

Chichester Counselling Services – Prospectus Academic Year 2020-21

Courses offered include:

**Certificate in Psychodynamic
Counselling Theory and Skills**
part time, 1 year

**BACP Accredited Diploma in
Psychotherapeutic Counselling
(Psychodynamic)**
part time, 3 years

**Continuing Professional Development
(CPD) workshops and short course
trainings for qualified counsellors**

Why choose Chichester Counselling?

We are an established counselling agency with 40 years of experience of providing training for counsellors. Our students join a highly respected, professional counselling community and have the opportunity of working alongside a mutually supportive team.

Students studying our Diploma course will be provided with:

- ✓ clients
- ✓ counselling rooms
- ✓ supportive administrative back-up
- ✓ appropriate in-house supervision

All the above are included in the course fee.

All our training is part time and classes are usually held during the evening with additional tutorial sessions and client counselling during the daytime as well as evenings.

Why Accreditation is Important

Individual accreditation with a reputable nationally recognised body such as the British Association of Counselling and Psychotherapy (BACP) or UKCP (United Kingdom Council for Psychotherapy) is the most commonly required qualification amongst employers wishing to assure themselves that a counsellor has attained a certain level of experience and expertise.

To attain this, qualified counsellors need to build up client hours and continue with professional development which can be achieved within a counselling community such as ours.

The accreditation of the CCS Diploma training automatically means that you pass the BACP requirements for course training, and is an important first step towards individual accreditation.

See www.bacp.co.uk for more details.

Studying with us is different from a university or college training environment; as one of our students, your clients will be our clients and you can gain insight from working alongside our experienced counsellors.

Beyond qualification

Beyond the Diploma, there are opportunities for continuing study and practise in a lively counselling community.

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This training outline gives an overview of the courses we offer, the entry requirements, course components, method of assessment, cost and details of how to apply.

Certificate in Psychodynamic Counselling Theory and Skills part-time, 1 Year

On the Certificate course you will learn basic psychodynamic counselling theory and skills, perhaps to enhance your competence in your present employment. The first year of our BACP Accredited Diploma in Psychotherapeutic Counselling may be undertaken on its own to receive the Certificate in Psychodynamic Counselling Theory and Skills.

The certificate course also offers the opportunity to explore counselling for those who are perhaps unsure about working with clients, investing time in completing a diploma or making a career of counselling. The certificate is not BACP accredited, but it would be transferable for those wishing to complete our accredited diploma at a later date (within two years of completion), and may be transferable for a diploma elsewhere.

The theory element of the Certificate introduces students to key psychodynamic theorists (Freud, Klein, Winnicott, Bowlby) and to psychodynamic ways of thinking about the therapeutic relationship. The skills element is very experiential and uses guided role plays throughout the year to build practical counselling skills. Developing self-awareness and self-understanding is also a crucial part of the Certificate training, and students are asked to keep a weekly learning journal and write termly essays reflecting on their experiences on the course.

Entry requirements

No formal qualifications are required and applications are accepted from all who are 18 or over. We are interested in life experience, motivation and a willingness to learn more about yourself by participating fully in the range of training experiences.

Certificate / Year 1:

- Core theory and skills training takes place in a group; three hours one evening a week for 30 weeks (3 x 10 week terms)
- Three additional Saturday workshops
- Two individual tutorials each term
- Possible continuation onto Diploma course (with addition of weekly personal therapy and successful Readiness to Practice assessment).

Assessment

There are no exams. There is a minimum attendance requirement.

Assessment is continuous; there are some written assignments and an assessed role play to be successfully completed. Tutors are available to support you with your written work.

Cost

There is a one-off administration charge of £60, payable on application, for processing your application.

Course fees for 2020-21: Year 1 (Certificate): £3250

A deposit equal to one third of the fee is required upon acceptance of a training contract, by 4th September.

The balance of the fee is due by the start of the academic year if paying in full, in advance.

There is an option to pay the balance of the fee over a longer term for which there is an additional £100 administration charge.

Fees are revised annually.

How to Apply

Complete the application form downloadable from our website:

<http://www.ccs-counselling.org.uk/becomeacounsello.html> and return a paper or electronic copy to our office address with the £60 administration charge.

Suitable candidates will be invited to an hour long interview with two members of the CCS Training Team.

Diploma in Psychotherapeutic Counselling (Psychodynamic) part-time, 3 Years

The diploma training provides students with a broad conceptual background in counselling using a combined academic and experiential approach, based on the psychodynamic model. It prepares students to begin clinical work with clients and supports them in their growth as developing practitioners, through qualification and beyond.

The specific aims of the course are:

- To provide high quality counselling training to ensure a sound theoretical understanding of all the stages of human growth and development, as well as the relevant ideas and models associated with psychodynamic counselling, social behaviour and personal change.
- To develop core counselling skills and further skills particularly related to a psychodynamic approach.
- To promote the growth of individual student's self-awareness, particularly through group work and personal therapy.
- To develop an ethical and professional awareness in preparation for effective practice with clients.

Client work

Students need to achieve a minimum 100 counselling hours before the award of a BACP accredited diploma. (These hours go on to contribute to your practice hours for post-qualification individual accreditation.)

Course Components

Year 1: (as per Certificate course)

- Core theory and skills training takes place in a group; three hours one evening a week for 30 weeks (3 x 10 week terms)
- Three additional Saturday workshops
- Two individual tutorials each term
- Personal weekly psychodynamic counselling with a therapist (who has been approved by CCS) starting no later than March of the first year.

Years 2 and 3:

- Core training – theory, skills and group work; three hours one evening a week for 30 weeks each year (6 x 10 week terms)
- Reading in preparation for sessions
- Three additional Saturday workshops each year
- Weekly client work at CCS (building to three clients); may require daytime availability, not necessarily evenings only
- Weekly supervision for client work at CCS (90 minutes); may require daytime availability, not necessarily evenings only
- Individual tutorials with Course Tutor, Supervisor and Personal Tutor each term
- Personal weekly psychodynamic counselling continues with a therapist (who has been approved by CCS)
- Written assignments, including a personal research project and a client case study.

Diploma in Psychotherapeutic Counselling (Psychodynamic), continued

Subjects covered in the Diploma training

Building on the core psychodynamic theory and skills taught in the Certificate / Year 1, the further stages of the Diploma deepen and broaden this understanding, always making a close connection between the theory and practice of psychodynamic counselling. Subjects covered are as follows:

Year 2: Introduction to psychodynamic clinical practice and technique; Developmental perspectives in psychodynamic theory; Clinical themes and presentations in psychodynamic counselling.

Year 3: Critical perspectives on psychodynamic practice; Psychodynamic approaches to psychopathology; Developing professional practice in psychodynamic counselling.

Assessment

There are no exams. There is a minimum attendance requirement.

Assessment is continuous, and there are some written assignments to be successfully completed. Tutors are available to support you with your written work.

Entry requirements

Entry onto Year 2 of the Diploma is for students who have successfully completed the CCS Certificate in Psychodynamic Counselling Theory and Skills (Year 1) and who have passed their assessment for Readiness to Practice.

Direct entry to Year 2 with Approved Prior Learning (APL)

If you have already successfully completed a basic psychodynamic training of at least 90 hours you may be eligible to join the CCS Diploma course at the beginning of Year 2 as a direct entrant with APL. Direct entrants who meet this requirement will also need to pass the CCS assessment for Readiness to Practice. There is a requirement to begin weekly personal therapy with an approved counsellor by end of March of the year of entry.

To apply for direct entry please complete the application form downloadable from our website: <http://www.ccs-counselling.org.uk/becomeacounsellor.html> and return a paper or electronic copy to our office address with the £60 administration charge. Please note the particular requirements for direct applicants on the application form.

Suitable candidates will be invited to an hour long interview with two members of the CCS Training Team.

Cost

There is a one-off administration charge of £60, payable on application, for processing your application.

Fees for 2020-21: Year 2 and 3 (Diploma), each: £4250

A deposit equal to one third of the fee is required upon acceptance of a training contract, by 4th September.

The balance of the fee is due by the start of the academic year if paying in full, in advance.

There is an option to pay the balance of the fee over a longer term for which there is an additional £100 administration charge.

Fees are revised annually.

Other costs for Year 2 and 3 students

In addition to course fees, diploma students (Years 2 and 3) need to allow and pay for their personal weekly psychodynamic counselling with a therapist, a budget of approximately £2000 per year (£35-50 per session for minimum 40 sessions per year).

CCS' Diploma in Psychotherapeutic Counselling (Psychodynamic)

- ✓ COMPLETE TRAINING PACKAGE
- ✓ ALL WITHIN A SINGLE, WORKING COUNSELLING ORGANISATION
 - ✓ PROFESSIONAL, COMPETENT WORKING ENVIRONMENT
 - ✓ ALL TO A CONSISTENT THEORETICAL MODEL
- ✓ ALL INCLUDED IN COURSE FEES:
 - ✓ THEORY
 - ✓ SKILLS
 - ✓ CLIENT PRACTICE
 - ✓ SUPERVISION
 - ✓ ACCOMMODATION
 - ✓ PROFESSIONAL INDEMNITY INSURANCE
- ✓ 3 YEAR PROGRAMME TO BASIC COMPETENT PRACTICE
- ✓ SOUND BASIS FOR LATER INDIVIDUAL ACCREDITATION
- ✓ NATIONALLY ACCREDITED AND RECOGNISED QUALIFICATION



For further information or for an informal discussion please contact the Training Coordinator:

Email: training.coordinator@ccs-counselling.org.uk

Telephone: 01243 789200

Ongoing Counselling with CCS, Gaining Individual Accreditation and Experience

Following completion of the Diploma, counsellors are encouraged to continue to counsel on a voluntary basis at CCS for a minimum of one year to build up experience and consolidate learning. This is a good opportunity for counsellors wanting to gain hours for individual accreditation with BACP within a familiar and supportive environment.

The Personal Tutor continues to be available to counsellors in their post-qualifying year.

Volunteer counsellors with CCS continue to receive free in house clinical supervision, and have the opportunity to take up low-cost Continuing Professional Development (CPD) training at CCS.

Counsellors at CCS often organise themselves into mutually supportive groups such as reading groups. Many qualified counsellors enjoy the sense of support, fellowship and community that CCS can offer.

Qualified counsellors may be able to rent rooms at CCS for private work, subject to availability.

Chichester Counselling Services – Background and Development

The idea of a local counselling service in Chichester first took shape in 1976, when a group of psychotherapists and counsellors, living and working independently in West Sussex, met to discuss the feasibility of setting up a crisis centre, where people experiencing personal difficulties could receive the necessary professional support.

At that time, finance and accommodation were not forthcoming; but a continuing demand for counselling skills and training led, in 1978, to a course being set up at the request of the County Education Department. The tutors at that time were Rita Seymour, a psychotherapist, and the Reverend Michael Butler, Director of the Diocesan Board for Social Responsibility.

In 1979 Chichester Counselling Services was founded. During 1983, the service was placed on a sound legal and administrative basis and an Executive Committee was formed. The Charity Commission subsequently approved its registration as a charity in 1985.

The counselling training course was first held at the Chichester College of Technology, but in April 1982, the opportunity was taken to relocate and was then formed into the three year form which exists today, though within that considerable changes have since taken place.

This training gained status as recognised by the British Association for Counselling and Psychotherapy (BACP) in June 1994 and has continued as a BACP accredited training since then. Simultaneously, the community-based counselling service was developed under the supervision of the experienced medical psychotherapist, Dr Anne Zweig. This continues to meet a vital need for counselling in the area, and in recent years has consistently provided 4-5000 hours of individual counselling a year.

Training and Counselling at CCS Today

Our aim is to offer affordable individual counselling.

Located in central Chichester, we serve clients from the local and wider areas including West Sussex and East Hampshire.

Our training service runs alongside our counselling service and our diploma course is accredited with the British Association for Counselling and Psychotherapy (BACP), making it a nationally recognised professional qualification.

All counselling staff and students are contractually required to conform to the BACP Ethical Framework and CCS is an organisational member of BACP.

Clients self-refer and the majority come from the National Health Service following a patient visit to their GP. We have a long established reputation for providing high quality psychodynamic counselling on a wide range of issues.

Day to day operational management is provided by a management team led by a Chief Executive and overall responsibility for the charity rests with the Board of Trustees.

Patron: The Duchess of Richmond and Gordon

Registered Charity No. 1052264

Company Limited by Guarantee

Company No. 324075