



Expanding Therapeutic Practice

Level 5 Equivalent

Course Document

Training for Therapists

1. Welcome to Training for Therapists

We are a specialist therapy training organisation and bring a wealth of experience in the design and delivery of counselling courses and CPD training, to our work.

We hope that your time with us will be rewarding and enjoyable and most importantly, that it helps you to achieve your learning goals. We are practicing counsellors, therapists and supervisors as well as being experienced teachers and university lecturers. We bring our passion for teaching and counselling to the groups that we train.

This document provides information about this course and contains important information about what you need to achieve in order to successfully qualify from the course.

We actively promote the ethical framework of the British Association for Counselling and Psychotherapy (BACP).

Our courses teach an integrative approach to counselling. This is a recognised theoretical approach to the work of counselling and will teach you our own unique model which is called The Connections Model. This model for counselling takes an holistic view of wellbeing and mental health.

It may be that your question isn't answered within this course document and if this is the case, do feel free to ask as we will be happy to answer your questions.



2. The Training for Therapists Team

Mark Hartshorn



Mark is an experienced teacher of Counselling and Psychotherapy and brings a wealth of experience from both his work as a trainer and from his work as a counselor and supervisor. He is experienced in working with Gestalt, Person Centered and CBT concepts as well as a range of Transpersonal approaches to counseling. He is passionate about bringing soul into counselling, therapy and supervision works and brings this passion to his training.

Jo Schroeder



Jo is an integrative counsellor and supervisor, she works holistically in private practice. Jo has several years teaching experience which began with Mathematics and she is also trained to hold intense group processes. She loves the richness and opportunities for growth the learning environment provides and is a registered member of the BACP.

3. Expanding Therapeutic Practice (Level 5 Equivalent)

The Course

This course is a part time course covering 112 guided learning hours. It is designed to give learners the knowledge, skills and competencies to work as self-employed counsellors in independent practice. It also equips learners to take on a senior counselling role in an organisational context where client assessment, referral and routine evaluation are part of the role. The training will also help you work with clients who present with trauma in their history. The course is primarily aimed at helping counsellors who have completed a level 4 diploma course or who are close to doing so, to deepen or expand their practice with their clients by understanding more about the implicit processes that clients and counsellors bring to the work.

The Course Content

You will be introduced to ways of working with clients who present with severe mental health problems. We will cover maladaptive schemas, attachment disorders, the impact of trauma on development. Pre and perinatal psychology and explore ways of deepening the level of work with clients by using the therapeutic relationship in a way that incorporates the above. We will explore how to work with transference and counter transference as a therapeutic process and help you to develop and deepen your practice.

The course introduces you to assessing clients and setting up an independent practice or taking a more senior role in an agency setting. We also present our own model, The Connections Model which guides an holistic and integrative way of working with a range of counselling theories.

The Connections model informs an holistic way of working with ourselves and clients. The philosophy behind the model is simply that we (and clients) will enjoy greater wellbeing if we can understand what it is that connects us to our holistic selves and indeed what disconnects us too. The model has the Person Centred philosophy at its heart but also incorporates Gestalt, CBT and Transpersonal ways of working.

Applicants are invited to bring their own core theoretical approach to the course and together, we will look at ways in which your own theoretical understanding can be used to work at depth with a wide range of client problems arising out of maladaptive schemas which have adversely impacted on the very foundations of the self.

We will look at implicit processes and patterns that both we as therapists and our clients bring to the work and explore the impact of these on our practice and client outcomes.

Entry Requirements

You need to have completed a the Level 4 Diploma in Therapeutic Counselling or an equivalent (or be close to doing so) You need to be over 19 years old. We do not recommend that you begin this course if you are currently struggling with severe emotional difficulties, or are undertaking any other courses. We will discuss any personal situations with you at the time of enrolment to ensure that you are in the best position to get the most out of the course and achieve your learning goals. We do ask that you ensure that you are academically and emotionally able to cope with this level of training, are computer literate and have access to a laptop and printer. It is also really important at this level that you are able to work with challenge and feedback from peers and tutors and that you feel comfortable to challenge and give feedback yourself.

You will need to be able to read and have sufficient writing skills to meet the written work requirements for the course. We suggest that at least a GCSE Grade C or above in English would be a great advantage to you in the completion of the written aspects of the course. It would benefit you greatly if you are able to form a therapeutic relationship and have good self awareness and the ability to make links. Openness to feedback from peers and tutors is also essential.

We will require you to have 40 hours of personal therapy by the time you have completed the course. You can include any therapy you have had during previous training and in your life time in this number, but we do ask that you have at least 10 sessions of personal therapy during this course.

Course Requirements

The programme for this course includes theory lectures, demonstrations, group work, peer to peer counselling sessions, tutor and peer assessed observations of practice, self reviews and tutorials. You should allow around two to three hours per week for additional reading.

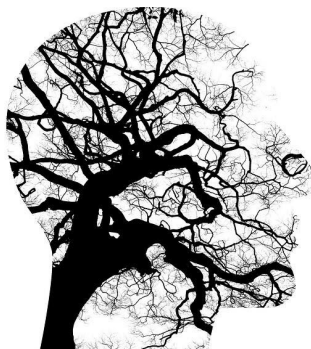
You will need to complete 60 hours of counselling practice either in independent practice or in the role of a senior counsellor in an agency setting. It will be your responsibility to find either clients for independent practice or a position within a counselling agency in order to complete these hours.

You will need to be a member of a professional body such as BACP or NCS.

Personal counselling costs are not included in the course fee. You will also need to have supervision which could incur an additional expense.

Progression

The course will provide training that will be invaluable if you are considering embarking on a supervision training.



4. What to Expect

We will help you from the time you take the first step until you have reached your goal

A typical course session will begin with a check in. This is a chance to share with the group something of how you are feeling and what is going on for you. It is a good way of “arriving” and an opportunity to practice empathic listening and to get to know more about the other members of the group.

This is followed by the delivery of some theory or the introduction of a new concept and small group work, pair work and skills practices provide you with the opportunity to practice the new ideas you have learnt.

5. Attendance Requirements

You will need to attend 85% of the course sessions in order to complete the training successfully. There may be times when there are exceptional circumstances which make this difficult and such situations will be discussed with you personally.

6. Support

At this level of training we promote autonomous learning and so if you would like a tutorial to discuss any aspect of the course, you can request one. They will be available at the start and the end of the session. If you need to talk to a tutor, please let us know and we can arrange a tutorial time. Likewise, if we need to talk to you about an aspect of the course that cannot be addressed in the group, we will invite you to a tutorial

As a small organisation, we do not currently offer learning support but can signpost you to places where you could access this if required. Your application form will ask for details of any special needs you may have and we will discuss these with you upon receipt to ensure we can accommodate your requirements.

7. Course dates, deadlines, times and important dates

A list of all course dates, times, deadlines for course work and details of the assessment will be provided separately at the start of the course. Please make a note of important dates and times, such as deadlines and assessment dates as missing these could compromise your successful completion of the course.

8. Policies and Procedures

We are committed to working ethically and in line with the British Association for Counselling and Psychotherapy's ethical framework,

9. Complaints and Appeals

We are confident that your learning experience with us will be an enjoyable, worthwhile and valuable experience. However if you feel that we have let you down in some way during any part of your experience with us then you can be assured that we have a complaints and appeals procedure which will ensure that your complaint or appeal is dealt with in a professional way.

Learner Complaints Procedure

Should you have a complaint about any aspect of your experience of us as an organisation or the training you have received, then we really would like to know about it. Our complaints policy outlines the way in which your complaint can be presented to us and how we will deal with it.

Academic Appeals Procedure

If you have a complaint about a decision we have made regarding an aspect of your assessment, then we will deal with your appeal in line with the procedure described in our appeal procedure.



10. Our Philosophy

At Training for Therapists we believe in an holistic approach to working with clients either in a helping or counselling capacity. We offer an integrative approach to counselling work.

We believe that it is important to attend to all of the client, their mind, body, emotions and soul. Our courses reflect this belief in that we will teach you theories, techniques and concepts which will help you to be able to work with a wide variety of problems that clients may present with.

We believe in the ethical framework of the British Association for Counselling and Psychotherapy (BACP) and therefore promote their ethical principles both within the training environment and within work with clients. The ethical principles we refer to are: Being Trustworthy, Autonomy, Beneficence, Non-maleficence, Justice and Self Respect.

Philosophy

We offer an integrative training as opposed to a training in one particular theoretical orientation. We will therefore teach a range of counselling approaches on our courses. We do this because we believe that everyone is different and that one approach to counselling

may not suit everyone. We believe that having a range of theories to draw on in our practice will mean that a wider range of clients may be served by our work and that we will be more able to meet their specific needs. We include Gestalt, Cognitive Behavioural, Person Centred, Transpersonal and Psychodynamic concepts in our training.

11. Assessment

The course is assessed internally. We ask that you keep a reflective learning journal which will help you to consolidate your learning from each session.

We will assess the internal part of your work via journals, assignments and observation. You will be given feedback by tutors and peers as the course progresses.

Successful completion of the course is based on a comprehensive case study you will write based on your work with a client to show how you have integrated the learning from the course into your practice.

In the event that you are unsuccessful in passing the case study assessment, it is possible to resubmit a case study which will be subject to a marking fee of £100. Upon successful completion, you will receive a certificate confirming successful completion of this level 5 equivalent course.

12. Reading List

You may find the following titles useful while studying on this course.

Between Therapist and Client – Michael Kahn

Essential Research Findings in Counselling and Psychotherapy - Mick Cooper

The Journey to Emotional Fulfilment Dyan Yacoveli

The Interpersonal World of the Infant - Daniel Stern

Guided Imagery—Hall, Hall, Stradling and Young

The Body Keeps The Score - Bessel Van Der Kolk

Handbook of Psychotherapy Integration - John C. Norcross, Marvin R. Goldfried

