



IKON INSTITUTE
OF AUSTRALIA

THE BACHELOR OF INTEGRATIVE PSYCHOTHERAPY



IKON is Australia's leading, specialist provider of therapeutic and human services training and is dedicated to advancing knowledge and understanding in humanistic studies through vocational and higher education, leadership and practice.

The IKON Institute aims to produce graduates who are enabled to continually develop their own potential, and whose skills, knowledge and therapeutic client-centred practice contribute to the creation of an international community of people and practitioners committed to social change, community building and individual healing.

At IKON, you'll gain more than a nationally recognised qualification, you'll gain a rewarding career where you can make a positive difference in your life and the lives of others.

What is Integrative Psychotherapy?

Integrative psychotherapy integrates a variety of specific evidence based techniques in the treatment of a client, and embraces an attitude towards the practice of psychotherapy that affirms the inherent value of each individual.

Just as human beings live in 'many worlds' (everyday encounters, spiritual life and religion, politics, economics, science, media, and so on), so an integrative psychotherapy draws upon and reflects this complexity of human existence in its theory and practice. In this respect, and in terms of the philosophy of integrative psychotherapy outlined, client's problems, as human beings in a multi-faceted world cannot be reduced to a single perspective or modality.

It is a unifying psychotherapy that responds appropriately and effectively to the person at the affective, behavioral, cognitive, and physiological levels of functioning, and addresses as well the spiritual dimension of life.

The emergence of integrative psychotherapy within the professional landscape reflects a much wider trend which has also informed and shaped integrative medicine and psychiatry. Specifically, there is a recognition of the limitations of addressing many, complex human problems from within a single therapeutic modality, the outcome, is an integrative approach to psychotherapy which draws upon psychology, neurosciences (especially the social neurosciences), anthropology, sociology, critical theory, medicine and psychiatry, as well as other fields, focused by a dynamic conceptual analysis of therapeutic modalities which are addressed in practice.

Professional Recognition

The course meets the Australian Qualification Framework (AQF) guidelines. Graduates are eligible for ARCAP membership at a Provisional and Clinical level, once the minimum experience, supervision and contact hours have been achieved. Please visit the ARCAP website for specific eligibility requirements.

THE BACHELOR OF INTEGRATIVE PSYCHOTHERAPY

Course Sequencing and Structure

Year	Subject	Course Name: Integrative Psychotherapy Qualification: Bachelor of Integrative Psychotherapy (CRS1400329) Study Location: SA, QLD, WA, VIC & NSW Course Duration: 3 Years
Year 1	Introduction to Integrative Psychotherapy	
	Models of Therapeutic Practice 1	
	Integrative Systems of Health and Wellbeing	
	Integrative Psychotherapy in Practice 1	
	Life Span Development	
	Foundations of Therapeutic Competency	
Year 2	Models of Therapeutic Practice 2	
	Integrative Psychotherapy in Practice 2	
	State Specific Techniques of Psychotherapy	
	Working with Dreams and symbols in Psychotherapy	
	Narrative, Identity and Integrative Processes	
	Case Conceptualisation 1	
Year 3	Understanding Systems in Psychotherapy	
	Introduction to Mental Health: Wellbeing and Distress	
	Treatment of Grief, Loss, and Trauma	
	Ethics and Politics in Psychotherapy	
	Psychotherapy with Specific Populations	
	Clinical Supervision 1	
Year 3	Practicum 1 (120 Hours)	
	Fundamentals of Research and Evaluation	
	Case Conceptualisation 2	
	Clinical Supervision 2 and Self Care	
	Practicum 2 (120 Hours)	
Psychotherapy in Practice		

Course Overview

The Bachelor of Integrative Psychotherapy is designed to provide graduates with a broad and coherent body of knowledge relating to the field of psychotherapy, with a specific emphasis to embed a conceptual framework, and model of psychotherapeutic practice for the 'whole person'.

The 'whole person' is remarkably intricate and complex, we could spend a lifetime of education understanding a person in their wholeness. This course teaches psychotherapy within a context that is reflective of the breadth of human capacity and experience and integrates the 'best of many worlds' (associated with psychotherapy) upon a broader foundation of what it means to be human.

The Bachelor of Integrative Psychotherapy includes a professional placement totalling 480 hours, which includes 240 hours of client contact.

This degree provides you with the practical skills and theoretical foundation you need to integrate Psychotherapy into your existing vocation or as a private practitioner.

This course enables you to gain extended skills to be as expansive as possible in the conception of a client, allowing you to contextualise reductive therapeutic modalities and 'components' of the client in a way that is as empowering and liberating as possible.

What will I learn?

Areas of study include;

- A focus on persons in their dynamic and multidimensional lived world.
- A holistic approach, involving sophisticated notions of integration of perspective and practice on persons and problems.
- A strong emphasis on creating competence in understanding and applying new and viable practices and theories in mental health, including current controversies and emerging technologies (e.g., consciousness research, transpersonal perspectives and psychobiology).
- Excellence in the ability to manage effectively, encounters with clients and other professionals through establishment of competence in fundamental communication and counselling skills.
- A sharply honed attention to critical and philosophical analysis of the foundations of psychotherapeutic and disciplinary knowledge, theories and assumptions. Learning how to think clearly, to reason but also to appreciate clinical intuition and insight.
- An emphasis on personal and professional development through engagement with supervision, self-reflective and insight generating processes, which allow a sophisticated comprehension of the relationship between the professional as a person, the practice of psychotherapy, and the engagement of clients.

Graduate Opportunities

The course aims to develop graduates who will be able to work appropriately and professionally in therapeutic settings in both the public and private sectors.

Graduates from this program will be well placed for employment opportunities in Australia and other Western societies because of their comprehensive skill and knowledge set underlying their flexible and encompassing practice.

Course Duration

3 year.

Study Modes

On-campus.

Units

24 units plus a 480-hour placement, includes 240 hours of client contact.

Delivery Format

Each trimester is 13 weeks in duration, consisting of 12 teaching weeks and 1 week of self directed learning. Students will attend 1 full day and 1 half day per week during each teaching week. There are 3 subjects per trimester, with 3 trimesters in years 1 & 2, and 2 trimesters in year 3 allowing for completion of assessments and clinical placement.

Year 1, 3 trimesters of 13 weeks each

Year 2, 3 trimesters of 13 weeks each

Year 3, 2 trimesters of 13 weeks each plus completion of assessments and clinical placement.

Students should allow for 13 hours of self directed study each week to practice skills and complete assessments.

Delivery Methods

Course delivery will be through a combination of facilitated classroom training, out of class self directed learning and on-the-job placement.

Learn with people to work with people

Face to face delivery is an important part of receiving quality training when learning to help others. IKON's specialised trainers will support you during your studies and expose you to a variety of approaches and experiences to help you develop your full potential and feel confident and career-ready upon completion of the course.

Entry Requirements

You must be at least 19 years of age at course commencement and you must meet one of the following requirements:

- Minimum ATAR 65 or equivalent
- Completion of a Certificate IV, Diploma, Advanced Diploma or Associate Degree
- Partial completion of a Bachelor's degree and
- Complete a Counselling Applicant Screening Questionnaire.

If you are aged 21 years or over:

- Application will be through completion of a course enrolment form.

Recognition of Prior Learning

Students may apply for recognition of prior learning and exemptions from some units of study, where an equivalence of earlier learning and achievement can be established. Applications for RPL must be submitted and assessed PRIOR to enrolling in the course. Please contact the IKON Institute for further information on the RPL application process and associated fees.

Tuition Fees

Please contact the IKON Institute for the current tuition fees and payment options, or visit www.ikoninstitute.edu.au

Graduate Pathways

The Bachelor of Integrative Psychotherapy will cater for:

- Students with no prior learning in Integrative Psychotherapy.
- Students who have completed an accredited Counselling Diploma or Advanced Diploma and wish to further expand their knowledge.

SUBJECT SUMMARIES

Introduction to Integrative Psychotherapy

In this subject students will explore the historical development of integrative psychotherapy and gain an understanding of the range and context that integrative psychotherapists work within. Students will also gain an understanding of how the field of transpersonal psychology, as an example of developments within the integrative field, has moved toward an integrative framework for professional practice.

Models of Therapeutic Practice 1

Students will develop a working understanding of a number of the principal paradigms that promote growth, healing and psychotherapeutic change. Students will learn to recognise major theoretical perspectives, concepts and explanatory frameworks employed within psychotherapy. There will be a central focus on how to compare therapies with respect to their conceptual and theoretical structure, evidential basis, conditions of application (problem and client-types) and philosophical assumptions.

Integrative Systems of Health and Wellbeing

This subject focuses on developing competence in understanding and integrating contemporary and classical views on the nature of health and wellbeing. Students will explore current debate and practices concerned with the complex mind-body relationship, consciousness, states of consciousness and therapeutic interventions within psychotherapy, medicine, psychiatry, philosophy, behavioral and cognitive science, neurosciences and ethnomedicine.

Integrative Psychotherapy in Practice 1

In this subject students will learn the foundation knowledge and skills essential to effective psychotherapy. This will involve communication competence, therapeutic relationship building and maintenance, and an understanding of transference and counter-transference dynamics. Students will be engaged in experiential methods, including role-play to develop these basic concepts, techniques and practical skills required in the fields of psychotherapy.

Life Span Development

This subject will introduce you to central issues, theories, and methods in the study of developmental psychology and life span development. An overview is provided of abnormal development alongside the important developmental stages that human beings pass through: birth, infancy, adolescence, adulthood, seniority, dying and death.

Foundations of Therapeutic Competency

In this subject you will explore personal resources, which are instrumental in developing awareness and understanding of their involvement in therapeutic practices. They will reflect on the influence of family, culture, life experience, professional history and other contextual influences including their current role and work place. Students will focus on both verbal and non-verbal levels of communication and conscious and non-conscious dimensions of relating. A strong focus on empathy and self-exploration will be incorporated in the learning process.

Models of Therapeutic Practice 2

In this subject students will develop a working understanding of a number of other principal paradigms that promote growth, healing and psychotherapeutic change, that augment their understanding gained in the Models of Therapeutic Practice 1 subject. Students will learn to recognise major theoretical perspectives, concepts and explanatory frameworks employed within psychotherapy. There will be a central focus on how to compare therapies with respect to their conceptual and theoretical structure, evidential basis, conditions of application (problem and client-types) and philosophical assumptions.

Integrative Psychotherapy in Practice 2

This subject builds on the previous Integrative Psychotherapy in Practice subject by expanding and deepening the practice framework through development of students' understanding of critical therapeutic skills. The framework is designed to support the integration of the various techniques and processes that they have learned throughout the course.

State Specific Techniques of Psychotherapy

This subject concerns state-specific knowledge and techniques that derive from research on the nature of consciousness and states of consciousness. Specifically, it focuses on the ways in which human resources such as knowledge insight, health enhancement, problem-solving and self-realisation may be accessed through a range of states of consciousness, including those central to hypnosis, meditation, focusing and psychospiritual experience accessed in cultural medicine.

The subject emphasises skill development in using Ericksonian styles of state-change, Gendlin's focusing and recent developments in the use of mindfulness and Zen meditation formats in psychotherapy, medicine and psychiatry. These techniques, along with related methods, are placed in an integrative psychotherapeutic context.

Working with Dreams and Symbols in Psychotherapy

This subject is structured in order to offer students a detailed examination of some of the major dream work theories and processes available for therapeutic application. The subject will cover the history of dream work as well as the current trends in dream research and application. The focus of this subject is based on the translation of dream and state-specific knowledge into psychotherapeutic processes and clinical application through a conceptual framework.

Narrative, Identity and Integrative Processes

In this subject students will gain an understanding of the fundamental dynamics of identity formation and change within the context of life transitions. The foundations of narrative identity from the perspectives of neurobiology, culture and social structure are examined with special attention given to ways in which identity formation and change are managed psychologically and culturally.

Special attention is paid to the impact of life stress and other factors that contribute to psychological dis-integration and sociocultural alienation and group and individually oriented therapeutic strategies. Also, there will be a thematic thread relating to current issues concerning the 'reality' of the Self from the perspectives of neuroscience, consciousness research and philosophy.

Case Conceptualisation 1

This subject is an introduction to case management and conceptualisation. Students will examine the foundations of the case conceptualisation process to enable them to progressively map and work with the varied elements of a client's experience. Conceptualisation frameworks will be introduced that enable students to integrate a range of appropriate theories and techniques. Specifically, a comprehensive analytic model will be introduced which is integrative and reflective of contemporary developments in research, theory and practice in an interdisciplinary framework.

Understanding Systems in Psychotherapy

This subject explores interpersonal systems that are relevant in psychotherapy. Students will learn to recognise the stages and process of group development and work constructively with the dynamics of social groups and organisations. The scope of the subject will examine the historical context of both family and couples therapy, identify the seminal theorists and compare their approaches to individual therapy.

Introduction to Mental Health: Wellbeing and Distress

In this subject students will learn to distinguish between abnormal and normal behavior and examine how the conceptions of

abnormal behavior have changed and progressed over the years. Students will focus on the historical emergence of systems of diagnosis (DSM / ICD10), and their justifications, and criticisms. Students will learn to identify important terms and major categories of the current classification systems in psychopathology. This subject also involves the examination of the relationship between culture-specific beliefs and psychological disorders, in an effort to develop an understanding of how abnormal behavior is responded to across cultures.

Treatment of Grief, Loss, and Trauma

This subject will enable students to develop both a sound understanding and familiarity with the techniques of case management concerning central issues around grief, loss and trauma in the psychotherapeutic process. This will involve acquisition of skills, knowledge and an understanding of appropriate interventions for different grief, loss and trauma contexts and presentations. The subject will also focus on the cultural, sociological, and ethical aspects of working with these themes.

Ethics and Politics in Psychotherapy

This subject focuses on the knowledge and skills required to practice as a psychotherapist within the designated professional ethical, legal and professional standards as set down by the peak accrediting bodies within the field of psychotherapy. The subject requires the student to examine case studies, professional situations and duty of care issues in contemporary therapy practice. There is emphasis on the personal and professional competencies and attributes required to practice ethically and legally as a therapist including self-reflection of the practitioner's own values, limitations and developmental histories. Skill development includes understanding of how to work with confidentiality, informed consent, themes of power, remote therapy and practice boundaries.

Psychotherapy with Specific Populations

This subject introduces students to a variety of issues and difficulties that occur in specific populations that students will likely encounter in private practice and community services settings. Upon completion of this subject, students will be able to demonstrate an understanding of the type and nature of the issues faced by these specific populations and apply appropriate therapeutic interventions.

Clinical Supervision 1

As Practicum subjects prepare students with placements that parallel the clinical situations they are likely to encounter in their professional lives, it is crucial that students fully understand the role of supervision and engage with the process. Through participating in small supervision groups, students will learn the theory, practice and benefits of taking part in supervision.



Practicum 1 (120 Hours)

Supervised therapeutic work with clients as a 'therapist in training' is an essential part of the Bachelor of Integrative Psychotherapy. This subject aims to develop safe and professional practice within a placement setting. Practicum placement opportunities will be drawn from a variety of settings, this subject will focus on integrative psychotherapy with individuals and/or groups.

Fundamentals of Research and Evaluation

This subject provides students with a basic understanding of a wide range of research methods in psychotherapy, covering basic conceptual and practical issues in research design, and quantitative and qualitative methods of research. Students will develop a basic understanding of the role of empirical evidence and learn to reflect on, review and audit their professional practice.

Case Conceptualisation 2

This subject is an extension to the Case Conceptualisation 1 subject and enables students to understand and work systematically with more complex client cases. Upon completion of this subject, students will be able to demonstrate an ability to effectively evaluate client issues and choose appropriate therapeutic intervention strategies. This subject also deepens the student's understanding of the models of therapeutic practice with a focus on successful and appropriate integration.

Clinical Supervision 2

This subject focuses on students further developing the skills to be competent and reflective practitioners. There is a strong emphasis on students establishing effective self-supervision and self-care techniques into their practice. Through participating in

small supervision groups students will learn to reflect on both their own and their colleagues' clinical work and to incorporate both research and experiential learning into future practice.

Practicum 2 (120 Hours)

This subject aims to develop safe and professional practice within a placement setting and will focus on integrative psychotherapy in a group setting. Students will learn to apply theory into practice with the opportunity to utilise knowledge regarding group dynamics and process in their practicum experience and developing group facilitation skills.

Psychotherapy in Practice

This subject consolidates students' understanding of professional practice. Emphasis is placed on preparing students for safe practice, and will consider professional issues associated with: risk, working with individuals, couples and families, cultural groups, organisations, and the community; specific practice settings; individual and team-based service models; professional communication; and implications of private practice and business issues. Students will develop an understanding of the responsibilities that they and their supervisor have within the supervisee-supervisor relationship.