

## Guide to Foundation Year and Advanced Clinical Year Costs (2025/2026)

### Course Fees for Current Physis Scotland Students

The **basic annual fee for Foundation Year and Advanced Clinical Training (Advanced Year 1, Advanced Year 2, and Advanced Year 3)** for 2025/2026 is £2950 for full payment before the beginning of the course\*. If you wish to pay in instalments, there are two payment options available. The first is a three termly payment plan. The second is a ten-month payment plan (see table below).

Foundation Year and Advanced Clinical training years	Non-refundable Deposit	Remaining balance	Total
Option 1: Annual payment prior to the start of the academic year	£300	£2650.00	£2950.00
Option 1: Termly Payment Plan	£300	3 x £895.00	£2985.00
Option 3: Monthly Payment Plan to be set up by standing order (due on 1 <sup>st</sup> of each month from September 2025 – June 2026).	£300	10 X £275.00	£3050.00
<b>*All prices are inclusive of VAT</b>			

The course fees detailed above relate to Physis Scotland's Diploma in Counselling using TA (Foundation Year and Advanced Years 1 and 2) and/or for those wanting to gain UKCP Registered Psychotherapy qualification (Foundation Year plus three Advanced clinical years) or for those who want to gain training hours towards their CTA. It is important to be aware of all the costs involved in the whole training process, which are detailed below.

Course fees are reviewed annually and may be subject to change at the start of the academic year (normally increasing by approximately the rate of inflation each year).

**Please note, if a student withdraws from the course upon confirmation and acceptance of a place, or prior to the end of the academic year, the full fee is still payable.**

## Missed Training Hours

You will be expected to attend all 20 days of training each training year, but, if necessary, you can miss a maximum of 3 training days, or equivalent of 21 hours only (please note, a training day is logged as 7 hours).

You can miss up to 1 day without having to account for missed learning. If you are absent for 2 or 3 days training, you will need to account for your missed learning by choosing one of the following two options:

- Scheduling an additional 1-hour tutorial with your core tutor at an additional cost of £65 payable directly to your core tutor
- Writing a reflective piece of 500-750 words to demonstrate your learning and integration of the course material missed, which you will submit directly to their core tutor. Please note, this piece of work will not be formally assessed.

If you miss more than 85% (3 days) of the course, you will be required to repeat the training year.

## Therapist Fees

Over each year you are required to have ongoing therapy (a minimum of 40 sessions per year). For those planning to continue (or to keep their options open) to become a UKCP Registered Psychotherapist, their personal therapist must be a UKCP registered psychotherapist with knowledge of TA, ideally qualified in TA (CTA, PTSTA, TTA, STA or TSTA). For those wanting to gain the Diploma in Counselling who *definitely* do not want to continue on to the Psychotherapy qualification you can see a humanistic counsellor or psychotherapist. As Physis Scotland offers a Diploma specifically in TA counselling, it is expected most of the 90 hours of personal counselling/therapy undertaken for the Diploma, will be with a counsellor/therapist with a TA background and qualification; or who has some knowledge of TA and uses it in their practice. Costs vary from approx. £45 - £65 per session and attending a therapy group can be cheaper.

## Supervision

In order to obtain the Physis Scotland Diploma in Counselling using TA, you must have 100 placement hours. It is a requirement to have supervision at a ratio of 1:6. You are likely to receive free Supervision in your placement and this can count for a maximum of 50% of the Supervision for the Counselling Diploma. 50% must be with a TA Supervisor (PTSTA or TSTA).

For the CTA exam, where you must gain 750 hours of placement work, 75 hours of Supervision must be with a TA Supervisor (PTSTA/STA/TSTA). 40 hours of this must be with your Principal Supervisor who will support you through your exam.

The cost of supervision is likely to be £50- £70 per session. If you are in a small group (of 3) you can potentially count three hours supervision for this cost. This is the most cost-effective way of

doing it but you also need to consider your supervision needs.

## Student Membership

It is likely that you will need to take out one or two **student memberships** of the following organisations. Please see below which memberships you will require: -

- ❖ **UKATA** (<https://www.uka4ta.co.uk/>) You must become a member of UKATA from the start of your Foundation Year and maintain that membership at least up until CTA qualification. Student Membership rate for 2022/2023 is £80.00 p/a. Physis Scotland pay your EATA subscription (European Association for Transactional Analysis) through the STAA (Scottish Transactional Analysis Association).
- ❖ **ITAA (International Transactional Analysis Association)** Membership to the ITAA gives access to TA Journal. Cost is \$90 (dollars).

## Accreditation of Prior Learning

For students joining Physis Scotland in Clinical Years 1 or 2, who wish to gain the Physis Scotland Diploma in Counselling using TA at the end of Clinical Year 2, it is necessary to go through the Accreditation of Prior Learning process. Copies of all written assignments and feedback from your previous training institute, along with your CV, Personal Statement, Training and Practice Summary and two references (one of which must be your former training provider) need to be submitted at least 2 months before the new academic year commences. The current fee for the APL assessment process is £300.

## Exam Costs

**Diploma in Counselling** - this is only relevant if you are planning to take our Counselling Diploma Exam after at least 3 years training. Our current exam fee is £300 (inc. VAT). A deposit of £150 is required when submitting your application form.

### UKCP Registration Through UKATA:

**Route 1: CTA Psychotherapy exam** – this is an external written and oral exam. In order to take the exam, you need to have completed 2000 hours in total which includes training, supervision, therapy, other courses, conference attendance, and psychiatric placement hours. On completion of your four years training, we anticipate that you will have a minimum of 50% of these hours accrued, this will vary depending on when you started your placement, how many clients hours you have done, supervision arrangements, extra therapy, attendance at other workshops, training and conferences. The remainder of the hours will be gained by continued clinical practice and CPD such as exam prep. The cost of the written exam is £375 and the oral exam is approximately £300.

**Route 2: Case Study Completion** – this is available to UKATA members who have completed a four-year RTE training. Members are required to complete a specific written and oral assessment



within their RTE. Evidence of completion of these assessments, combined with evidence of completion of other UKCP requirements can then be shared with UKATA to enable an member to be placed on the UKCP register. The cost of completing the written exam with Physis Scotland is £450 (inc. VAT) and the oral exam is £450 (inc. VAT).

### Professional Liability Insurance

When students start seeing clients, usually in Clinical Year 1, they may be required to take out professional liability insurance. As a student, this is normally in the order of about £75. We recommend checking out with your placement organisation if this is something they provide, or if this is something you will need to take out yourself.

### Additional Training Costs

**Workshops:** Physis Scotland also provides a range of optional one- and two-day workshops throughout the year which you can sign up for – Approx £105 (inc. VAT) per day.

**Conferences:** Optional conferences run by UKATA and regionalised TA Training groups.

**Books:** - Amount spent depends on your levels of reading and how you source your books eg Amazon, Ebay. Approximately £100 -£150 for key recommended books. Physis Scotland has a library from which books can be borrowed.

### Funding Options

Our course is not SAAS (Student Awards Agency Scotland) funded.

There are some bursary schemes available via UKATA and EATA you will need to be a member of UKATA to benefit from this scheme. Bursary funds are limited and, in the past, awards from these sources have ranged from £75 to £400. **This source should not be relied upon to fund training.**

Previous students have approached their employers and on occasions employers have contributed to the training costs.

**Please note: \*Course fees, CPD fees, Diploma Exam fees and UKCP Registration via UKATA Route 2 fees shown are inclusive of VAT.**