



MQF Level 6  
180 ECTS

Bachelor Degree in  
Psychological Therapies

**Prospectus** 2025 – 2029



Welcome to the  
**Institute of Family Therapy**  
Malta

## INTRODUCTION TO THE COURSE

We would like to welcome you to the **Institute of Family Therapy - Malta**. We hope that this prospectus will answer most of your questions and helps you make this important decision in your life and career. This course is the first of its kind in Europe.

The course is a four-year part-time course designed to provide students with the necessary fundamental skills, knowledge, and competence to practice as assistant psychotherapists on the front-line in the mental health field. While this degree does not entitle its holder to register for the warrant as a psychotherapist, it definitely is a valuable requisite for further qualifying studies in psychotherapy, but not only.

Successful completion of this BA in Psychological Therapies facilitates entry into post-graduate level training in diverse areas of studies, namely Family Studies, Gender Studies, Management, Nursing, Pastoral Care, Medical, Health, Teaching, Education and Human Resources, amongst others.

The part-time nature of the course is designed to appeal to individuals who would like to keep their current employment and pursue their studies simultaneously. This will also make it attractive to those already involved in the care professions and want to improve their career.

This course is accredited by the Malta Further and Higher Education Authority and carries the Award of Bachelor Degree in Psychological Therapies. This Award is issued by the Institute of Family Therapy - Malta and is a recognised Malta Qualifications Framework (MQF) Level 6 training. The MQF levelling is part of the European Qualification Framework (EQF) and thus the degree is recognised across Europe. The Institute of Family Therapy- Malta is a licensed Education and training provider (License no: 2001-TC-014) within the National Quality Assurance Framework for Further and Higher Education.

Course fee is EURO 15,900 for the full four years. This price is comprehensive and includes all tuition, supervision, and library access. There are no other extra fees or hidden costs. All IFT-Malta students are eligible to apply for various government scholarship schemes as available. A deposit is to be paid upon acceptance and fees are paid by instalments.

## TRAINING AIMS

This training programme provides a sound and solid background to major concepts outlining psychotherapy including history of psychotherapy, theories of change, research in psychotherapy and ethical practice. The nature of the course is intended to facilitate entry to Masters level training in any of the psychotherapeutic modalities taught on the course. Masters courses in psychology have different entry requirements specific to their respective specialist area. It is considered standard practice in psychology and psychotherapy that a warrant is obtained only after the Masters level of training is achieved.

## LEARNING OUTCOMES

On the successful completion of the Bachelors Degree in Psychological Therapies, trainees should be able to demonstrate by active participation, written projects and case presentations, that they meet the standard of competence of basic psychotherapy competences.

### **Overall Abilities:**

- Conceptualise individual, family, and community problems from different psychotherapeutic perspectives
- Provide basic therapeutic intervention
- Collaborate appropriately and knowledgeably with other professionals within the caring professions or multidisciplinary teams
- Take account of their own personal and professional issues and assess their impact on the work they do
- Communicate professionally and effectively verbally and in writing about psychotherapy, and contact with clients

### **Upon successful completion of the BA in Psychological Therapies, trainees should have acquired:**

#### **Knowledge:**

- Knowledge of the history and current trends and interest in the field of

psychotherapy

- In-depth knowledge of different models of psychotherapy
- Knowledge about research and research methods, leading students to carry out a research project at graduate level
- Knowledge about different professional settings and agency contexts that utilise psychotherapy as a treatment modality
- Knowledge about self, and importance of self-care

### **Competences:**

- Students will be supported to start developing the ability to self-reflect on personal processes and their relevance to professional development and clinical practice
- Ability to identify effective ways to relate to different client populations
- Ability to transfer theory into practice
- Ability to conceptualise problems from different psychotherapeutic modalities

### **Skills:**

- Ability to think reflectively around course material or clinical observations
- Ability to relate and contribute meaningfully during exchanges with professionals or clients during clinical placements
- Ability to be sensitive to issues of gender, race, culture, class, ethnicity, sexual orientation, disability, religious beliefs, and power
- Ability to use basic and fundamental psychotherapeutic techniques

## COURSE MODULES OVER THE FIVE YEARS

This Degree is divided into five Modules covering the major areas of the profession, including historical and current theory, the different models, research, clinical practice and personal and professional development.

**Module 1: History of Psychotherapy and Psychological Theory:** This module offers students the basic knowledge of the fundamental paradigms in psychotherapy and psychology, serving as the basis for all subsequent learning and training.

**Module 2: Models of Psychotherapy:** This module helps students develop and maintain collaborative working alliances with a range of mental health professionals. It provides them with a wide spectrum of diverse theoretical positions and psychotherapeutic practices, and equips them with the basic skills and competences necessary to work within a team of practice.

**Module 3: Research Methods and Research Project:** This module equips students with the necessary knowledge and skills to critically evaluate relevant published research, and to acquire the basic knowledge, skills and competences that enable them to design, conduct and report a work of research under the supervision of a research supervisor.

**Module 4: Clinical Application:** This is a practical client-contact module that provides students with an opportunity to apply acquired skills and clinical competences, enhance their clinical knowledge of the common mental health disorders and their presentation, as well as become acquainted with the relevant evidence-based treatment interventions. This module offers student the opportunity to apply the learning into practice.

**Module 5: Personal & Professional Development and Ethical Practice:** This module develops the students' understanding of the principles and practice of appropriate professional conduct in the service provision sector, and offers them an opportunity to identify personal and professional skills and resources as well as to reflect on and articulate the skills developing during the placement.

Given the in-depth and specific nature of the course, all modules need to be completed for the successful completion of the course.

## **ENTRY REQUIREMENTS**

The entry requirements are:

- A relevant 'A' level standard of education (MQF Level 4 or equivalent)
- A Curriculum Vitae with a recent photo of the applicant.
- Two reference letters (not by friends)
- An original and recent copy of a clean Police Conduct Certificate

All applicants for the training will be interviewed. IFT-Malta holds a maturity clause which allows those over 23 years of age to enter on the basis of maturity. English language proficiency is required.

## **STAFF STRUCTURE**

### **Core Tutors**

Dr. Charlie Azzopardi

Ms. Karen Bishop

Mr. Karl Wright

Stefania Gafa

Charlene Borg

Claire Borg

Joshua Zammit

Yanica Richards Chircop

Maria Jones

Eric Cachia

Angele Vella

Dr. Romina Baldwin

Mary Rose Baldacchino

Dr. Alexia Farrugia Zrinzo

Maria Mifsud

### **Coordinator**

Mr. Karl Wright M. Sys. Psych. (IFT-Malta)

## **IFT-Malta Chair**

Dr. Charlie Azzopardi B.psy.(Hons.) M.Sc. (UOL) Doct. Sys. Psych. (UEL)

## **Course Consultants**

Dr. Padraic Gibson, Ireland.

Dr. Claudette Portelli, Malta.

## **TIME COMMITMENT**

The Bachelors Degree in Psychological Therapies comprises four (4) years of part-time training, accredited by the Malta Further and Higher Education Authority. The training is spread over monthly blocks typically on a Saturday, and a Sunday between 9am and 5pm. A minimum of 80% attendance of contact hours is required.

For more information please contact IFT-Malta:

Secretary — **marika.azzopardi@ift-malta.com**

Email — **info@ift-malta.com**

Call — **+356 79823572**

A detailed program of studies and time table will be given upon acceptance.