you as you decide which course to take.

For more information about training with UKCP, go to psychotherapy.org.uk/train



The podcast

Are you interested in getting to know who you are and how you relate to the world?

ILLUSTRATION: GETTY IMAGES

UK Council for Psychotherapy CEO Sarah Niblock talks to Andy Ryan to understand how psychotherapy training can benefit everyone – and why this relational approach is necessary in our changing world. Listen to their conversation at psychologies.co.uk/train-be-psychotherapist-podcast-ukcp

