

**Institution:**

Metanoia Institute

**1. Context and mission**

Metanoia Institute is a well-established educational charity and professional training institution. The Institute specialises in professional-body accredited (UKCP, BACP, BPS, HCPC) training programmes for counsellors, psychotherapists, counselling psychologists, supervisors, coaches and organisational development consultants. For over 30 years, Metanoia Institute has provided high-quality professional training through university validated undergraduate, postgraduate and doctoral programmes in Counselling, Psychotherapy, Counselling Psychology and allied fields. Practitioner training and qualifications are offered within a supportive and inclusive environment.

Metanoia Institute was founded in the early 1980s as one of the primary organisations in the UK to offer humanistic-oriented professionally accredited therapeutic training. Metanoia Institute is an Organisational Member of the UK Association of Counselling and Psychotherapy (UKCP), providing students with a rigorous theoretical and practice-based framework which facilitates fully qualified, professionally registered and ethical graduates ready to enter practice, their chosen employment or further study.

This is the first REF submission made by Metanoia Institute. As the submission is being made to just one Unit of Assessment, REF5a is not a requirement of this process; however it provides useful contextual information to accompany a first submission. It is also offered as evidencing a young and growing culture of research that has been afforded sustainability through a commitment demonstrated by investment in staffing, time and support for research.

As of March 2021 Metanoia Institute has 1,075 students registered across all programmes, comprising 193 full-time and 882 part-time students. Given the nature of the programmes, the entry requirements and lifelong learning prominence of the profession, as well as the postgraduate emphasis within the institution, all students are mature. Current registration numbers are:

- 184 students on undergraduate degree programmes (validated by the University of Middlesex)
- 9 students on undergraduate diploma routes (professional body validated)
- 422 students on MSc / MA degree programmes (validated by the University of Middlesex)
- 272 students on postgraduate diploma routes (professional body validated)
- 186 students on doctoral programmes (PhD, Professional Doctorate, Doctorate by Public Works; all joint provision with the University of Middlesex)

Metanoia Institute is organised across three Faculties; Faculty One (Psychotherapy and Counselling), Faculty Two (Research and Doctoral Programmes) and Faculty Three (Applied Social and Organisational Sciences). There are 132 staff employed at the Institute, representing academic and teaching staff, institutional management and administration, clinical and support staff. Many contracts are part time, reflecting the size and business needs of the institution as well as the continuing professional practice of academic staff.

As an Organisational Member of UKCP, Metanoia Institute also offers a range of Continuing Professional Development (CPD) events and opportunities for alumni as well as current students and staff.

Metanoia Institute is a small and specialist institution currently in the process of applying for independent degree awarding powers (DAPs) and, in time, university title. It is the ambition of the Institute to be the first university specialising in counselling and psychotherapy professional training, postgraduate qualifications and evidence-based practice.

Metanoia Institute is based in the London Borough of Ealing. The Institute owns, outright, two Edwardian buildings, in close proximity, situated around Ealing Common. The buildings replicate the therapeutic environment for training, providing a supportive and inclusive atmosphere. The property in Gunnersbury Avenue also houses the Metanoia Counselling and Psychotherapy Service (MCPS). Here, Metanoia Institute offers a confidential, low-cost service for the community, providing individual weekly counselling and psychotherapy services for help with depression and anxiety, post-natal depression, alcohol and/or drug use, parenting difficulties, sexual difficulties, relationship difficulties, self-harm, personality problems and coping difficulties.

MCPS is partially funded by NHS Ealing, with clients being both NHS and self-referred. The Metanoia clinic allows the Institute to provide placements for students, as well as operating a centre for practice-based research. All counsellors, psychotherapists and psychologists at MCPS are in fully supervised training at Metanoia Institute, with practitioners representing diverse backgrounds and ethnicities.

In addition, Metanoia Institute provides a school-based counselling service, Here4You, offering high quality, professional mental health services to students in secondary schools and colleges in London. Here4You also provides support to secondary school and college staff in order to promote wellbeing. The service provides qualified counsellors, trained in the humanistic approach, delivering a professional, evidence-based service in collaboration with the young person and school staff.

The mission of Metanoia Institute is to provide excellence in counselling, psychotherapy, counselling psychology and applied psychology training and qualifications. In conjunction with this, it is the stated purpose of Metanoia Institute to develop and enhance the work and reputation of the Institute in practice-based research and scholarship, through fostering an active research culture and provision of accessible and effective educational and clinical services to the wider community. The Metanoia Counselling and Psychotherapy Service clinic is fundamental to this mission.

## 2. Strategy

Metanoia Institute Research Centre is based in Faculty Two. The Centre has developed a number of research groups, led by academic staff, demonstrating engagement with different areas of professional practice. All research groups are open to staff and students across all faculties, as well as external partners who wish to join us. An annual [Research Academy event](#) offers the opportunity to support, encourage, celebrate and disseminate research at Metanoia Institute. Members of the Metanoia community engage in a range of national and international research events.

The strategy for research at Metanoia Institute is to promote an active, lively and contemporary research culture which supports evidence-based practice to influence public and professional understanding and policy in counselling and psychotherapy. This is achieved through the Research Centre in Faculty Two, which operates as a hub for developing research groups and initiatives. Engagement in research groups is open to the Metanoia Institute community, leading to the development of an inclusive and supportive research culture and exchange.

Projects, impact and activity developing from the Research Centre are channelled through the Metanoia Institute Research Committee. The membership of this committee includes academic, teaching, clinical and administrative staff as well as students. There is an opportunity to refresh membership on a two-yearly basis, when expressions of interest in membership are circulated to all staff and student representatives.

The Institute's ethos of high quality training and practice leads us to engage in developing research partnerships, both locally and internationally, with a variety of professional, academic and community groups.

The oversight of Metanoia Institute research strategy, its monitoring and implementation, is delegated to Metanoia Institute Research Committee and approved by Academic Board. The strategic aims are:

- To encourage, support and monitor research, scholarship and innovation to make a significant contribution to the Institute's academic standing.
- To support the development of high-quality research of relevance to clinical practice and the professional field of psychological therapies and related disciplines.
- To develop a community of practice and facilitate the exchange of research knowledge and ideas.
- To support the development of intra and inter-disciplinary research.
- To support the development of applications for external funding for appropriate research

The Metanoia Institute Clinical Ethics Research Committee oversees all research applications and proposals and acts as a reference point for clinical ethics matters.

The strategic aims are further elaborated by the Metanoia Institute Research Centre which clarifies the Institute's emphasis on practise-based research; specifically the development of psychotherapy practise and a practitioner-researcher voice in clinical practice and research, development of psychotherapy treatment theories, routine psychotherapy practice and community engagement. To that cause, publications by Metanoia Institute staff and students are primarily focused on psychotherapy and counselling publications which are widely read within the profession.

Full Details of Metanoia Institute research groups can be found here: [Research Groups](#)

Metanoia Institution research and publications (including doctoral research) can be found on Mirep, the Metanoia Institute [Research Repository](#).

Metanoia Institute is committed to promoting a sustainable research culture. This is given structure through the Faculty of Research and Doctoral Programmes, where academic staff linked to project management and the research clinic are based. Although a small, charity-based organisation, Metanoia Institute's commitment to employing staff with responsibility for research is demonstrable evidence of a vital and sustainable culture of research.



All full time senior academic staff at Director of Studies or Faculty Head level have a 0.2 fte allocation to scholarly activity and/or clinical practice. The research committee has an annual budget for staff research grants, and a budget for research start-up costs. Metanoia Institute currently employs two Senior Research Fellows to support research and research teams.

Whilst the Metanoia Institute research culture is led from the Faculty of Research and Doctoral Programmes, it engages with the wider Metanoia community through communication, committee membership, student representation and institute-wide events such as the annual Research Academy and research seminars. In March 2020 a Communications and Marketing Officer was appointed at Metanoia Institute, a post which has facilitated a lively and active engagement with, and promotion of, research. Over the past 12 months Metanoia Institute has considerably increased social media presence and voice in relation to research activity, outputs and public engagement. See Twitter: @Metanoia\_Inst

Metanoia Institute places high value on social responsibility and engages in a number of community projects within the UK (MCPS research clinic, Counselling for Depression and Here4You) as well as internationally through Erasmus and European projects (women with mental health problems in rural areas, youth workers engaging with refugees).

The intercultural emphasis of the Institutional research strategy is evidenced through the Multilingual Awareness in Psychotherapy research group.

### 3. People

The link to the Metanoia Institute Code of Practice can be found here: <https://metanoia.ac.uk/research/metanoia-institute-code-of-practice-for-ref2021/>

### 4. Income, infrastructure and facilities

Please see Metanoia Institute REF5b for detailed information.

Metanoia Institute is making a submission to one UoA only, and as such REF5a is not a requirement, but has been provided as supporting and contextual information. Rather than duplicate submission evidence, required information can be found in **Section 3** of REF5b.