

ERT Training 2025 - Fees

Body Psychotherapy training fees are generally quite high, which exacerbates the inequality of the status quo, in which those of us with privilege are more likely to train, more likely to practice, and more likely to become trainers.

Embodied-Relational Therapy, in offering a post-qualification training in Relational Body Psychotherapy has, for many years, kept fees relatively low, and offered concessionary rates for trainees with less disposable income.

For the 2025 intake, we are particularly keen to welcome trainees from marginalised communities who are less represented in the therapy community. Our aim is to work towards redressing this imbalance.

We are also particularly interested in meeting with practitioners from minoritised communities who might like to join the training, then join us on the Training for Trainers module. We hope this will inspire you to join us in co-creating a new diverse ERT Training Collective. We believe that the current narrow base of lived experience of the training team, and of the field more generally, needs to widen, to meet the needs of trainees, and clients of trainees.

We also want to take some action towards redressing the simple injustice of the extra barriers faced by skilled and experienced practitioners from minoritised communities who wish to work as trainers in the field.

In setting fee rates, there are a number of things we are considering:

- We want to find ways to make the training available to all those who have the skills, capacity and desire to undertake it.
- We want to attract trainees with a wide range of life experiences and from different economic backgrounds.
- We aim to directly address systemic structural inequality by offering a wide scale of course fees
- We need to cover our own costs
- We want to offer a fee arrangement which is as simple and clear as possible
- For this year in particular, we want to attract potential members of a new, more diverse ERT Training Collective.

Course Cost:

For year one of the training the fee is offered on a sliding scale: £5000 to £3000 for the full year one course.

(The second year will be a similar rate)

If this is unaffordable for you, then please contact us - we are keen to make the course accessible. The fee will be based on your ability to pay. Please [contact Stephen](mailto:stephentame@gmail.com) by email for a conversation about your payment for the training. stephentame@gmail.com

The price covers:

- All teaching, including the interview and selection meetings, Stephen and Allison's contact time, group-holding, planning, teaching, supervision, tutorials, etc.
- Access to handouts and online reading folders
- The entire cost of your accommodation, use of all the facilities, the venue, the land etc.
- All food, which will be local, vegetarian, organic where possible
- All admin costs, including the time of our training administrator, Paul Crummay

We ask for an initial non-refundable deposit of £500.

We are committed to making the course as affordable as is possible. We can offer a flexible approach to payment plans. It is possible to pay upfront, monthly (from time of booking if helpful), at each residential, or we will agree other payment plans to suit you. [Stephen](#) is happy to help with the maths: stephentame@gmail.com

We ask for payment to be completed by the end of the year course.

Thinking about how much to pay

In order for this to work, it is important that you are realistic about what is affordable. We're looking to create a community of trainees, paying what they can afford.

There are various frameworks and ideas for thinking about what is affordable - based on our disposable income after paying for accommodation food and household bills, or other pointers – for example if we can afford to pay for foreign holidays, we are more likely to be able to afford the top fee, if we can't afford to buy new clothes, we may well need to pay less.

Stephen is happy to talk this through with you so that we can come to an arrangement we all think is fair, and that is practical for you and for us. Contact Stephen at: stephentame@gmail.com

We have found the information (scroll down to the Green Bottle) on this website helpful: <https://www.wortsandcunning.com/blog/sliding-scale>

The Green Bottle

Where You Fall on the Sliding Scale

PERSONAL FINANCIAL EXPERIENCE



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*BASIC NEEDS include food, housing, and transportation. **EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.

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