



## **BRITISH ACCREDITATION COUNCIL INSPECTION REPORT**

### **INTERIM INSPECTION (College)**

**INSTITUTION:** Karuna Institute

**ADDRESS:** Natsworthy Manor  
Widecombe-in-the-Moor  
Nr Newton Abbot  
Devon  
TQ13 7TR

**HEAD OF INSTITUTION:** Maura Sills and Franklyn Sills

**Accreditation status:** Accredited

**Date of inspection:** 3 March 2015

**ACCREDITATION COMMITTEE DECISION AND DATE:** Continued Accreditation 16 April 2015

## **PART A - INTRODUCTION**

### **1. Background to the institution**

The Karuna Institute was formalised in 1984 when the Government funded a working party to explore psychotherapy and the training of psychotherapists in the UK. This resulted in a Voluntary Register of Training Organisations and an umbrella organisation, now the UK Council for Psychotherapy (UKCP). The Karuna Institute was one of the original training organisations validated by the UKCP.

Natsworthy Manor, Widecombe-in-the-Moor, is a former manor house surrounded by acres of private grounds and located in the heart of Dartmoor National Park.

### **2. Brief description of the current provision**

The MA Mindfulness Based Core Process Psychotherapy four-year programme is validated by Middlesex University and accredited at the point of graduation with the British Association of Counselling and Psychotherapy. Its taught component, studied part-time over three years, comprises nine residential weekend modules and one five-day residential module each year. In accordance with Middlesex University requirements, students are then allowed a further non-taught year when they are not required to attend the Institute, to comply with graduation requirements including writing the requisite Dissertation. This programme replaced the MA Core Process Psychotherapeutic Practice from June 2014.

The Post-Qualification MA in Mindfulness Based Psychotherapeutic Practice three-year programme is validated by Middlesex University and offered to those who have relevant pre-existing qualifications and/or training. Its taught component, studied part-time over two years, comprises five five-day residential modules each year. In accordance with Middlesex University requirements students are then allowed a further non-taught year when they are not required to attend the Institute, to comply with graduation requirements including writing the requisite Dissertation.

Students from both MA programmes can also continue through the clinical pathway and achieve accreditation with UKCP as Psychotherapists. This pathway consists of three five-day part-time residential modules spread over a year.

The Professional Training in Craniosacral Biodynamics is a postgraduate diploma training course, comprising five five-day modules and five four-day modules over two years. The Institute also offers postgraduate advanced Craniosacral Training offered as five-day modules either twice or three times per year.

The Institute also offers Continuing Professional Development courses between one and three weeks part-time and Meditation Retreats and some Foundation Training in Core Process Psychotherapy, all of which are offered in modular form.

Students attend the Institute for block periods of study spread over the relevant period of the training. All students leave the Institute at the end of each block study period and, in the case of overseas students, return to their country of origin.

### **3. Inspection process**

The inspection was conducted on the premises in Natsworthy Manor in half a day by one inspector.

**4. Inspection history**

Accreditation inspection: 9 and 10 January 2014

## **PART B – JUDGEMENTS AND EVIDENCE**

**The following judgements and comments are based upon evidence seen by the inspector(s) during the inspection and from documentation provided by the institution**

### **1. Significant changes since the last inspection**

There have been no significant changes since the last inspection.

### **2. Response to action points in last report**

#### **Actions required**

*Management should consider providing access for students to speakers of their own language, should a need arise in the future.*

All students must be proficient in the English language before acceptance and no problems have occurred in this regard. The Institute is advised, for each intake, to identify any possibility of such a need arising (in an emergency) and to compile a list of appropriate first language speakers to be contacted in such an eventuality.

#### **Recommended areas for improvement**

*Marketing and publicity materials, including website, should be reviewed.*

This, including further work identified during the interim inspection, has been completed.

*Staff members could obtain a teaching qualification, i.e. Preparing to teach in the lifelong learning sector as part of their CPD.*

Tutors are active practitioners for whom teaching is a relatively small part of their workload. It is impractical for them and for the Institute to pursue and support this activity. Some staff are already teacher-qualified and the Institute conducts in-house activities to support staff development in this regard.

*The possibility of creating a further seminar room/meditation hall should be considered.*

This is aspirational on the part of management. Current student numbers do not necessitate additional space but such an expansion would be considered if and when such a need arises.

### 3. Compliance with BAC accreditation requirements – spot check

#### 3.1 Management, Staffing and Administration

	Met	Partially met	Not met	NA
The standards are judged to be	✓			
<p><b>Comments</b></p> <p>The management and administration structure and roles are clearly defined, well documented and understood. Staff are suitably qualified and experienced, and work well as a team.</p> <p>The website has been improved. A discrepancy in the stated duration of the MAs has been addressed and improved descriptions of the programmes drawn up.</p> <p>Students are recruited with integrity and their progress monitored closely.</p> <p>Student feedback on curricular and teaching matters is sought in considerable detail. Recently the questionnaire has been expanded to elicit feedback on administration, documentation, learning resources and other facilities.</p> <p>Institutional and staff performance are monitored on a regular basis.</p>				

#### 3.2 Teaching, Learning and Assessment

	Met	Partially met	Not met	NA
The standards are judged to be	✓			
<p><b>Comments</b></p> <p>Teaching staff are well-qualified and they integrate their professional practice experience into their teaching. The provision is monitored internally and by Middlesex University and the awards are recognised by the appropriate professional bodies.</p>				

#### 3.3 Student Welfare

	Met	Partially met	Not met	NA
The standards are judged to be	✓			
<p><b>Comments</b></p> <p>Small student numbers facilitate close supervision and support for students and there is a good working relationship between staff and students. Staff responsibilities for student welfare are clear.</p>				

#### 3.4 Premises and Facilities

	Met	Partially met	Not met	NA
The standards are judged to be	✓			
<p><b>Comments</b></p> <p>The premises are clean and well-appointed and provide both formal and informal study opportunities. These are more than adequate for the student numbers in residence at any one time. The result is an attractive learning environment.</p>				

**PART C – SUMMARY OF STRENGTHS AND ACTION POINTS**

**Institution's strengths**  
Management and administrative staff provide an effective learning environment which is subject to close monitoring.  
Teaching staff are suitably qualified and experienced, and effective in ensuring student progress.  
Staff provide a friendly and supportive environment.  
The Institute provides a most attractive location for work and leisure.

<b>Actions required</b>	<b>Priority H/M/L</b>
The Institute is advised, for each intake, to identify any possibility of the need (in an emergency) for a speaker of a student's first language and to compile a list of appropriate persons to be contacted in such an eventuality.	L

**COMPLIANCE WITH STATUTORY REQUIREMENTS**

Declaration of compliance has been signed and dated.	YES
Further comments, if applicable	