

# Chichester Counselling Services

## Prospectus - Academic Year 2019-20

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

### **Short courses for qualified counsellors,**

for example:

Assessment training  
Time limited counselling  
Couples counselling

### **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 Diploma training automatically means that you pass the BACP requirements for course training.

See [www.bacp.co.uk](http://www.bacp.co.uk) for more details.

### **Why choose Chichester Counselling?**

We are an established counselling agency; 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.

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 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 unsure about working with clients, investing time in completing a diploma or perhaps unsure about 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, and may be transferable for a diploma elsewhere.

## 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 participate fully in the training experiences.

## Course Components

### Year 1:

- Core skills and theory training takes place in a group; three hours one evening a week for 30 weeks (3 x 10 week terms)
- Three additional Saturday workshops
- Support from Personal Tutor
- 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, and there are some written assignments 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 2019-20: Year 1 (Certificate): £3250

A deposit equal to one third of the fee is required upon acceptance of a training contract, by 7<sup>th</sup> 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/certificateanddi.html> (Application Form Certificate Diploma) and return to our office address with the £60 administration charge.

Selection is by interview.

# 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.

## The specific aims of the course are:

- To provide high quality counselling training so as 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 provide basic skills training and those additional 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 100 counselling hours before the award of a BACP accredited diploma. (These hours go on to contribute to your individual accreditation post-qualifying).

## Course Components

### Year 1: (as per Certificate course)

- Core skills and theory training takes place in a group; three hours one evening a week for 30 weeks (3 x 10 week terms)
- Three additional Saturday workshops
- Support from Personal Tutor
- 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 - skills, theory 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
- Support and guidance from Personal Tutor continues
- 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 project and a client case study.

# Diploma in Psychotherapeutic Counselling (Psychodynamic), continued

## 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 earned a Chichester Counselling 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 the second year as a direct entrant with APL. Direct entrants will also need to have passed a CCS assessment for Readiness to Practice. There is a requirement to begin weekly personal therapy by end of March of the year of entry.

Please note the particular requirements for direct applicants on the application form.

## Cost

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

Fees for 2019-20: 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 7<sup>th</sup> 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.

Fees for Years 2 and 3 include the use of counselling rooms for your voluntary counselling of clients, client administration and your clinical supervision costs.

## 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).

## How to Apply

Complete the application form downloadable from our website

<http://www.ccs-counselling.org.uk/certificateanddi.html> (Application Form Certificate Diploma) and return to the office with the £60 administration charge.

Selection is by interview.

## 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
- ✓ ONE YEAR CERTIFICATE ALSO AVAILABLE (NON-ACCREDITED)
- ✓ NATIONALLY ACCREDITED AND RECOGNISED QUALIFICATION



For further information or for an informal discussion please contact

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## **Ongoing Counselling with CCS, Gaining Individual Accreditation and Experience**

Following the award and the Diploma, counsellors are invited 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 build up hours for individual accreditation with BACP.

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.

## **Short Courses & Continuing Professional Development**

CCS occasionally runs short courses suitable for qualified counsellors.

Courses are run subject to demand.

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 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. Simultaneously, the community-based counselling service was developed under the supervision of the experienced medical psychotherapist, Dr Anne Zweig. In 2000 BACP realised that they represented psychotherapists as well as counsellors and changed their name to BACP and the course has continued to be accredited by them.

## **Training and Counselling at CCS Today**

Our charitable aim is to offer accessible counselling.

Located in central Chichester, we serve clients from the local and wider areas including West Sussex, Surrey and 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 British Association for Counselling and Psychotherapy (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**