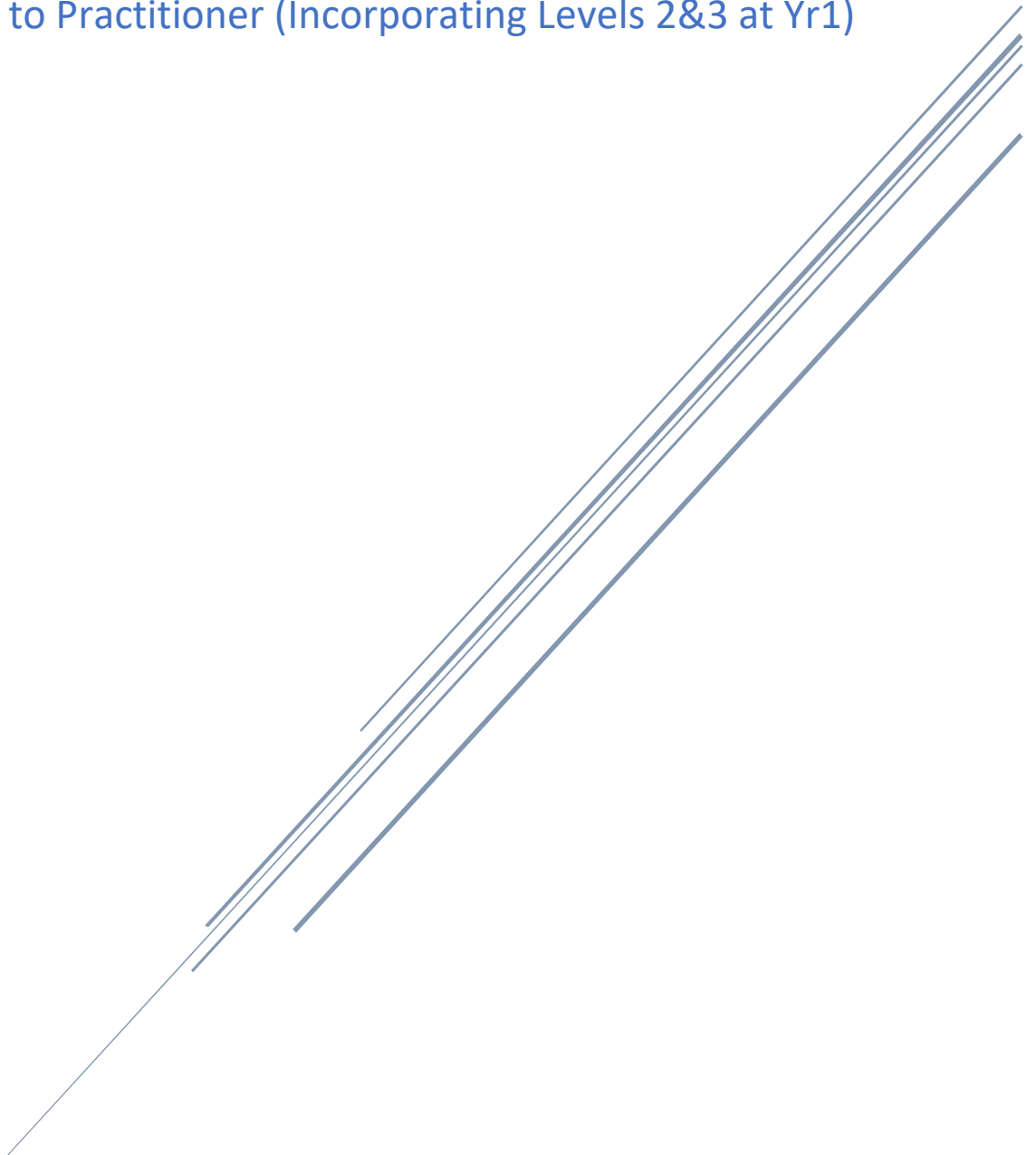


DIPLOMA IN PSYCHOTHERAPEUTIC COUNSELLING: PROSPECTUS

LEVEL 5 QUALIFICATION

Novice to Practitioner (Incorporating Levels 2&3 at Yr1)



A Welcome Letter from Your Tutor

Hello and welcome to the Diploma in Psychotherapeutic Counselling. I understand that choosing the right course for you is difficult, so I have tried to make this prospectus as clear and informative as possible.

I believe that there is no other course like this. The foundation for your career as a therapist starts here, and it must be firm. There are many courses that make great promises and look good on paper. Sadly, as happens quite often, students find themselves in a classroom only to realise a teachers lack of practical experience beyond their own training, and the substance of the course material can fall short of providing them not only with what they had hoped for but what they need to be a successful, competent and confident therapist.

This course is the culmination of my practical experience, skills and knowledge which spans two decades. I am currently a professional working within the field of mental health and social care, and have taught for many years in a variety of settings. I love to share my experiences and skills with others as this can only go towards benefiting people that need help. You will not only learn theory and skills from a range of therapies, you will be supported in your learning and welcomed into the world of the professional counsellor feeling secure in your knowledge and ability to make a difference in people's lives.

I am sure you are reading this because you have a yearning for change, your own and that of others. Feel free to call me and ask as many questions as you wish, I will be happy to help you make your choice, even if this is to study elsewhere. The decision must be right for you.

It will be my privilege if you allow me to walk alongside you, as you take your first steps along this rewarding path from novice to practitioner.

Steve Leach



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Introduction

Think Therapy provides a high standard of training for its students and is concerned with producing competent and ethical counsellors who understand and abide by the codes of conduct set out to protect clients. As such the course is designed in accordance with the National Occupational Standards for Humanistic Counselling and the accreditation guidance of The National Council of Psychotherapists (NCP) for practitioner level courses.

The course is taught by practising therapists who are also highly experienced counselling teachers, they have decades of skills and knowledge gained from working in the third sector, social care, IAPT, private practice and non-profit organisations. It is the intention of our tutors to support you in increasing your self-awareness and to gain the skills, knowledge, understanding and competencies necessary to be the best therapist you can be.

The diploma has the following criteria:

Part One (Year One)

Level 2, Introduction to Counselling & Level 3, Certificate in Counselling Skills

1 academic year of part time study comprising 10 weekend modules

- 160 hrs with a tutor/ 250 Notional Learning Hours including Reading, assignments, learning journals, access to an online closed study group with resources and videos to support and guide learning
- A reflective journal
- Tutor and peer observation skills groups
- Ethical Practice
- Formative and summative assessment

Part Two (Years Two and Three)- Practitioner Levels 4/ 5 (Equivalent Foundation Degree)

2 academic years of part time study comprising 16 weekend modules.

- 256 hrs with a tutor/ 370 Notional Learning Hours including: Reading, assignments, learning journals, access to an online closed study group with resources and videos to support and guide learning
- A reflective journal
- Formative and summative assessment
- Group work (Advanced skills, observations and presentations)
- A counselling placement of 100 contact client hours, which must be supervised- 1 hour per every 8 client contacts or not less than 1.5 hours per month.

The Diploma in Psychotherapeutic Counselling has the following aims:

- Meet the training requirement to practice as a professional counsellor.
- To raise awareness of how our own life experience may influence the counselling process.
- To develop and continuously expand the use of counselling skills
- To explore your own personal history and interpersonal relationships
- To understand theoretical backgrounds to different counselling models
- To acquire thorough, in-depth understanding of at least one model: the person-centred model
- To develop and deepen students' understanding of anti-oppressive and non-discriminatory counselling
- To recognise a code of practice and conduct for counsellors: The National Council of Psychotherapists
- To understand the legal issues involved when working and practising as a counsellor whether this is within a multi-disciplinary environment or within private practice.
- To understand, accept and commit to regular supervision of your counselling practice.
- To recognise the need for and be committed to ongoing professional and personal development and learning.
- Develop your skills as a reflective practitioner.

Eligibility

The diploma is designed to take you from novice to practitioner by incorporating the introductory levels (2 and 3) into the course design. The Level 5 Diploma in Psychotherapeutic Counselling is concerned with the training of counsellors to a professional level of competency.

Once you have completed your initial training you will have the skills and knowledge to progress to the second part of the diploma where you will further develop your knowledge, skills and self-development, as you progress to being a competent, confident therapist. Learners who have completed a level 3 qualification elsewhere will be eligible to complete their counselling training with Think Therapy, they will be required to give evidence of prior learning and may, in some cases, be asked to submit an entry essay.

Course Philosophy and Design

The course is concerned with synthesising theory into practice to support and encourage you to be as good a counsellor as you can be. The course will provide:

1. Regular opportunities for observation of skills, discussion and review of learning in a structured, safe environment.
2. Opportunities to explore and develop the skills you already possess as you progress into a more competent and capable practitioner.
3. The course utilises a pedagogical approach which is enquiry based, reflective and collaborative.

The Level 5 Diploma in Psychotherapeutic Counselling is designed for those learners who are seeking to be professionally qualified counsellors.



Module Outlines

Modules of study: each unit will include skills practice and personal development.

YEAR ONE

- Unit 1. Introduction to Counselling Skills / Learning to use Counselling Skills
- Unit 2. Self-Awareness and Personal Development
- Unit 3. Introduction to counselling theories
- Unit 4. Core Competencies for Counselling
- Unit 5. Codes of Conduct: Ethics in counselling
- Unit 6. Guest Speaker (Local Counsellor)
- Unit 7. Counselling in a Diverse Society
- Unit 8. Attachment Theory/ The Inner Child
- Unit 9. Counselling Theory: Rogerian Therapy, the Humanistic Approach
- Unit 10. Furthering Self-Awareness/ Reflective Journal Writing

YEAR TWO (Advanced Counselling Skills and theory)

- Unit 11. Counselling Theory: Cognitive Therapy/ Transactional Analysis
- Unit 12. Counselling Theory: Psychodynamic Approaches/ Gestalt Therapy
- Unit 13. Advanced Techniques: Mindfulness/ Guided Visualisation
- Unit 14. Key Issues in Counselling: Working with Presenting Problems
- Unit 15. Online and Telephone Counselling
- Unit 16. Guest Speaker (Placement Providers)
- Unit 17. Clinical Supervision and Professional Development
- Unit 18. Counselling Placements and Presentation
- Unit 19. Professional and Organisational Issues in Counselling
- Unit 20. Reflective Practice/ Developing as a Practitioner

YEAR THREE

- Unit 21. Personal Development/ Tutorials/ Practice
- Unit 22. Research Methodologies in Counselling
- Unit 23. Setting up in Practice/ PD/ Tutorials
- Unit 24. Critical Thinking and developing Heuristic Inquiry
- Unit 25. Portfolio Development and Course Review
- Unit 26. Assignment Submissions/ Graduation

Approaches to Teaching and Learning

For the most part the nature of training is experiential with an emphasis upon personal development/ self-awareness and the acquisition and application of skills.

Teaching and learning will be 'learner centred' with respect to theory learning.



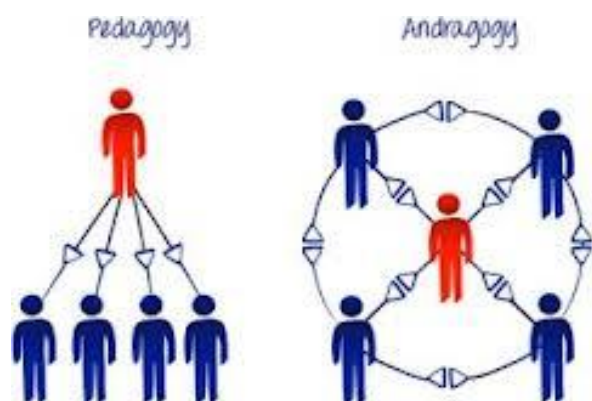
Formal teaching approaches will include lectures, demonstrations, instruction and presentations by tutors: flip chart, whiteboard, handouts and a range of media i.e. video will be utilised to support learning.

Informal approaches include discussions, group work, pair and triad work, practical activities i.e. research and presentations will be learner-centred. These approaches are aimed at consolidating your learning with plenty of opportunity to ask questions to check knowledge and understanding.

Whenever possible a mixture of the two approaches will take place, activities will vary as will the time spent on each to ensure an appropriate and encouraging pace of learning. Inclusivity is important and all learners are encouraged to engage in all elements to aid learning.

A range of relevant resources will be used including a variety of handouts to solidify learning, these handouts can be used towards your final portfolio which you refer back to after course completion.

Learners must be sure to alert us to any additional learning needs in order for us to differentiate and facilitate learning.



Learning Outcomes

By the end of the Diploma in Psychotherapeutic Counselling learners should be able to demonstrate:

- An adequate understanding of the counselling process, including initial assessment and planning interventions.
- An ability and commitment to be a competent professional counsellor, able to provide a safe and supported setting, valuing and utilising regular structured supervision.
- An awareness of the possible influence of their own personal history and interpersonal relating on their own counselling practice and be committed to continued personal and professional growth through the appropriate use of supervision and training.
- An ability to develop a counselling relationship to facilitate change.
- A deep understanding of and ability to utilise counselling skills effectively within their client work.
- An advanced respect and acceptance of other people's views, attitudes, assumptions, belief structures and cultures: the ability to work with people with difference and diversity.
- An in-depth understanding of Person-Centred Counselling and a firm understanding of the skills, knowledge and application of several other modalities of therapy to inform, contrast and complement the in-depth understanding of the main model.



Assessment

There will be a range of assessments to assist you in your learning. Assessment will be formative including a learning journal, observation of pair/ triad work with ample opportunity for peer and tutor feedback and review. Academic supervision will be allotted to support your learning and development.

Summative assessment will be through written assignments and a portfolio of evidence comprising:

Year One (Level 2&3)

- Learning logs- brief student summaries of your learning on each module that can later inform your reflective assignment.
- Counselling Skills assignment (1000words)
- Counselling Theory assignment (1000words)

Years Two & Three (Level 4/5)

- Fitness to Practice: 50minute Audio recording/ case study and critique of counselling skills, which must be passed prior to securing a placement- 3000 words (maximum 3500word upper limit)
- A theory into practice assignment, 4500 words (maximum 5000word upper limit)
- Reflective assignment exploring your personal/ professional development during the course 3500 words (maximum 4000word upper limit)
- Signed log of supervised practice hours
- Two supervisor reports supporting your professional competence one at 50 hrs and a final report on completion of 100 placement hours.

Further information including course dates, venue and payment details can be found in the course welcome letter or upon inquiry contact@thinktherapy.org.uk



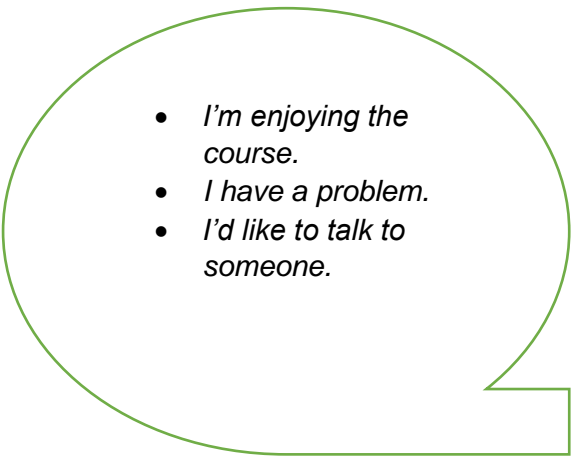
Student Voice

We hope that your experience on the course is a positive one, both with regards to your programme of study and your overall experience with students and tutors alike.

There will be regular periods during the course when you will be asked for feedback both verbally and via survey. Your feedback is important for us to ensure the best experience and quality of teaching, we are happy to hear your comments at any time.

If you feel that you don't want to give direct feedback, you can feed comments back to us via your Student Representatives.

If you have a problem with the quality of the service provided to you, please bring the issue to a relevant person as soon as possible; you should speak to your Personal Tutor or Class Rep in the first instance. Alternatively, you can also contact The National Council of Psychotherapists at **info@thencp.org** and they will guide you in the most appropriate direction.

- 
- *I'm enjoying the course.*
 - *I have a problem.*
 - *I'd like to talk to someone.*



Recommended Reading

Year One

First Steps in Counselling, a Students Companion for Basic Introduction Courses, by Pete Sanders

Next Steps in Counselling: A Student's Companion for Certificate and Counselling Skills Courses by Alan Frankland, Pete Sanders

Years Two and Three

Next Steps in Counselling Practice: a Students Companion for degrees, HE diplomas and vocational courses, Pete Sanders, Alan Frankland & Paul Wilkins

Learning and Being in Person Centred Counselling- Tony Merry

Counselling in a Nutshell- Windy Dryden

An Introduction to Counselling- John McLeod

The Games People Play- Eric Berne

An Introduction to Cognitive Behaviour Therapy: Skills and Applications- Westbrook, Kennerley and Kirk

This is not an exhaustive list; students are encouraged to read widely, however these texts provide a firm foundation for indicative course content.



Course Fees and Payment

The current fee for the course is:

Year One: £1950 (Level 2&3)

Year Two: £3350 (Practitioner Level)

Year Three: £3350 (Practitioner Level)

A deposit of £335 secures your place on the course and the remainder can be paid in equal instalments over 25 months. Payment options are included on the enrolment form.

Course dates are available upon request. Weekend module running times are typically, 9am to 5pm Saturdays and Sundays once per month for 26 months, and take into account national holidays.

We trust that you find all the information you need in this prospectus when making your decision to enrol, however if you have any queries at all please do get in touch.

We look forward to supporting you in your professional development and hope to see you soon.

To enrol, send a request to contact@thinktherapy.org.uk



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