

Chichester Counselling

Training Prospectus Academic Year 2021-22

CERTIFICATE IN PSYCHODYNAMIC COUNSELLING THEORY & SKILLS

BACP ACCREDITED DIPLOMA IN PSYCHOTHERAPEUTIC COUNSELLING (PSYCHODYNAMIC)



WELCOME

Hello, and welcome to the Chichester Counselling Services (CCS) Training Prospectus for 2021. Thank you for your interest in our training – whether you are interested in finding out more about people and relationships, wanting to develop listening and people skills to use in your current work, or thinking about counselling as a new career, we hope that this prospectus will give you lots of helpful information about what CCS has to offer. If you have any questions that aren't answered in the prospectus or if there is anything else that you would like to discuss with us, then please do get in touch. Full contact details are below.

At the time of writing all our training is being delivered online due to the continued impact of the pandemic. We hope and plan to be able to return to classroom-based training when it is safe to do so, but we cannot predict exactly when that will be. We now have nearly a full academic year's experience of delivering our training online and are confident that we can continue to deliver our usual high standards in this mode for as long as is needed. Nevertheless, we will be returning to in person training when possible and so it is important that prospective students are able to travel to Chichester for training and eventually client work as required.

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1 ABOUT CCS

Chichester Counselling Services (CCS) has been training counsellors and providing affordable counselling to the local community for more than 40 years. Over this time we have trained hundreds of counsellors and worked with thousands of clients, and have built up a strong reputation for the high quality of the services that we provide. Today CCS is a busy and thriving counselling community, with more than 30 counsellors in training and around 20 volunteer qualified counsellors, supported by staff on both the clinical/counselling and training teams. We meet a vital need for affordable counselling in the local community and regularly provide 4-5000 hours of individual counselling each year.

CCS is an organisational member of the British Association for Counselling and Psychotherapy (BACP), the national regulatory body for the counselling profession, and all our counsellors follow the BACP Ethical Framework for the Counselling Professions. Our three year Diploma in Psychotherapeutic Counselling is also accredited by the BACP, which is the gold standard for counselling training courses in the UK. This means that graduates from our Diploma will have already taken the important first step towards individual accreditation and professional standing with BACP.

2 ABOUT TRAINING AT CCS

The training that we offer at CCS is much more than just an academic course. It is exciting, stimulating and challenging and offers a new way of making sense of yourself, your relationships and the world around you – for many students, training as a counsellor can be a life-changing experience. The training is thorough and rigorous and we ask a lot of our students, but we also provide a lot of support to make this possible. The goal is to train counsellors who are able to make a real difference in the lives of their clients.

In recent years, our Diploma graduates have gone on to volunteer and work at NHS Time to Talk services, university counselling services and other specialist counselling agencies. Others have taken up further training, specialising in working with young people or in trauma therapy. Our training is well respected in the community, and recognised as providing a solid foundation on which further skills and specialisms can be added post-qualification.

All stages of our training share three strands that we see as essential in the development of a psychodynamic counsellor:

- theory: an introduction to the distinctive theories of human growth and development pioneered by classical theorists such as Freud, Klein and Winnicott and continued today by contemporary psychodynamic theorists
- skills: an application of practical skills and techniques that help to build strong and stable therapeutic relationships within which the client can share and make sense of their story
- self-awareness: an understanding of yourself, your own history and experiences, what you might bring to the therapeutic relationship and the impact that you might have on your clients, and vice versa

These three strands are brought together in teaching that is practical and experiential, in large and small group work and in individual one-to-one tutorials, and are assessed in a range of different ways. We aim to provide a safe space and creative learning environment within which you can open yourself up to a range of new ideas, build relationships with your fellow students and with the training team, and develop the crucial skill of reflecting on your own experiences, in order to ask the question – what can I learn from this about myself?

Most importantly, CCS brings together your training and placement in one place, meaning that you will be learning and practicing within an active counselling environment, and our training always has this practical and real world emphasis. You will also become part of an active community of counselling professionals that extends throughout and beyond the training, helping and supporting you as you move from trainee to qualified counsellor.

CCS therefore offers you a complete training package, with all of the following included in the course fees:

- ✓ theory and skills training at evenings and weekends
- ✓ individual tutorial support
- ✓ clients assessed and selected as suitable to your level of training
- ✓ comfortable and professional counselling rooms
- ✓ appropriate in-house supervision for all client work
- ✓ supportive administrative back-up
- ✓ professional indemnity insurance

Cost of the Training:

Course fees for 2021-22*	Year 1 (Certificate)	£3250
	Year 2 (Diploma)	£4250
	Year 3 (Diploma)	£4250

*fees are reviewed annually; fees for future academic years may be higher than this

A deposit of one third of the fee is payable in early September, upon acceptance of your training contract. Then:

- The balance of the fee is payable by the start of the academic year, if you are paying in full; or
- There is an option to pay the balance of the fee in six equal monthly instalments, from October to March, for which there is an additional £100 administration charge

In addition to course fees, you will need to allow for the cost of personal weekly psychodynamic counselling with your own therapist, a budget of approximately £2000 per year (£35-50 per session for minimum 40 sessions per year). For those planning to continue into the later stages of the Diploma (Years 2 and 3), personal counselling must start no later than March of your Certificate year.

NB – Please note that CCS students are not eligible to apply for an Advanced Learner Loan.

3 CCS CERTIFICATE IN PSYCHODYNAMIC COUNSELLING THEORY & SKILLS (1 YEAR, PART TIME)

Most students start their training at CCS with our Certificate course, which aims to give a thorough introduction and grounding in psychodynamic counselling theory and skills. Some students start the Certificate knowing that they wish to complete all three years of the Diploma; others know that they do not want a full counselling training but are interested in developing their communication skills and their understanding of people and relationships; some want to try the Certificate first and only make up their minds about continuing part way through the year. We value all of these approaches, and the only commitment that we require in the first instance is for the year of the Certificate training. Course tutors will be able to help you think about whether the further stages of the training are right for you.

As a standalone training, the Certificate is not itself BACP accredited and does not qualify you to work as a counsellor, but it does also form the first year of our accredited Diploma training for those wishing to continue with this. It may also be transferable for Diploma level study elsewhere.

3.1 Subjects covered in the Certificate Course

The theory element of the Certificate introduces you 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 your practical counselling skills. Developing self-awareness and self-understanding is also a crucial part of the Certificate training, and you will be asked to keep a weekly learning journal and write termly essays reflecting on your experiences on the course. For those wishing to continue with the training, the ultimate aim of the Certificate is therefore to prepare students to enter into Years 2 and 3 of the Diploma with the theoretical understanding, practical skills and self-awareness required to begin working with clients.

Training sessions are led by a Course Tutor who you will work with throughout the year, with additional support from mentors who help to develop your skills in role play sessions. You will also have a Personal Tutor who works particularly on the self-awareness element of the training; for those continuing with the Diploma, wherever possible you will have the same personal tutor for all three years of your training.

3.2 Certificate Course key components

- 30 core theory and skills group training sessions – 6.00-9.30pm on Wednesdays, 3 x 10 week terms
- Three additional Saturday workshops across the year
- Two individual tutorials each term
- Possible continuation onto Diploma course (with addition of weekly personal therapy and successful Readiness to Practice assessment) – see below

3.3 Assessment

Assessment is continuous throughout the year, with no final exams. There are written assignments and practical skills assessments to be successfully completed. Tutors are available to support you with all assessed work.

It is not a requirement of the Certificate course to be in your own personal counselling, although students often find this helpful and are encouraged to do so where possible. If you are planning to continue into Years 2 and 3 of the Diploma, you are required to start personal counselling with an approved therapist no later than March of your Certificate year.

3.4. Entry requirements

There are no formal entry requirements for the Certificate – we do not require any specific educational level, work experience or prior counselling training. What we are most looking for in our applicants is life experience, an interest in people (including in yourself), and an openness to engaging in all elements of the training. We welcome applications from anyone aged 18 and above.

4 BACP ACCREDITED DIPLOMA IN PSYCHOTHERAPEUTIC COUNSELLING (PSYCHODYNAMIC) (3 YEARS, PART TIME)

The three year Diploma course is our full professional counselling training. This 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. As noted above, all stages of our training are built on the connection between understanding the psychodynamic model of human development; putting into practice distinctive psychodynamic counselling skills in order to build and work with the therapeutic relationship; and promoting the growth of each student's individual self-awareness.

4.1 Diploma Course key components

Year 1 of the Diploma – as the Certificate, as stated in Section 3.

Years 2 and 3:

- Core training – theory, skills and group work; 6.00-9.30pm on Tuesdays, 3 x 10 week terms each year
- Reading and reflection in preparation for training sessions
- Three additional Saturday workshops each year
- Client work at CCS (building to three clients per week); may require some daytime availability, not necessarily evenings only; associated admin and paperwork time
- Supervision for client work (90 minutes per week); may require some daytime availability, not necessarily evenings only; NB – client work and supervision is a year round commitment, excepting holidays, and not term-time only
- Termly individual tutorials with Course Tutor, Personal Tutor and Supervisor
- Termly written assignments, including a personal research project and a client case study
- Weekly psychodynamic personal counselling with an approved therapist, continuing throughout the training

4.2 Subjects covered in the Diploma

Building on the core psychodynamic theory and skills taught in the Certificate year, the further stages of the Diploma deepen and broaden this understanding, always making a close connection between the theory and practice of psychodynamic counselling, and the self-awareness that underpins the safe use of both.

In Year 2, the focus is on preparing students for their first experience of client work and deepening their understanding of the types of issues that are often present in the work for both client and counsellor. Theory sessions cover the following modules:

- Introduction to psychodynamic clinical practice and technique
- Developmental perspectives in psychodynamic theory
- Clinical themes and presentations in psychodynamic counselling

In Year 3, students are encouraged to see themselves as developing practitioners, still very much contained within a training environment but also building an awareness of their own individual interests and tracing their own path among the many possible combinations of psychodynamic theory and skills. Theory sessions cover the following modules:

- Critical perspectives on psychodynamic practice
- Psychodynamic approaches to psychopathology
- Developing professional practice in psychodynamic counselling

4.3 Assessment

Assessment is continuous throughout the year, with no final exams. There are written assignments to be successfully completed, especially the Year 3 Individual Research Project and Final Case Study. Tutors are available to support you with all assessed work.

4.4.1 Entry requirements for CCS students

Entry onto Year 2 of the Diploma is for students who have successfully completed the CCS Certificate and who have also passed their assessment for Readiness to Practice. Please note – if you are returning to the training after a gap of 2+ years you may not be able to continue into Year 2 of the Diploma and you may be required to retake the Certificate year.

4.4.2 Direct Entry to Year 2 with Approved Prior Learning (APL)

If you have already successfully completed a basic psychodynamic training recently 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 also a requirement to begin weekly personal therapy with an approved counsellor by end of March of the year of entry.

For details of the application process, see below (Section 6 – What Happens Next).

Please note – we are not able to offer Direct Entry to Year 2 without specifically psychodynamic APL, regardless of the level of an equivalent training or other practical experience. If you have further questions about Direct Entry, please do get in touch.

5 QUALIFICATION AND BEYOND

We view completion of the CCS Diploma not so much as an ending, but rather as the starting point for lifelong personal and professional development as a counsellor. Individual accreditation with BACP, which is often a requirement for paid employment as a counsellor, requires a further period of post-qualification building experience and understanding, to a minimum of 450 client hours. CCS provides an ideal environment in which to build this experience, and we encourage all of our students to stay on with us as volunteer qualified counsellors, in addition to finding other opportunities to broaden their skills.

We are able to offer our volunteer qualified counsellors:

- high quality fortnightly group supervision
- low-cost priority access to CPD workshops and short courses
- the advantages of working with a wide range of assessed clients
- some help towards travel costs

In addition to this, the value of CCS as an active professional community cannot be overstated. Our training and clinical staff and experienced counsellors are well connected with a range of other agencies, placements, training organisations and peer support groups in the region and beyond. Staying with CCS beyond qualification is therefore an ideal way in which to build your counselling career.

6 WHAT HAPPENS NEXT?

We hope that this Training Prospectus has given you the information that you need to decide whether our training is right for you, but if you have any remaining questions then please do get in touch. Email is the best way to make initial contact, but we can also arrange times to speak on the phone or online as required.

If you would like to go ahead with applying for either the Certificate or the Diploma, you can download the application form from the Training page of our website (<http://ccs-counselling.org.uk/training.html>). The form is the same for application to the Certificate, Diploma or Direct Entry, but please do make sure that you complete the correct questions as required. Please return your completed form by email wherever possible. There is also a £60 administration charge to be paid before we can process your application.

The application form asks both for some necessary basic information, and for some reflection on different aspects of your life experiences. Please make sure that you take the time to answer these questions thoughtfully and honestly – answers without sufficient detail or depth will be returned to be completed again.

Suitable candidates will be invited for an hour long interview with two members of the CCS Training Team, and there will also be a follow up discussion at a later date.

Successful applicants will be issued with a Training Contract, completion of which is required to secure your place on the training.