



THE  
EXISTENTIAL  
ACADEMY

# Diploma in Existential Coaching

Course leader Professor Emmy van Deurzen PhD  
Deputy course leader Monica Hanaway MA MSc

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# Course Philosophy

**“Existential Coaching is a philosophical method of coaching that enables people to get clarity about their lives and make decisions about the practical ways in which they may want to change their actions, beliefs and values.”**

The philosophy of this course is existential, which means that the focus of students' practical work will be on understanding the human predicaments of their clients in a philosophical way. It draws on the work of existential and phenomenological thinkers and, whilst in some ways related to philosophical consultancy, it is a separate and rapidly developing profession in its own right. Coaching is used in many different settings and organisations and is a direct and constructively practical method of enabling people to think clearly about their lives. It is clearly distinct from the professions of counselling and psychotherapy, which usually have a more curative, caring and therapeutic brief. Coaching is regulated by its own professional bodies and the Course leader is a founding member of the Coaching Psychology Section of the British Psychological Society.

## **course objectives**

We aim to prepare students and trainees to become well rounded professional coaches, capable of working within diverse settings and able to critically evaluate their own work. With so few reputable coaching courses currently available, we hope that our graduates will become leaders in their field.

Essays and research for the diploma will include a discursive, philosophical element and the research will usually be based on phenomenological enquiry. In order to encourage the integration of a variety of coaching methods, staff will be drawn from many different settings and backgrounds. The course will include elements of psychoanalytic and psychodynamic training as well as of cognitive-behavioural training, cumulating in the study of integrative aspects of coaching interventions that fit best with an existential approach.

## admissions and accreditation

Admission interviews will take place as applications come in, and places are allocated on a first come first served basis. We shall recruit two small cohorts of up to 12 students for the first year of the course. After successful completion of this year students will obtain a Certificate in Existential Coaching. After two years of successful training students will obtain the Diploma in Existential Coaching. We will collaborate with the New School of Psychotherapy and Counselling in delivering these qualifications. Middlesex University have expressed an interest in validating the course and it is hoped that this will allow us to convert the certificate into a Post-graduate Certificate and the Diploma into a Post-graduate Diploma in due course and that students writing an additional dissertation may achieve an MA in Existential Coaching.

### Is it for me?

- In this time of economic unrest many companies and individuals are trying to make sense of their personal and professional place in the world and are seeking interventions and support which will help them handle and creatively deal with enforced change.
- Many are turning to professional coaches to work with them and it is clear that a complete review of values and beliefs is necessary in many cases.
- If you are philosophically inclined and have the capacity for clear thinking and good communication and you like to work with people to help them achieve clarity and to transcend their difficulties, existential coaching might be for you.
- The Existential Coaching programme offers the opportunity to work at certificate and diploma level, so you can tailor your studies to meet your own professional needs.
- It is possible to exit at each level and return later to complete the next tranche of the programme.

**What if I am already a coach?**

- You will bring your own valuable experience and previous training to the programme through which you will develop new coaching skills and a deeper understanding of the psychological and philosophical foundations of an Existential Coaching approach.
- The course will provide you with a unique selling point as well as developing a greater understanding of key theoretical approaches to coaching as well as allowing you to develop.

**What if I am already a therapist or psychologist?**

- The programme will enable you to develop a further professional area to add to your portfolio of interpersonal work.
- Your previous training will have placed you in a strong position to offer psychologically and philosophically informed coaching.
- The programme will allow you to bring these skills and knowledge into the business arena.

**What if I am already working as a senior manager in the business world?**

- The programme will enable you to enhance your understanding of yourself and your colleagues, enabling a stronger model of leadership and team-work.
- You may want to use the knowledge and skills which the programme provides to work as a professional coach or to enhance your skills in managing people, reducing conflict and fostering a deeper understanding of the philosophical and psychological factors which impact on any business.

**What if I am already working within human resources?**

- The programme will enable you to develop a deeper understanding of yourself and your colleagues.
- It will enhance your ability to avoid and resolve conflict situations early, to develop your staff more fully and to support your organisation through challenges and change.

**What if I have no previous experience in the human relations' field?**

- You may need to take a foundation course before applying to this programme. Please feel free to phone the administrator to enquire about your particular situation.

# Curriculum

The weekly programme requires your presence on the course on Tuesdays for thirty weeks each year, divided into three ten week terms. The intensive option delivers this same curriculum over six five-day intensives, the dates for which will be posted on the website. In addition, for all students there will be two weekend workshops to attend each year. You will also need to be in a supervised coaching placement for the second year of the programme, as well as producing a number of pieces of qualitative research and case studies. We require you to be in on-going personal existential coaching as part of your training. The course will take place in a central London location.

## Admissions Criteria

All students admitted onto the course will need to have a good first degree in a relevant field or its equivalent as well as a foundation in human relations or counselling skills. In addition, all candidates will have done some previous work in a human relations' setting. We will also look for personal qualities that make you suitable for the coaching profession and this will be assessed by interview.

We also envisage an active scheme of transfer of credits from previous post-graduate study where this is relevant. Students will have the opportunity for Recognition and Accreditation of Learning (RAL) for any units for which they can demonstrate previous learning to the correct standard and this will be done during their review of learning in the first year of the programme. All students will have to fill out standard RAL forms once they have been admitted into the programme in relation to all units and modules they wish to RAL for. The Course Committee will consider these on an individual basis.

# Course Elements

Each student on the course will engage in a programme of study, training, practice and research that will include the following elements in equal measure:

- Skills training during the first year of the programme, leading into supervised work, which will be assessed by case studies.
- Some taught course work, which will emphasise collaborative learning and integration of theory and practice.
- Coaching practice in the second year of the programme in a suitable placement, which will be monitored actively and which will interact with the supervision component of the programme.
- Research on specific aspects of coaching, which is to be written up in a final project, predominantly centred on qualitative research.
- The course will be modular in nature and will be offered on an intensive basis for those living further afield.



# Structure of the Diploma in Existential Coaching

Year	Theory and Practice				Research	Projects	Credits
One	Theory and Practice One (40)				(20)	(20)	80
	<b>AM</b> The Psychology of Coaching  <b>PM</b> Skills Training	<b>AM</b> The Existential Approach to Coaching – Existential Theory  <b>PM</b> Existential Skills Training	<b>AM</b> Ethical Issues in Coaching  <b>PM</b> Skills Training	Placement Planning	Research Methods I	Review of Learning (RAL)	Exit Award: PG Cert
Two	Theory and Practice Two (40)				(20)	(40)	100
	<b>AM</b> Developing a Portfolio of Psychological Coaching Approaches	<b>AM</b> Coaching Existentially – Advanced Existential Knowledge and Skills	<b>AM</b> Managing the Coaching Relationship	Placement and Supervision (PM throughout the year)	Research Methods II	Small Project (8000 words)	Exit Award: PGDip
<b>Total credits</b>						<b>180</b>	<b>180</b>

Course fees are payable before the start of term and each module is charged at £700, i.e. £1400 per term. The weekend workshops for Research Methods I, II, Review of Learning and Small Project are charged at £550 each.

A non-refundable application fee of £70 is payable before the interview.

Personal coaching is usually arranged for one and a half hours per month and is likely to cost around £150 per session.

# Teaching Staff

**Course Leader** Prof. Emmy van Deurzen *PhD, MPhil, MPsyCh, FBPsS, FBACP, C.Psychol, UKCPF*

**Deputy Course Leader** Monica Hanaway, *MA, MSc, BA (Hons), PGCE, UKCP*

<b>Faculty</b>	Gary Darby	Philippa Morrison
	Maurice Jenkinson	Sanja Oakley
	Angela Jopling	Jonelle Patton
	Rupert King	David Pullinger
	Tim le Bon	Pnina Shinebourne
	Jacky Lewis	Mark Rayner
	Antonia Macaro	Jamie Reed
	Gregory Madison	Paul Swift
	Mo Mandic	Digby Tantam
	Frances Middleton	Elizabeth Turner
	Daniel Mirea	

## How to Enrol

Complete an application form (obtainable from the address below, or from our website) and send it to The Existential Academy with:

- Recent CV (Curriculum Vitae).
- Four recent passport size photographs.
- Photocopies of relevant professional and academic diplomas.
- Personal statement of about 800 words, providing details about your personal and professional background, demonstrating your ability to apply for this course.
- Evidence of previous foundational work, such as a foundation course in counselling or psychotherapy or in other related subjects.
- Application fee of £70, by cheque made out to **The Existential Academy**.