



**International Stress
Management Association UK**
Promoting well-being and stress prevention

ISMA^{UK} GUIDE TO STRESS MANAGEMENT

TRAINING

Known courses which train to the standards of ISMA^{UK} Comprehensive Knowledge
for Stress Management Practitioners

August 2011

QUALIFICATION TRAINING FOR Individual Member Grade

The International Stress Management Association UK (ISMA^{UK}) is a registered charity the aim of which is to promote sound knowledge and best practice in stress management. It also aims to raise and maintain standards in the profession. ISMA^{UK} has 3 grades of membership for which people can apply:

Student Member – Unwaged and in full time education in subject associated with Stress

Associate Member – Working in Stress Management but not yet qualified for Member grade

Individual Member – Has knowledge and skills equal to the requirements of the “**Comprehensive Knowledge for Stress Management Practitioners,**” and undertakes regular CPD.

It is understood that people seeking membership come from a wide variety of backgrounds including academics/researchers, consultants, trainers and coach/therapists. ISMA^{UK}'s membership structure has been updated to produce a set of highly objective criteria for **Individual Member** grade which reflect the diversity of the applicants for membership. Applicants for **Individual Member** grade can decide which route is applicable to them when applying depending on their qualifications and experience. This information is contained in ISMA^{UK}'s “**Comprehensive Knowledge for Stress Management Practitioners.**”

Whatever their route of application, a high level of core knowledge about stress is required to be demonstrated for **Individual Member** grade. To be successful for application for **Individual Member** grade, applicants need to:

- Have acceptable qualifications. These are laid down in “**Membership Application Notes.**”
- Be able to demonstrate that their accumulated knowledge and skills is equal to the requirements of the “**Comprehensive Knowledge for Stress Management Practitioners.**”
- or applicants may opt to take an ISMA^{UK} exam based on the requirements of the ISMA^{UK} “**Comprehensive Knowledge for Stress Management Practitioners**”

Although ISMA^{UK} runs professional development training for existing members, it does not itself provide training for the general public. It does however hold a register of recommended training providers who provide stress management training to a level acceptable by ISMA^{UK} for qualification for **Individual Member** grade.

All the courses recommended by ISMA^{UK} are required to provide an adequate length of study and official rigorous assessment in the areas they cover. However they will differ somewhat in the content they offer.

There are many courses available from various providers and Stress Management is such a very wide subject that it is likely that many of the courses available will not prepare its graduates in all aspects of stress management in sufficient depth to meet all aspects of the **“Comprehensive Knowledge for Stress Management Practitioners.”**

If studying a course with a view to gaining **Individual Member** grade of ISMA^{UK}, it is important that applicants check the course syllabus against the ISMA^{UK} **“Comprehensive Knowledge for Stress Management Practitioners.”** It is possible to combine successful results for more than one course to qualify for **Individual Member** grade.

All documentation is available from the Administrator (contact details in footer) or downloadable from the ISMA^{UK} website www.isma.org.uk.

When selecting a course, please bear the following in mind: -

- 1) Does the course have the content required for **Individual Member** grade as specified in **“Comprehensive Knowledge for Stress Management Practitioners.”**
- 2) Does the course have a minimum of 50 hours contact time?
- 3) If the organisation producing the course is not a university or a college, how are the courses validated? (Are they recommended by a recognised body for professional development? Are they attached to a professional institution? Are they approved by an examining board?)
- 4) What are the qualifications of those teaching the course?
- 5) How are the students assessed? (Certificates of attendance are not adequate.) A course must demonstrate that it has a satisfactory means of assessment of the students acquired skills, such as exams, marked essays, observed role play etc.)

6) Ensure the course content qualifies you for all aspects of the work you are intending to do, or that you have other courses in mind which will give you all of the qualifications you need.

7) N.B. Cost, glossy brochures or attractive websites are not necessarily an indicator of quality.

PLEASE NOTE. Although graduation from any of the courses below will qualify applicants for Individual Member grade; admission into ISMA^{UK} membership is conditional on other criteria also being acceptable.

The following Institutions and Course providers run courses from which graduates are accepted as being qualified for **Individual Member** grade of ISMA^{UK}. They are in no particular order

INSTITUTIONS AND COURSES

Centre for Stress Management - Diploma/Certificate in Stress Management Diploma/Certificate in Multimodal Stress Counselling

Centre for Stress Management, Centre for Stress Management
156 Westcombe Hill London, SE3 7DH

Contact: Peter Ruddell

T:: +44 (0)208 318 4448

W:: www.managingstress.com

E: cope@centresofexpertise.com

9 to 18 months part time modular courses (150 hours)

Also many short courses (12 to 40 hours) including a 'Primary Certificate in Stress Management'.

Life Solutions.

Academy of Clinical & Medical Hypnosis Ltd

8 Balmoral Cres, Dronfield Woodhouse, DRONFIELD, Derbyshire, S18 8ZY

Diploma in Stress Management 6 days (Meets criteria for Individual Member grade of ISMA^{UK})

Advanced Diploma in Stress Management 8 days

Contact: Carole Wan

Tel: 01246 416544

E: acmhl@btconnect.com

University of Nottingham – Institute of Work Health & Organisations

The Institute is a postgraduate school. It offers a broad portfolio of postgraduate taught (PGT) courses in professional areas of applied psychology and closely related subjects. They can usually be taken to Diploma or Masters level and full time or part time. Some courses can be taken to Doctoral level and some by e learning.

Institute of Work, Health & Organisations, University of Nottingham, 8 William Lee Buildings, Nottingham Science and Technology Park, University Boulevard, Nottingham, NG7 2RQ Tel:

T: +44 (0)115 84 675 23

E: i-who@nottingham.ac.uk

W: www.nottingham.ac.uk/iwho

Premier Life Skills Ltd

13 Woodlinken Close , Verwood, Dorset. BH31 6BP

Tel: 07808215674 . 01202 821751

Email: info@premierlifeskills.co.uk . jane@premierlifeskills.co.uk

www.premierlifeskills.co.uk

CPCAB level 5 Diploma in Stress Management :The Diploma in Stress Management gives you a formal qualification to demonstrate your competence in delivering training programmes in stress management to groups or working on a one to one basis with individuals.

Roehampton University London - MSc/PG Dip in Stress and health

Roehampton University London, Erasmus House, Roehampton Lane
London SW15 5PU

Website: www.roehampton.ac.uk

1 year full time 2-4 years part time

It is important to emphasize that this MSc is not intended to be a general counselling course and they specifically focus on the psychobiology of stress.

Stress In Perspective - Becoming an Effective Stress Management Trainer

Stress in Perspective

PO Box 3847

Blandford Forum

Dorset

DT11 8YD

Contact Caroline Raymond Telephone: 01747 811071 Email:stressip@aol.com

Web: www.stress-ip.co.uk

5 day course moderated by IOSH

University of Westminster

MSc Health Psychology

2-5 years Part time day release

Diploma, Certificate and short course options

The course is a flexible scheme serving the needs and interests of those working at the frontline of integrative healthcare, including practitioners of acupuncture, bodywork, herbal medicine, homoeopathy, naturopathy, nutritional therapy and other complementary therapies; doctors and allied health professional; managers, researchers and educators.

Website: www.wmin.ac.uk