



# Online psychotherapy training in Europe

Professor Digby Tantam

Emmy van Deurzen

Chris Blackmore



# Introduction to SEPTIMUS

- n “Strengthening European Psychotherapy through Innovative Methods and Unification of Standards”
- n A Leonardo-funded three year project
- n Co-ordinated from the UK at the Centre for Study of Conflict and Reconciliation by Prof Digby Tantam and Prof Emmy van Deurzen
- n Designed to widen accessibility to psychotherapy training by offering places to those normally excluded on the basis of:
  1. Geographical isolation from training centres
  2. Disability/mobility issues
  3. Work/family commitments

## Introduction (contd.)

- n 8 countries involved in SEPTIMUS- Austria, Czech Republic, Ireland, Italy, Poland, Portugal, Romania, UK
- n UK (Sheffield University) set up the Virtual Learning Environment (VLE) and gave access to other institutes
- n VLE consisted of:
  - A. Webpages (for the course material)
  - B. Discussion forums (for student interaction and learning)
  - C. Chatroom (for student interaction and learning)

## A. SEPTIMUS Webpages

- 6 Units of course material-
  1. health and well-being
  2. existential and human issues
  3. conflict and reconciliation
  4. Overview of different methods of psychotherapy and personal change
  5. Ethics and culture in psychotherapy and counselling
  6. Development through the life-cycle: normal, distressing, and disabling
- n Entrance to course is via [www.septimus.info](http://www.septimus.info)



Strengthening European Psychotherapy through Innovative Methods & Unification of Standards

# Distance learning programmes in psychotherapy

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- [News](#)
- [Partners](#)
- [Any questions?](#)

SEPTIMUS 2004 For registered users

Sample page For visitors

## Downloadable application form

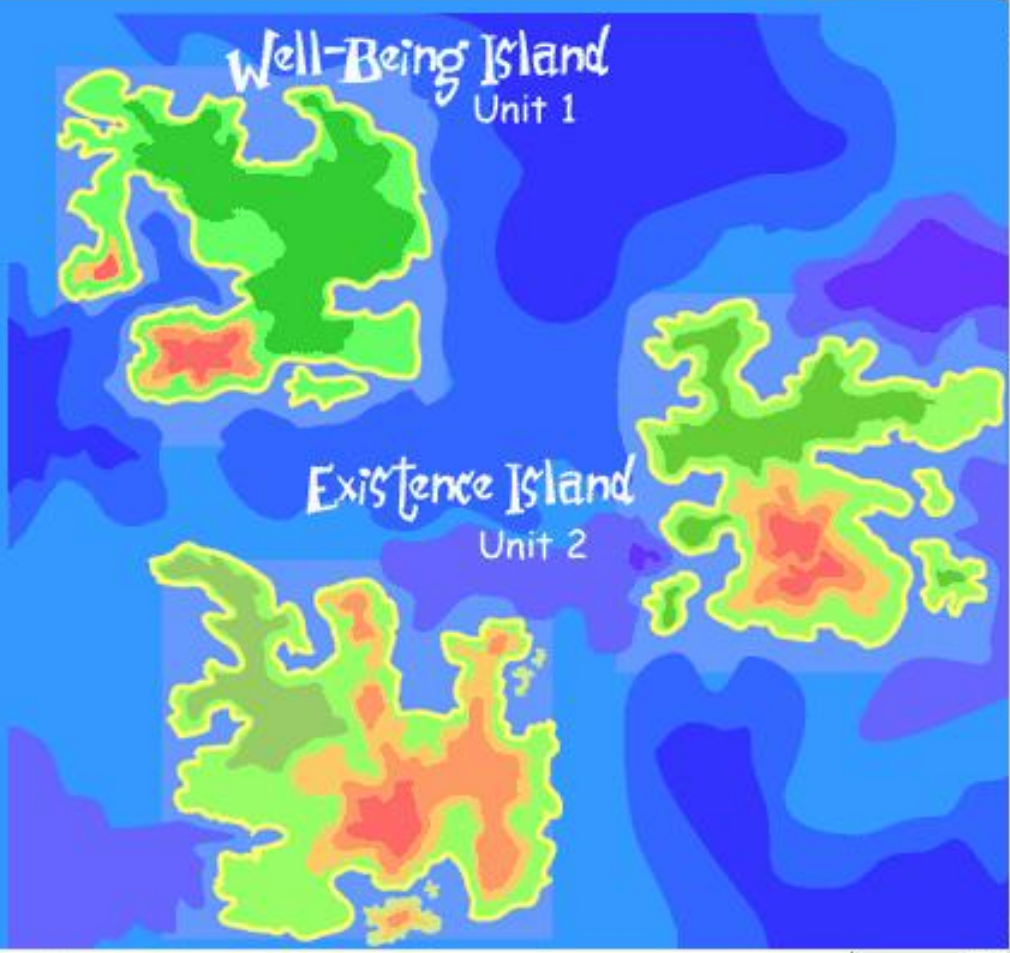
[Word format](#) 

**SEPTIMUS 2003** is a 30-week course in psychotherapy practice



News  
Staff room  
For students  
Community

Navigate  
to the  
SEPTIMUS  
islands



# Well-Being Island

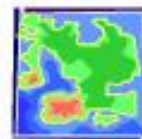
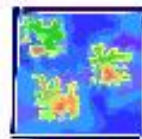
Unit 1  
Well-Being and Mental Health





Well-Being Island  
Philosophers' Cave

Unit 1 / Week 2



Large text

- Home
- Course Atlas
- Unit 1
  - Week 1
  - Week 2
  - Week 3
  - Week 4

*Learning objectives for week*  
to consider the different philosophical perspectives on the notion of well-being and mental health  
formulate your own position in relation to the issues.

## Week Two: The philosopher's view-point

*Contents*

A us  
intro  
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- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Week 9
- Week 10

Community Pages

Discussion Forum & Chatroom

Assessment Pages

Country Pages

Help & FAQ

## Week Two: The philosopher's view-point

### Contents

- [introduction to "well being" and what it has meant over the centuries in western culture](#)
- [some of the significant philosophers](#)
- [right to well-being- a case study](#)
- [rights and responsibilities](#)
- [right to treatment](#)
- [summary](#)
- [questions](#)
- [references](#)

It is important to note that YOU ARE NOT EXPECTED TO WORK YOUR WAY THROUGH ALL OF THIS WEEK'S MATERIAL. We have deliberately included a large amount of material which will act as a resource which can be used later on in the course. You will probably only look at a fraction of material this week.

### Introduction

To begin with, some definitions:

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Help & FAQ  
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### What is philosophy?

There are some very profound questions which over time humans have sought to answer, perhaps because we seem to be driven to find meaning in life and these questions offer us the possibility of getting at this meaning. However, although deceptively simple, these questions often prove to be extremely difficult to answer. For example, what, in this life, can we be certain of? What is real? How do we know it is real? Does it matter? The attempts to answer such questions can be infuriating and have led to philosophy's reputation as incomprehensible or pointless.

Philosophical questions such as "what is real?" may not have much to do with our day-to-day survival. After all, when contemplating sitting down, we are not concerned about whether a chair is "real"- this is usually taken for granted- but rather whether it will be comfortable, take our weight, etc. However, society's opinions on these topics can have profound and far-reaching implications for us as we go through our lives. And perhaps one of humankind's main preoccupations throughout history has been deciding what is this thing called "happiness", how do you obtain it and how do you know that you have got it?

Such philosophical debate has its roots in Ancient Greek civilization. Before this time, civilizations such as those of the Ancient Egyptians or Babylonians, although very sophisticated in terms of mathematical and astronomical knowledge, tended to look for explanations of life in religious terms. The Greeks were among the first, as far as we know, to systematically address questions such as "what is the good life" and "how can it be lived?" Their answer, in very general terms, was that the good life resides in virtue.

Of course, this is a very Western account of philosophical thought. We would do well to

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Of course, this is a very Western account of philosophical thought. We would do well to bear in mind that cultural relativism makes the process of comparing cultures a potentially hazardous one- what one culture values highly may not be similarly valued in another. There are also centuries of thought handed down from Eastern traditions. For example, when thinking about well-being and its absence, (Zen) Buddhism gives us the powerful notion of "acceptance of the void". The ancient Chinese teachings of Confucianism suggest that the good life arises from an orderly society where everyone diligently carries out their duties and responsibilities.

Major Capra.

For one of Capra's lectures, click [here](#).

How do Eastern and Western philosophical thinking compare? Go to [Eastern and Western Philosophy](#)

How do the Greek philosophers fit in to the rest of philosophy as we know it? Find out on the [Timeline of Western Philosophy](#)

**Before you go to the next page...**

*What do you think? Do people have a right to well-being? This is an ideal discussion for your tutorial group.*



*So post your views now, and be sure to read what others say, and reply to their comments.*

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Strengthening European Psychotherapy through Innovative Methods & Unification of Standards



Education and Culture

**Leonardo da Vinci**

This project is funded by the Leonardo da Vinci programme, project number UK/01/B/F/PP/129\_387, 2000-2003  
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## B. Discussion Forums

- n For asynchronous discussion about the course material
- n Standard model with any number of forums for each country plus some general ones
- n Clear structure with easy to follow threads
- n Software supports foreign language characters
- n An International Discussion Forum set up to capitalise on the transnational aspect of the course


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Address <http://www.septimus.info/LeMU5/phpBB2/index.php>

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## Septimus.Info






A bulletin board for the users of the Septimus.Info site

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The time now is Thu Apr 15, 2004 2:06 pm

**Septimus.Info Forum Index** [View unanswered posts](#)

Forum	Topics	Posts	Last Post
<b>For the whole SEPTIMUS community</b>			
 <b>Partner and Tutor Forum</b> Partner and Tutor Forum	11	19	Sun Feb 01, 2004 2:37 pm <a href="#">Diqby</a> →
 <b>International students' forum</b> This new forum is for all of us to use, but especially students. It is open to every SEPTIMUS student. Please use it to discuss the course, make contact, and exchange views and opinion	58	167	Wed Apr 14, 2004 1:53 pm <a href="#">olqaJ</a> →
<b>Austria</b>			
 <b>Austrian forum</b> Austrian users forum	217	379	Thu Apr 08, 2004 7:11 pm <a href="#">SonilaM</a> →
<b>Czech Republic</b>			
 <b>David's tutorial group</b>	86	350	Tue Apr 13, 2004 11:55 am <a href="#">ZbynekV</a> →
 <b>Czech forum for 2002-3</b> Czech users forum	89	228	Sat Sep 20, 2003 4:30 pm <a href="#">Karla</a> →

Done Internet

Start MSN Messeng... Philosopher's... LMDU- 1.3.04 ... Microsoft Pow... Outline timeta... **Septimus.Info...** 15:06



## Septimus.Info

A bulletin board for the users of the Septimus.Info site

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[Usergroups](#)
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### David's tutorial group

Moderators: None

Users browsing this forum: None

[Goto page 1, 2 Next](#)



[Septimus.Info Forum Index -> David's tutorial group](#)

[Mark all topics read](#)

Topics	Replies	Author	Views	Last Post
<a href="#">prianie</a>	1	<a href="#">janab</a>	14	Tue Apr 13, 2004 11:55 am <a href="#">ZbynekV</a> →
<a href="#">Uspesna konference rodinne terapie</a>	0	<a href="#">David</a>	8	Mon Apr 05, 2004 12:40 pm <a href="#">David</a> →
<a href="#">omluvenka</a>	7	<a href="#">Tereza</a>	39	Mon Apr 05, 2004 12:34 pm <a href="#">David</a> →
<a href="#">esej</a>	2	<a href="#">cz17</a>	18	Mon Apr 05, 2004 12:03 pm <a href="#">MartinaP</a> →
<a href="#">utrpenie-zrenie</a>	5	<a href="#">janab</a>	51	Mon Apr 05, 2004 11:56 am <a href="#">MartinaP</a> →
<a href="#">...a jeste jedna omluvenka</a>	1	<a href="#">cz17</a>	15	Sat Mar 27, 2004 5:02 pm <a href="#">ZbynekV</a> →
<a href="#">Smrt aneb Co nas presahuje</a>	8	<a href="#">Katerina</a>	72	Tue Mar 23, 2004 11:41 am <a href="#">ZbynekV</a> →
<a href="#">Zacatek UNIT 3</a>	0	<a href="#">David</a>	18	Mon Mar 22, 2004 8:25 am <a href="#">David</a> →

Septimus.Info :: View topic - omluvka - Microsoft Internet Explorer

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Address <http://www.septimus.info/LeMU5/phpBB2/viewtopic.php?t=1983>

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[new topic](#) [postreply](#) **Septimus.Info Forum Index -> David's tutorial group**

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Author	Message
<b>Tereza</b>  Joined: 05 Oct 2003 Posts: 63	Posted: Wed Mar 24, 2004 1:41 pm Post subject: omluvka <a href="#">quote</a>  Rada bych vysvetlila svou delsi nepritomnost, doufam, ze jste me moc nepostradali 😊 Minuly tyden jsem se necekane ocitla s Johankou - prostredni ditko, v nemocnici, odkud nas vypustili az dnes, takze se omlouvam za mou nepritomnost na chatu a na boardu, budu se to nejak snazit dohnat.  Tereza
<a href="#">Back to top</a> <a href="#">profile</a> <a href="#">pm</a>	
<b>Katerina</b>  Joined: 06 Oct 2003 Posts: 64 Location: Prague	Posted: Wed Mar 24, 2004 3:48 pm Post subject: <a href="#">quote</a>  Terezo, doufam, ze uz je vse v poradku a ze to nebylo nic vazneho.  Katerina
<a href="#">Back to top</a> <a href="#">profile</a> <a href="#">pm</a> <a href="#">ICQ</a>	
<b>Jirina</b>  Joined: 17 Oct 2003 Posts: 58	Posted: Wed Mar 24, 2004 6:38 pm Post subject: <a href="#">quote</a>  Jasne, ze postradali 😊 Tak at je vam uz dobre.
<a href="#">Back to top</a> <a href="#">profile</a> <a href="#">pm</a> <a href="#">email</a>	

Done Internet

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### Administration

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### Extensions

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### Forum Admin

[Management](#)

[Permissions](#)

[Pruning](#)

### General Admin

[Backup Database](#)

[Configuration](#)

[Mass Email](#)

[Restore Database](#)

# Welcome to phpBB

Thank you for choosing phpBB as your forum solution. This screen will give you a quick overview of all the various statistics of your board. You can get back to this page by clicking on the [Admin Index](#) link in the left pane. To return to the index of your board, click the phpBB logo also in the left pane. The other links on the left hand side of this screen will allow you to control every aspect of your forum experience, each screen will have instructions on how to use the tools.

## Forum Statistics

Statistic	Value	Statistic	Value
Number of posts:	<b>5407</b>	Posts per day:	<b>8.74</b>
Number of topics:	<b>1897</b>	Topics per day:	<b>3.07</b>
Number of users:	<b>218</b>	Users per day:	<b>0.35</b>
Board started:	<b>06 Sep 2002 06:19 pm</b>	Avatar directory size:	<b>Not available</b>
Database size:	<b>20.85 MB</b>	Gzip compression:	<b>OFF</b>

## Who is Online

	Login	Last Updated	Forum Location	IP Address
septimus	17 May 2004 08:44 am	17 May 2004 08:44 am	Forum index	143.167.138.187

# C. Chatrooms



- n Chatrooms created using phpBB2
- n One archived chatroom so that students can review what has been said during a chatroom tutorial
- n One unarchived chatroom is available so that students can discuss confidential or sensitive material online


chris - ChatBox 1.19g - Microsoft Internet Explorer

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Address [http://www.septimus.info/LeMU5/phpBB2/chatbox\\_mod/chatbox.php](http://www.septimus.info/LeMU5/phpBB2/chatbox_mod/chatbox.php)

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 **Septimus.Info**

[Forum Index](#) [Smilies Box](#)

**Online:**  
chris

**Away:**

**Msg:** *guest\_8fa78abb* has joined chat on Thu Apr 15, 2004 2:08 pm

**Msg:** *guest\_8fa78abb* logged out on Thu Apr 15, 2004 2:08 pm

**Msg:** *chris* has joined chat on Thu Apr 15, 2004 2:11 pm

**chris:** Hi everyone! 😊 What did you think of this week's material about the philosophy of well-being?

Messages posted to this chat room are archived [here](#).  
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Done Internet

Start MSN Me... Philosop... LMDU- 1... Outline ti... chris - C... Dealing ... E-learnin... Septimu... 15:13

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Address [http://www.septimus.info/LeMU5/phpBB2/chatbox\\_mod/chatbox\\_archive\\_view.php](http://www.septimus.info/LeMU5/phpBB2/chatbox_mod/chatbox_archive_view.php)

Google Search Web Search Site Options

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**SEPTIMUS Chat Room Archive**

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There are entries for the following years:

- **2004** | [January](#) | [February](#) | [March](#) | [April](#)
- **2003** | [August](#) | [September](#) | [October](#) | [November](#) | [December](#)

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Internet

Start MSN Me... Philosop... LMDU- 1... Outline ti... ChatBox ... Dealing ... E-learnin... 15:14

# Questions

Do students enjoy this kind of study?

Do they prefer it to traditional "face-to-face" teaching methods?

Are tutors satisfied with their learning?

Has the programme widened accessibility to training?

To answer these questions, data was collected from each student:

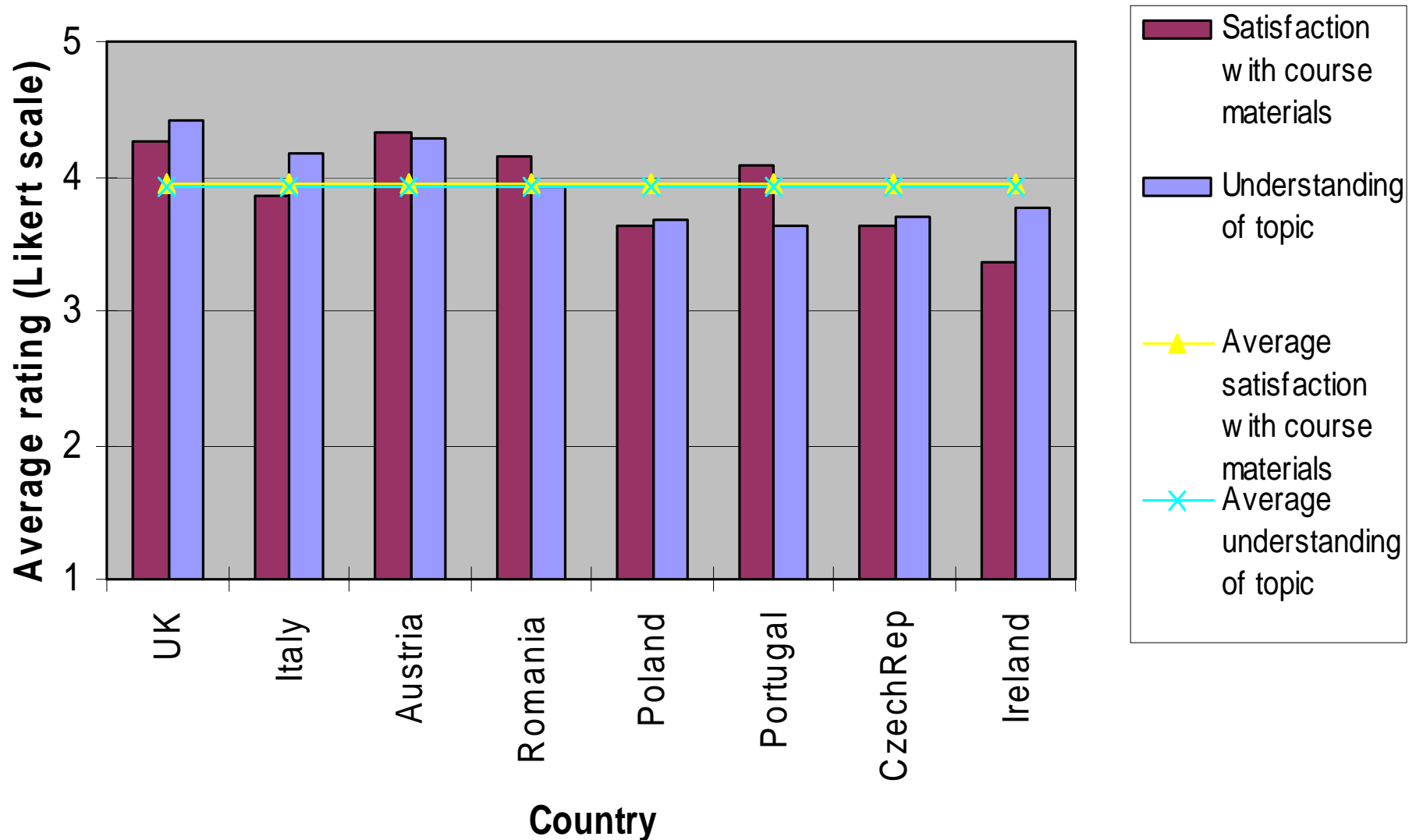
- n application data
- n feedback from student on each unit (32 item questionnaire)
- n feedback on student's progress from tutor
- n data on their use of VLE

## Do students enjoy this kind of study?

- n At the end of each Unit, students were given a 32-item feedback questionnaire on all aspects of the course
- n Data from 156 students show variation between countries:

# SEPTIMUS student feedback Oct 2002 - June 2004

1- Not at all; 2- A little; 3- Medium; 4- Quite a lot; 5- Very much

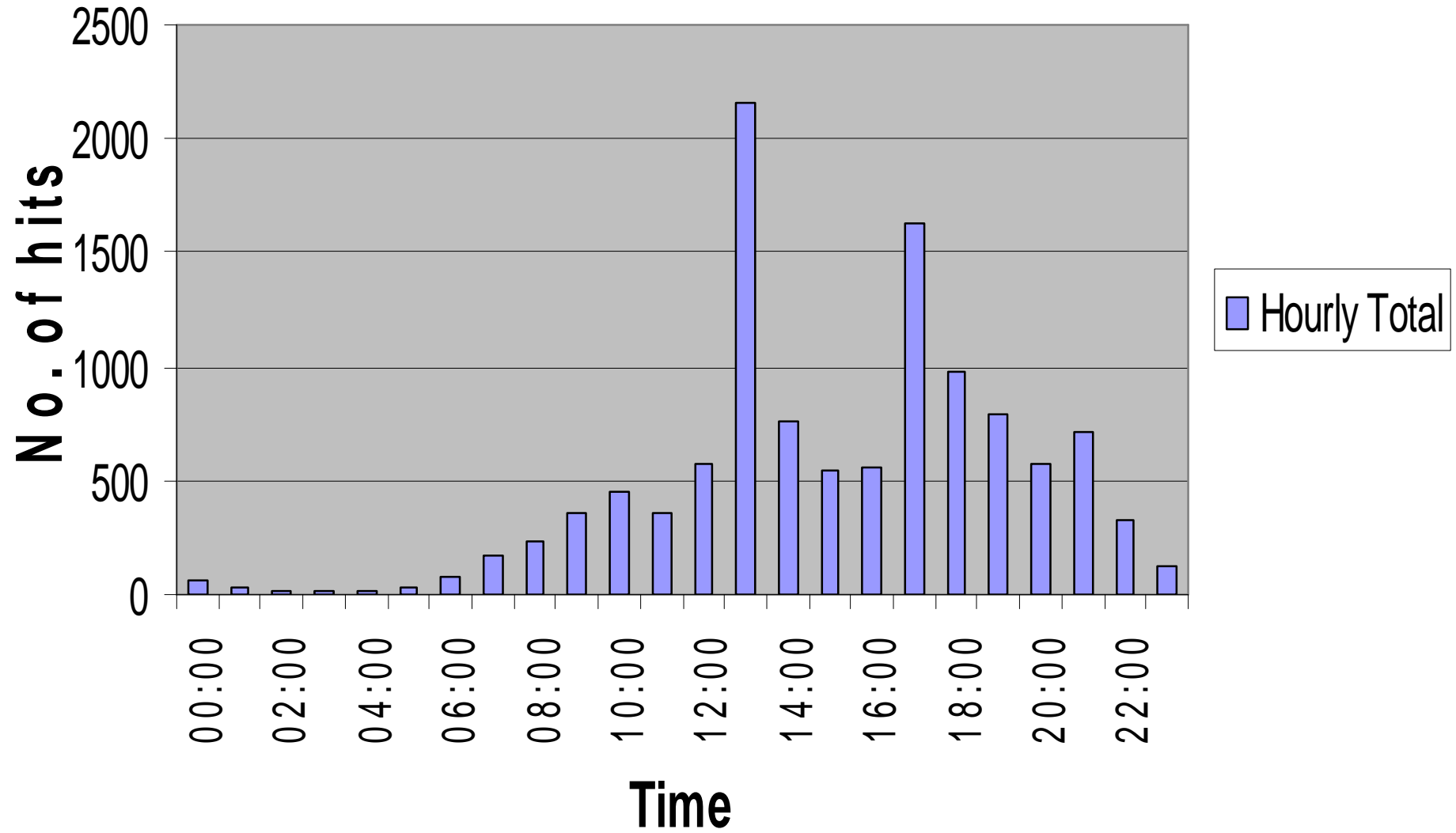


# Do students enjoy this kind of study?

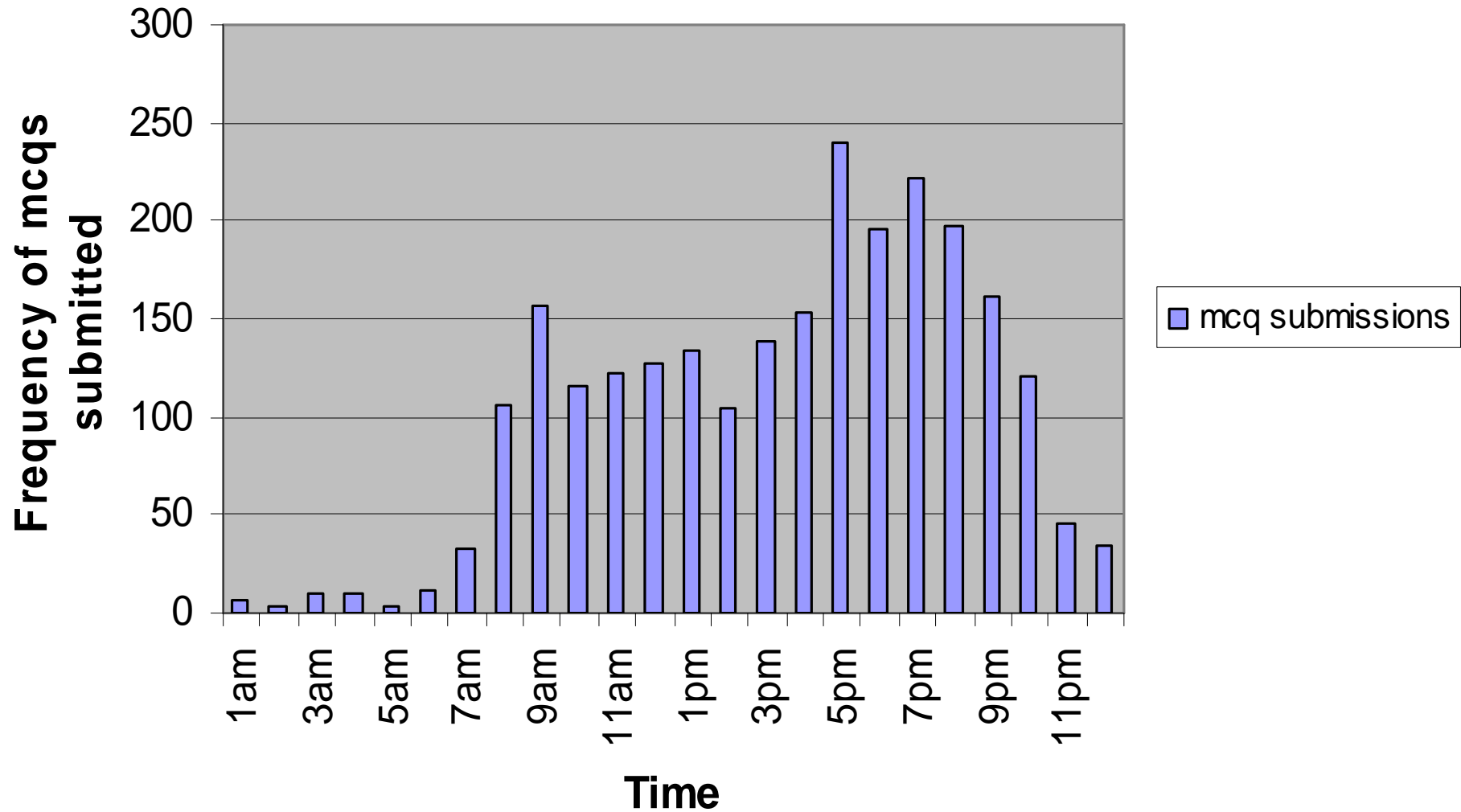
Data suggests that students are fitting in SEPTIMUS around their normal work patterns:

- n Peaks in activity before and after work, and at lunchtime
- n More study done during the week (and the most on Mondays)

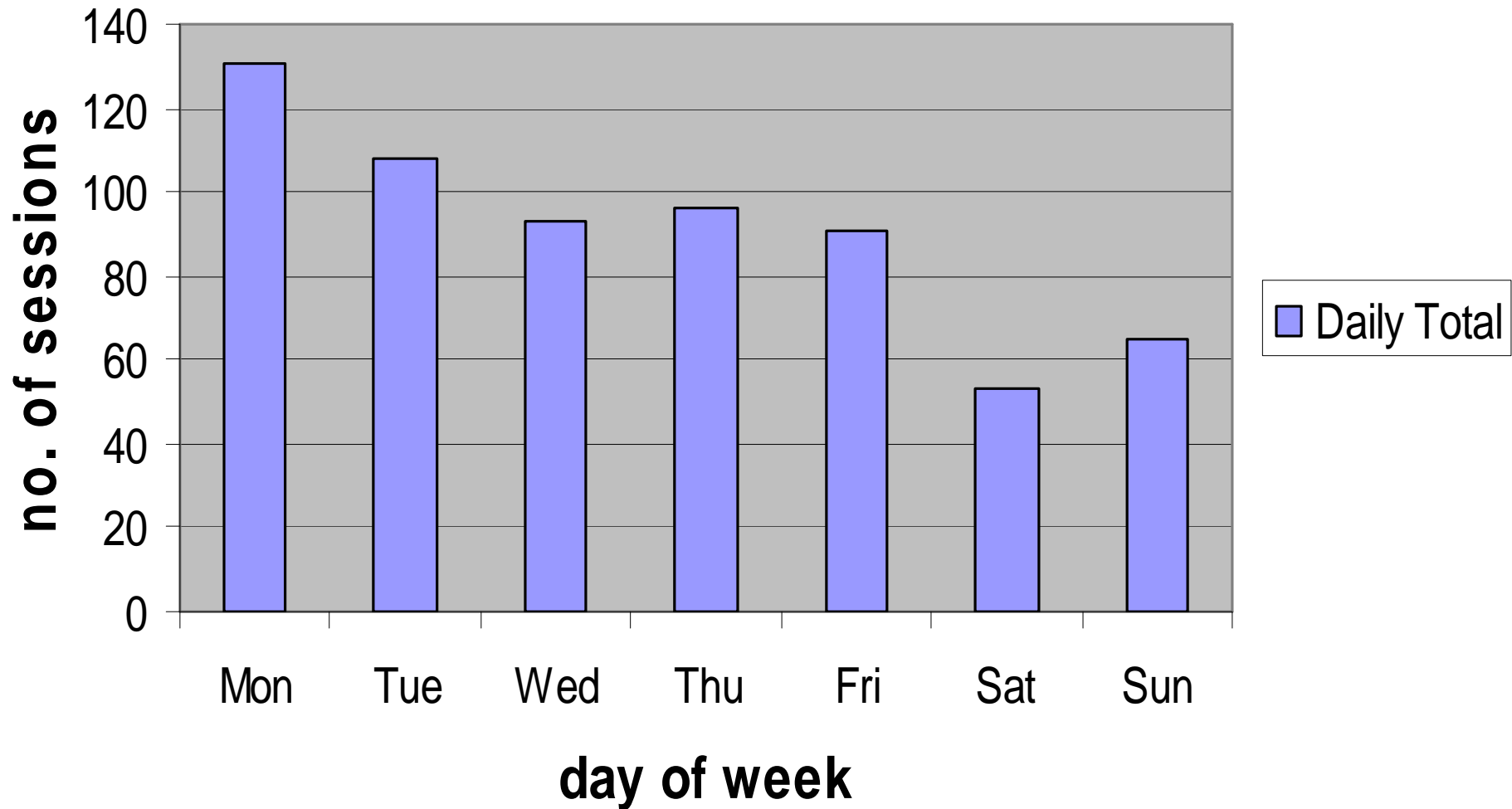
# Hourly Total of website hits October 2002-June 2004



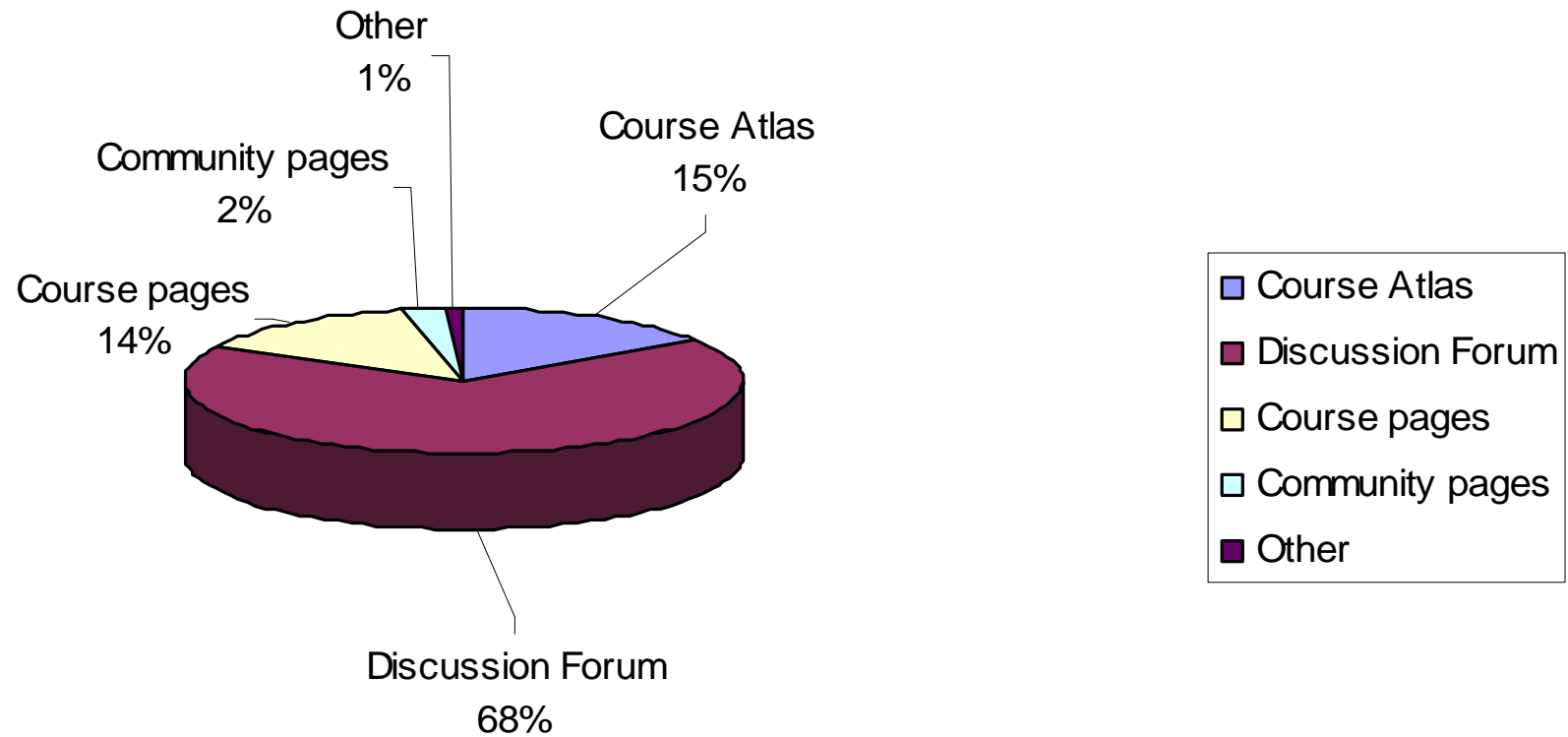
# SEPTIMUS online mcq submission, Oct 03- June 04



# Daily Total of sessions October 2002-June 2004



## Distribution of page hits (without chatroom) for SEPTIMUS January- May 2004



# Do students prefer eLearning to traditional methods?

- n We also did a study to compare student satisfaction and performance with online vs. traditional psychotherapy training courses
- n In Romania, Ireland and the UK, students who had completed a psychotherapy training course by traditional classroom teaching were recruited
- n 59 students were given a 32-item questionnaire to complete asking for feedback on traditional teaching methods for psychotherapy
- n This was compared with existing data from SEPTIMUS students

**Student feedback data from a Comparative Study of the SEPTIMUS course (2002-4) and comparable traditional psychotherapy courses (2002-3)**

Rating for all units studied	Understanding of whole unit (1-5)	Satisfaction with course materials (1-5)	Time on course materials (hours per week)	Satisfaction with tutor (1-5)	Time with tutor (hours per week)	Satisfaction with class discussions/discussion forums (1-5)	Time on class discussions/discussion forums (hours per week)	Time on assessment (hours per week)
Traditional methods (n=61)	3.72	2.63	2.82	3.13	1.73	2.92	1.81	2.30
E-learning methods (n=111)	3.93	3.94	8.44	3.69	2.44	3.32	2.36	3.66

# Do students prefer eLearning to traditional methods?

- n When comparing the e-learners (n= approx 111) with traditional learners (n=61), the results seem consistently more favourable for the e-learning method
- n Students appear to spend much longer engaged in learning with e-learning courses
- n Presumably this learning is of a different sort/intensity
- n NB- there is no guarantee of the equivalence of the two types of courses

# Are tutors satisfied with their learning?

- n Partner and tutor feedback says that they are very satisfied with the quality of the course material
- n The performance of students is comparable to traditional courses
- n So long as tutors establish confidentiality, openness and trust, the online environment seems to encourage students to engage in far more self-disclosure of personal material than is usually the case in classroom-based material
- n So students are able to apply the course material more directly to their own experience

# Has SEPTIMUS widened accessibility to psychotherapy training?

Application data says that of 156 students who enrolled:

- n over 50% live further than 100 km from the training centre
- n 7% have a disability
- n 65% have been prevented from previously applying for training

Of these, the most common reasons were:

- n lack of practical experience/ academic qualifications (60%)
- n financial limitations (54%)
- n geographical distance (56%)
- n childcare responsibilities (19%)

So SEPTIMUS has achieved its main goal of widening accessibility to psychotherapy training by using e-learning methods. But is it preferable to traditional ways of teaching psychotherapy?

# The Future

- n The project finished in October 2004
- n The units will continue to be available in the UK through Sheffield University Masters in Medical and Health Sciences (Psychotherapy Studies pathway)
- n Other countries are making similar moves to integrate SEPTIMUS units into their own training programmes
- n An application has been made for a Leonardo-funded project to disseminate SEPTIMUS to up to 27 other European countries where SEPT reported that psychotherapy training by distance learning is needed

# The Future

- n A further project started in October 2004 called DEEP- Dissemination of European Education in Psychotherapy
- n DEEP project is to create a new Masters level course in a University
- n Funded by the ERASMUS fund of the SOCRATES programme
- n Incorporates SEPTIMUS material

# The Future

- n Designed to give students the theoretical knowledge required to become psychotherapists
- n May be studied alongside a practical component (local supervised placement, personal therapy)
- n These materials will be integrated into University-based psychotherapy training courses in:
  - Austria (Sigmund Freud University)
  - Sweden (Linköping University)
  - Czech Republic (Masaryk University)
  - Romania (Hyperion University) and
  - UK (Sheffield University)