



GESTALT PSYCHOTHERAPY TRAINING INSTITUTE MALTA

**GPTIM**

## **Diploma to Masters Upgrade Program - Walkthrough**

EAPTI-GPTIM is pleased to announce that the Program for upgrading the *Diploma in Gestalt Psychotherapy* to a *Master in Gestalt Psychotherapy*, accredited by the MFHEA will be offered in next Academic year 2023/24. The Program will start in February 2023 and ends in February 2024. Upon the successful completion of the Program the students will get the title:

### **Master in Gestalt Psychotherapy**

recognized by National Commission for Further and Higher Education in Malta.

The aim of this document is to provide step by step practical details in order to apply for and satisfy the upgrade program. Please make sure that this walkthrough document also has two attachments for your reference and use:

Appendix 1: Diploma in Gestalt Psychotherapy to Masters in Gestalt Psychotherapy Upgrade Program - Walkthrough and Workshops schedule

Appendix 2: Upgrade of the Diploma in Gestalt Psychotherapy into a Master in Gestalt Psychotherapy RAPL form

Appendix 3: Financial information

The following terms are used throughout this document:

- **Recognition (and Accreditation) of Prior Learning (RAPL):** is a recognised method of assessment that considers whether a learner can demonstrate that they can meet the assessment requirements for a unit through knowledge, understanding or skills they already possess and do not need to develop through a course of learning.
- **The EAPTI-GPTIM RPL Committee:** will be responsible for assessing and acknowledging whether an applicant's request for RPL deserves to be awarded.
- **Contact hours:** refer to the theoretical and non-practical hours covered mainly through lectures, workshops and seminars

- **Hands-on hours:** refer to the practical element of the program, such as placements and practice therapy sessions which can also be supervised.

The process of upgrading takes into consideration all the hours and modules already completed through the *Diploma in Gestalt Psychotherapy* and considers those as predefined Recognition (and Accreditation) of Prior Learning (RAPL). Apart from these hours however, a number of additional hours and requirements are necessary for gaining the *Master in Gestalt Psychotherapy*.

EAPTI-GPTIM has made all efforts to make this procedure as straightforward and manageable as possible. The following is a walkthrough of the steps required for the upgrade.

## **The First Step: What do I need to know when applying for the Master in Gestalt Psychotherapy program?**

First, upgrading of the *Diploma in Gestalt Psychotherapy* into a *Master in Gestalt Psychotherapy* means that you are becoming a student following the *Master in Gestalt Psychotherapy* program. However, since a large part of that program is already covered for by your prior learning through the *Diploma in Gestalt Psychotherapy* program, you only need to cover the aspects of the Master curriculum which were not covered for in the Diploma.

Second, all intending upgrade applicants must start by having the necessary entry requirements for the *Master in Gestalt Psychotherapy* program, which are:

- a) having obtained a first bachelors' degree, or equivalent or relevant professional training in a human science, or social science (such as psychology, sociology etc.), or professional training related to other disciplines such as, but not exclusively, medicine, pedagogy, philosophy, management, communication studies or theology.

and

- b) having the appropriate social, educational and literary capacities and the appropriate legal status.

Third, applying for the *Diploma to Masters Upgrade Program* is a form of RAPL in itself. This means that you need to fill in the attached form (Appendix 2): **“Upgrade of the Diploma in Gestalt Psychotherapy into a Master in Gestalt Psychotherapy RAPL Form”**, and submit it together with a certified copy of the Diploma in Gestalt Psychotherapy certificate and any other documents that are relevant to your RAPL application. In addition please submit 2 copies of the full form and of all its attachments. One copy is for the archives and the other will be returned to you after the recognition procedure.

Note that there is 1 form for all the types of RAPL requests. The first part covers the RAPL acquired by the Diploma hours and **all** applicants must fill this in when applying for the upgrade. The second part is a section for RAPL acquired outside of the Diploma hours. This latter part is explained further in Step 5 of this document.

Note also that there is a fee for processing the application for RAPL.

## The Second Step: What additional hours and requirements do I need for the upgrade?

The second step is to understand how many additional hours are necessary for the upgrade per module. The following *Table 1* provides you with the number of contact and hands on hours necessary in order to satisfy the full upgrade program if you are graduate of EAPTI GPTIM or any EGN institute.

If you are a graduate from the institutes out of EGN the RAPL will be applied for all Modules of your course and the RPL Committee will inform you of the additional learning hours needed for Master Upgrade which may be different from the hours indicated in the table below.

Table 1 - Modules and additional learning hours needed for Diploma to Master Upgrade

No.	Unit / Module	Additional hours needed	
		Contact hours	Hands-on hours
1.	Mod 5. DIAGNOSIS	0	40
2.	Mod 6. PSYCHOPATHOLOGY FROM A GESTALT RELATIONAL PERSPECTIVE	20	0
3.	Mod 7. THE GESTALT THERAPIST IN THE THERAPEUTIC RELATIONSHIP	0	45
4.	Mod 10. TECHNIQUES OF GESTALT THERAPY 2	30	30
5.	Mod 12. PEER EXPERIENCE GROUPS WITH SUPERVISION	0	75
6.	Mod 13. CORE PLACEMENT 1: FIELD PLACEMENT IN A CLINICAL SETTING UNDER MENTORSHIP	0	75
7.	Mod 15. SUPERVISION	60	0
8.	Mod 17. QUALITATIVE RESEARCH: CASE STUDY AND FINAL EXAM	50	0
Total:		160	265

**Contact hours** refer to theoretical (non-practical hours e.g. workshops/lectures).

**Hands-on hours** refer to practical sessions and placements which can also be supervised.

Table 1 demonstrates that the applicant is required to upgrade only eight of the modules (as the others are already covered for by the Diploma). Six of these eight modules are actually parts<sup>1</sup> of the original *Master in Gestalt Therapy* modules<sup>2</sup>.

<sup>1</sup> The fully accredited Master in Gestalt Psychotherapy consists of 17 Modules with a total of 1050 contact and 940 hands-on hours.

<sup>2</sup> For details about learning outcomes please consult the full *Diploma to Masters Upgrade Programme*.

In order to acquire a pass in these eight modules applicants have to:

1. Attend an additional total of 160 contact hours of lectures (workshops).
2. Demonstrate that they have carried out 265 hours of practical work (hands-on hours). These hours are not lectures but are the time spent in practical activities e.g. clinical placements, clinical intervention and work with clients or in peer groups. Further details of this are given later in this document.
3. Finally, the full Master Program requires 16 assignments. Eight of these have already been covered for by your Diploma, leaving a total of 8 more assignments (1 assignment per module in Table 1) that still need to be carried out. These 8 assignments **cannot** be compensated for by any additional RAPL. Details of each assignment are given in Appendix 1. Marks on these assignments will be used for calculating the Grade Point Average (GPA) at Master in Gestalt Psychotherapy.

### **The Third Step: What about learning and experience that I acquired outside of the Diploma?**

As a third step it is important to note that all learning accomplished outside the *Diploma in Gestalt Psychotherapy* can also be recognized as prior learning (RAPL). This would be considered as additional to the learning you already had in the *Diploma in Gestalt Psychotherapy*.

What does this mean? Let's give an example. Let's say that after you completed your *Diploma in Gestalt Psychotherapy* course you also completed a module in Supervision with EAPTI-GPTIM that is 60 hours or more. Since this learning happened outside the *Diploma in Gestalt Psychotherapy* course you can apply with the *EAGTI-GPTIM RAPL Committee* for the hours of this additional Supervision module to be considered as RAPL. The granting of such RAPL is at the discretion of the RAPL Committee. If RAPL is granted by the EAPTI-GPTIM RAPL Committee then these 60 hours would be covered for and you would not need to attend those 60 hours of lectures shown in Table 1 for the module "SUPERVISION".

Later on in this document we will give you further examples and ideas about prior learning that can be considered for additional RAPL. However, it is important to keep in mind that even if the additional RAPL is granted, the applicant is still required to write assignments for each of the eight modules form Table 1.

### **The Fourth Step: How can I complete all the additional obligations?**

First, see whether you have already carried out the hours of some modules through your past work/learning experience. If yes, you could then make a request for recognition of these hours as additional RAPL. Note that requests for RAPL hours for one module may not be used for any other modules within the program. In the text below you have some suggestions for that additional RAPL. Granting of additional RAPL is at the sole discretion of the EAPTI-GPTIM RAPL Committee.

Below is a brief description of each of the specific Modules that need to be satisfied. Here you will find the number of hours, whether these are hands on or contact hours, and suggestions for RAPL for that specific module. Fuller descriptions of each module, including course content, learning outcomes and information about assignments can be found in the attached *Appendix 1*.

If you see that you have not yet carried out these hours through past experience or learning, then you may opt to refer to and follow the list of workshops/seminars offered as part of the upgrade program. You will also be guided with regards to hands on hours. Keep in mind that the program will be offered as is from February 2023 and ends in February 2023.

## MODULE DESCRIPTIONS AND RAPL SUGGESTIONS:

### Module 5: **DIAGNOSIS.**

Upgrading this module consists of carrying out a short-term practicum (that lasts **40 hands-on hours**) at a mental health service. Please refer to the *Diploma to Masters Upgrade Programme* (Appendix 1 attached) for further detailed information about this module.

*Suggestions for RAPL:* A number of you may have already worked in a clinical setting that would have already required the process of assessment and DSM diagnosis. If 40 hours have been carried out in such a setting, then the applicant may make a request for the recognition of such hours with the EAPTI GPTIM RAPL Committee.

If you have never carried out these hours, or if the RAPL request is not granted, then this practicum must be carried out and proof of these hours must be presented to a GPTIM coordinator.

At the end you need to be assessed. **All** intending students, including those awarded RAPL, must then write a clinical assessment report as described in the attached *Diploma to Masters Upgrade Programme*.

### Module 6: **PSYCHOPATHOLOGY FROM A GESTALT RELATIONAL PERSPECTIVE.**

Upgrading this module includes attending **20 hours** of lectures concerning theory and methodology of working with people with specific disorders.

*Suggestions for RAPL:* Requests for the recognition of prior learning may include providing proof of lectures attended outside of the Diploma in Gestalt Psychotherapy covering this topic. One example is Gianni Francesetti's workshop: Pain and Beauty: From Psychopathology to the Aesthetics of Contact with More Focus on OCD and Phobias. Applicants will be considered only if the taught content is specifically from a gestalt relational perspective.

Upon completing these hours, all applicants including those awarded RAPL, are expected to write an assignment. Please refer to the attached *Diploma to Masters Upgrade Programme* for specific information about this module.

## **Module 7: THE GESTALT THERAPIST IN THE THERAPEUTIC RELATIONSHIP.**

In order to upgrade this module applicants are expected to complete **45 hands-on hours** in order to learn about the gestalt therapist in the therapeutic relationship.

### *Suggestions for RAPL:*

Practicing and registered Gestalt Psychotherapists who produce proof of:

1. Active practice with real clients
2. Engagement in Continuous Professional Development (CPD)
3. Ongoing supervision
4. MAP Membership
5. CPCM registration

may request RAPL award for these practical hours.

In addition, all intending students, including those granted RAPL, will need to write an assignment as described in the attached *Diploma to Masters Upgrade Programme*.

## **Module 10: TECHNIQUES OF GESTALT THERAPY 2.**

Upgrade for this module requires an additional **30 hours of lectures and 30 practical (hands-on) hours**. Lectures in this module cover the advanced use of Gestalt therapy techniques and interventions. Please refer to the attached *Diploma to Masters Upgrade Programme* for specific details of the 'learning outcomes' that need to be covered.

Practical hours consist of assuming a client/therapist/observer role in order to practice such techniques with colleagues, and at the end, as a form of assessment, carrying out a role play that demonstrates appropriate intervention in the role of therapist.

### *Suggestions for RAPL:*

Practicing and registered Gestalt Psychotherapists who produce proof of:

1. Active practice with real clients
2. Engagement in Continuous Professional Development (CPD)
3. Ongoing supervision
4. MAP Membership
5. CPCM registration

can request RAPL award for these practical hours.

All intending students are obliged to write an assignment for this credit, however the theme depends on whether you have been granted RAPL or not. Please refer to the attached document for details about the assignment.

## **Module 12: PEER EXPERIENCE GROUPS WITH SUPERVISION.**

While there are no lectures in this module, **75 hours of practical work** are required in order to complete this module. The attached document provides detailed information about this, including information about the logbook and reflective diary required to be handed in at the end of the module.

*Suggestions for RAPL:* Requests for the recognition of prior learning may include hours of group supervision, peer supervision, peer reviews, presentations to colleagues, talks, clinical case reviews,

multidisciplinary team meetings and so on. Granting of RAPL is at the discretion of the committee.

Whether additional RAPL is granted or not the applicant is expected to write an assignment as described in *Appendix 1*, instead of the logbook and the reflective diary.

### Module 13: **CORE PLACEMENT 1: FIELD PLACEMENT IN A CLINICAL SETTING UNDER MENTORSHIP.**

In order to complete this module **75 hours of practice** in a clinical setting are required. Note that the emphasis of this module is not primarily on Gestalt methodology and techniques but on general clinical procedures and skills.

*Suggestions for RAPL:* Hence recognition for prior learning may include having past experience in the role of observer and/or student in a clinical setting which is not necessarily one in which the applicant engages in a therapist role. Voluntary experiences and exchanges for example, in which the applicant was able to observe general clinical procedures and skills in a clinical setting, may be presented for RAPL. Experience in giving presentations, talks, conferences and/or writing publications that present information on specific services offered by specific clinical settings may also be considered.

Students are expected to present a logbook, reflective diary and a mentor's report at the end of the module. These documents will be the basis for evaluation.

Should additional RAPL be awarded, the students are expected to write an assignment (as described in the attached document) and proof of the hours carried out, instead of the logbook and the reflective diary.

Refer to *Appendix 1* for further information about this module.

### Module 15: **SUPERVISION.**

The taught aspect of this module did not exist in the Diploma. The aim of this module is to provide a theoretical and practical approach to support the student towards engaging in the role of supervisor. The full **60 hours of lectures** in the area of supervision are required.

*Suggestions for RAPL:* RAPL in this module will be considered only for individuals demonstrating proof of specific post-graduate specialized training in supervision in psychotherapy, covering the theoretical aspects of supervision and fully addressing the same themes as in this module.

Students, including students who are awarded RAPL for this module, will have to write an assignment. See *Appendix 1*.

### Module 17: **QUALITATIVE RESEARCH.**

What the *Diploma in Gestalt Psychotherapy* lacked is a taught theoretical background in qualitative research. In order to compensate for this, **50 hours of lectures** in this area must be covered. This will provide the necessary upgrade to fulfil the Master level Module 17: *Qualitative Research: Case study and Final exam*. Note that the Case study and Final exam have already been covered for in the Diploma.

*Suggestions for RAPL:* Requests for RAPL may include training or courses followed that provide taught content on qualitative research at a Masters level (Level 7). Also, applicants who have experience in: giving talks, lecturing, carrying out research, or presenting research papers using and/or focusing on qualitative methods, may apply for RAPL.

Students, **including those awarded RAPL**, will have to conduct and write a short qualitative research paper or case study (not less than 3000 words). The research paper will have to illustrate knowledge in all stages of qualitative research. *Refer to Appendix 1.*

## **The Fifth Step: How do I apply for additional RAPL?**

As already explained in Step 1 of this document, if you have additional learning hours (completed outside the *Diploma in Gestalt Psychotherapy program*) you need to apply for additional RAPL. The Appendix 2 RAPL form has a section that covers the RAPL of the Diploma hours which you already carried out and another section **PART D - OTHER RAPL CLAIMS** for those RAPL hours which you may have carried out, external to the Diploma course.

You need to apply for the recognition of these external hours by filling in this PART D. It requires that you name the module for which you are requesting additional RAPL and explain all specific learning and experience that you deem relevant and worthy of consideration per module. Proof of having carried out these hours is necessary.

Note that a fee for processing RAPL requests is necessary.

## **The Sixth Step: How can I carry out the lectures and placement hours necessary for the upgrade?**

In the academic year February 2023 – February 2024, EAPTI-GPTIM will offer the following:

1. Workshops/seminars addressing the following modules: PSYCHOPATHOLOGY FROM A GESTALT RELATIONAL PERSPECTIVE; TECHNIQUES OF GESTALT THERAPY 2; SUPERVISION; and QUALITATIVE RESEARCH
2. For modules which have only practical (hands-on) hours, coordinators will be provided for consultation.

## **The Seventh Step: What about assessment?**

Assignments and examination will be presented in following examination periods:

June/September 2023

January/February 2024



Application for examination and sending the assignments on:  
[eapti.gptim@gmail.com](mailto:eapti.gptim@gmail.com)

Place: Zoom

Official Language of Training: English

Graduation Ceremony: EAPTI GPTIM Malta

Students will be awarded the Degree: Master in Gestalt Psychotherapy

Diploma supplement will be issued upon the completion of the Course

Abbreviation: M. Psych. (Gest)

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Program of workshops 2023/2024 for upgrade of Diploma in Gestalt  
Psychotherapy to Master in Gestalt therapy  
*(This information will be updated shortly.)*

Mod 6. PSYCHOPATHOLOGY FROM A GESTALT RELATIONAL PERSPECTIVE (20 contact  
hours)

Workshop/Conference/Congress

Theme:

Date:

Lecturers:

Place: Zoom

Mod 10. TECHNIQUES OF GESTALT THERAPY 2 (30 contact hours)

Workshop/Conference/Congress

Theme:

Date:

Lecturers:

Place: Zoom

Mod 15. SUPERVISION OF PRACTICE (60h)

Workshop/Conference/Congress

Theme:

Date:

Lecturers:

Place: Zoom

Mod 17. QUALITATIVE RESEARCH (50h)

Workshop/Conference/Congress

Theme:

Date:

Lecturers:

Place: Zoom