



**FOUNDATION CERTIFICATE
IN
PSYCHODYNAMIC COUNSELLING
SKILLS AND THEORY**

2014-2015

Brochure

Professional and Personal Development

ABOUT THE COUNSELLING FOUNDATION

The Counselling Foundation has been providing counselling services to the communities of Hertfordshire and Bedfordshire for more than 35 years. Operating from five centres in the two counties, over 18,000 sessions are delivered annually. Clients contribute only as much as they can afford to the costs of this service. As one of its charitable aims, the Foundation offers high quality professional training from an introductory to an advanced level. This long established training programme now comprises: a six week counselling skills course, a 1-year Foundation Certificate in Counselling Skills, a 2 year Diploma in Psychodynamic Theory and Practice, and a 2-year Advanced Diploma in Psychodynamic Theory and Practice. The latter qualifies its graduates to practice independently and/or in a variety of other settings.

The Diploma and the Advanced Diploma together constitute a course accredited by the British Association for Counselling and Psychotherapy (BACP).

Various short courses, Continuing Professional Development workshops and conferences are also offered during the year.

The Counselling Foundation is a member of the largest national network of psychodynamic counselling centres in the UK and the Counselling Foundation Training Centre is one of the largest providers of psychodynamic training courses outside London.

The Counselling Foundation is itself an organisational member of BACP. Our courses are based on the psychodynamic model which has unconscious processes at the heart of the work. Psychodynamic counselling is derived from psychoanalysis such as Freud, Jung and Klein. It is a model that uses psychoanalytic concepts to understand human growth, human development and psychological disturbances. Psychodynamic counselling works on the assumption that everyone has an unconscious mind where feelings and fantasies are held and uses the therapeutic relationship to gain insight into unconscious relationship patterns that evolved since childhood. Memories of early relationships are used to make sense of current difficulties. Change occurs as the client becomes more aware of the power of the unconscious, highlighting for example, how defence mechanisms can influence behaviour hence enabling individuals to gain self-awareness and so be better able to control their actions and responses.

FOUNDATION CERTIFICATE IN PSYCHODYNAMIC COUNSELLING SKILLS

The Foundation Certificate in Psychodynamic Counselling is a 1-year part time course offered by the Training Centre of The Counselling Foundation. It aims to provide those who wish to develop counselling skills in work-based and other settings with the skills and knowledge, which will enhance and support their work. It also provides the grounding for further training to become a professional counsellor. The course leads to The Counselling Foundation Certificate in Psychodynamic Counselling Skills and Theory Award, which subject to acceptance provides access to The Counselling Foundation Diploma in Psychodynamic Counselling. It is also widely recognised as an access course to many other institutions' professional training.

Psychodynamic counselling initially evolved from Sigmund Freud's theories on the unconscious, the importance of formative childhood experiences and relationships, and the use of dreams and metaphors as a meaning of understanding the human psyche. These have been developed and modified by different strands of psychodynamic theorists over the years, however many of Freud's original concepts still remain central to this approach.

The main emphasis in Psychodynamic Counselling is that early experiences are seen as important in shaping the way our mind works. Central to this approach is the belief that everyone has an unconscious mind where feelings and fantasies are held and uses the therapeutic relationship to gain insight into unconscious relationship patterns that have evolved since childhood. When undertaking psychodynamic counselling, the counsellor, psychotherapist or psychologist will help the client to explore his or her problems in a way that makes reference to the past, in terms of the potential 'unconscious' conflicts or issues that are relevant to what we are experiencing today. An example conflict from the past may be difficulties resolving feelings toward a parent – such as anger for neglect, but desire for more contact. This conflict may affect present day relationships.

Change occurs as the client becomes more aware of the power of the unconscious, highlighting for example, how defence mechanisms can influence behaviour hence enabling individuals to gain self-awareness and so become better able to control their actions and responses.

TRAINING STAFF

All our seminar tutors and group leaders are fully qualified psychodynamic counsellors, psycho-therapists, psychoanalytic psychotherapists, psychoanalysts, group analysts or clinical psychologists.

All training staff practise in a wide variety of settings and bring to the training not only their theoretical knowledge, but also their day-to-day experience of clinical practice.

COURSE AIMS

1. To provide a basic understanding of psychodynamic theories including theories about human growth and development.
2. To examine the reasons that people seek help and to understand how psychodynamic counselling can help them.
3. To develop an understanding of the difference between using counselling skills in a variety of situations and counselling/psychotherapy.
4. To examine counselling theory and an understanding of the importance of boundaries and ethics in counselling work
5. To learn and practise the counselling skills of active listening, reflection, paraphrasing, clarifying, supporting and challenging.
6. To help people to think about managing feelings, thoughts and conflicts and to understand the need for empathy and the development of a therapeutic alliance.
7. To begin to integrate theory and practice by reflecting on and recognising patterns of behaviour, feeling and thinking in yourself and in others and to have been part of a personal development group
8. To understand the non judgemental approach and to value culture, difference and diversity.

Learning Objectives

At the end of the course students will be able to;

1. Understand psychodynamic theories including theories about human growth and development.
2. Understand basic counselling skills including: relationship building, boundaries and active listening and to understand how they can help people.
3. Recognise their own limits and patterns of behaviour and how their self affects others.
4. Demonstrate and use basic counselling skills to help people
5. Understand and value difference and diversity.

ENTRY AND SELECTION CRITERIA

- Personal and emotional suitability for exploring psychodynamic issues and counselling skills.
- Evidence of the intellectual potential to complete the theoretical elements of the course, including written assignments
- It is essential that whilst on this course you provide the Training Centre with a personal email address that other people do not have access to. A work email address or group family email is not acceptable due to the sensitive nature of some correspondence that you may have with your tutors.

COURSE STRUCTURE

Evening Course

Theory & Skills Seminar	6.00pm – 7.30pm
Break	7.30pm – 8.00pm
Experiential Group	8.00pm – 9.30pm

Daytime Course

Theory & Skills Seminar	10.00am – 11.30am
Break	11.30am – 12.00pm
Experiential Group	12.00pm – 1.30pm

SEMINARS & GROUPS

Seminars: Within the seminar time a variety of activities takes place, including guided discussion of set reading material, student presentations, role-plays, videos. Each seminar is divided between theoretical learning and the acquisition and practice of practical counselling skills.

Experiential learning within this time happens in pairs, triads and small groups.

Experiential Group: The experiential group is facilitated by an experienced psychodynamic group leader. The group identifies the concerns it wishes to address in the “here and now”. Group members are asked to respect the privacy of each other’s communications in the groups and to limit discussions about what happens and is said in the group, to group meetings.

ASSESSMENT

Components of the course that must be satisfactorily met by the end of the academic year in order to receive the award are:

- Two assignments of 2,000
- Minimum 90% course attendance

Evaluation is based on assessment of students’ performance throughout the course for which the following are observed:

- Attendance and Punctuality
- Active Class Participation which includes presentations for the class.
- Successful completion of two written assignments
- Counselling Skills Role-play
- Self Development

TERM DATES

TERM 1:	Starts Monday 22nd September 2014	Ends Friday 5th December 2014
TERM 2:	Starts Monday 12 th January 2015	Ends Friday 27 th March 2015
TERM 3:	Starts Monday 20 th April 2015	Ends Friday 3rd July 2015 (finishing on a Monday because of the 4 th May bank holiday) This applies if your course is held on a Monday.

COURSE LOCATION & DATE INFORMATION

The Course is run in **St Albans, Bedford and Luton**, subject to demand. Please indicate on your Application Form which Centre you wish to attend, in order of preference. All Application Forms must be returned to The Training Centre office in St Albans.

BEDFORD

Bedford Counselling Centre
Bates House
12 Foster Hill Road
Bedford MK40 2EN

Evening:	Thursdays	6.00pm-9.30pm
Daytime:	Fridays	10.00am-1.30pm

LUTON

A central Luton venue to be advised

Daytime:	Wednesdays	10.00am-1.30pm
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ST ALBANS

Training Centre
1 College Yard
Lower Dagnall Street
St Albans AL3 4PA

Evening:	Mondays	6.00pm-9.30pm
Daytime:	Tuesdays	10.00am-1.30pm
Evening:	Tuesdays	6.00pm-9.30pm

Dates, times and course venues are set according to demand and so are subject to change. Please register your interest with the Training Administrator on 01727 868585 (option 6) or email: trainingadmin@hbcf.co.uk. The Training Centre reserves the right not to run the course if recruitment does not reach the minimum numbers and any monies paid will be refunded.

COURSE FEES

Registration Fee: £60.00* [Please note that this fee is non refundable]

Course Fee: £1,450.00* [Please note that the fee is non refundable]
(Payable either as a lump sum or by a deposit of £500 followed by 8 payments of £130.63 made by standing order. A 10% charge has been applied to payments by instalments). [Please note that the course fee or the deposit are non refundable]

#Cheques should be made payable to The Counselling Foundation We do accept debit cards and credit cards we do apply a 2% surcharge for a payment received by credit card.

The (non-refundable) Registration Fee and Deposit are payable prior to the course start date.

The fee includes attendance to the Graduation Ceremony.

PROGRESSION & FURTHER TRAINING

The Foundation Certificate is an access course to the Diploma in Psychodynamic Counselling, and is particularly well suited to individuals who wish to offer their services to befriending organisations. It is possible to complete the Diploma training in 2 years but most achieve completion, inclusive of the 120 clinical hours, before the end of the third year.

Our Advanced Diploma in Psychodynamic Counselling is a qualifying course and meets the theory and clinical requirements for BACP accreditation. The entry level for this course is a Counselling Foundation Diploma or its equivalent from another recognised institution.

Clinical Hours: students are expected to achieve 120 hours in order to be awarded the Diploma and a further 220 hours in order to be awarded the Advanced Diploma. The total amount of hours required to achieve BACP accreditation is 450.

The Diploma is a 2-year training and comprises:

- Theoretical Seminars
- Clinical Seminars
- Open-ended Client Work
- Client Assessments
- Supervision
- Personal Therapy

Professional counsellors who wish to work commercially or for the NHS generally require accreditation from a professional body, such as BACP and the UKCP.

The Diploma and the Advanced Diploma together constitute a BACP accredited course.

STEP-BY-STEP GUIDE TO THE APPLICATION PROCESS

Step 1 All applications should be returned to the Training Centre in St Albans by the deadline set below. Late applicants cannot be guaranteed a place.

Please include the following as part of your application pack:

- Completed and signed Application Form
- Completed Equal Opportunities form
- CV
- 1 passport sized photograph
- Registration Fee of £60.00 [Please note that this fee is non refundable]

Step 2 Your application will be assessed and in some cases an interview may be required.

Step 3 You will receive a letter stating whether your application has been successful. Your offer letter will include an Acceptance Form and a Standing Order Mandate. Please complete and return the Standing Order Mandate if your preference is to pay in instalments.

Step 4 If you wish to accept the offer of a place, the following documents are to be returned the Training Centre in St Albans, in order to secure your place:

- The completed 'Course Acceptance' Form.
- A cheque for either the deposit or the full amount (cheques to be made payable to The Counselling Foundation) [Please note that this fee is non refundable]
- Completed Standing Order Mandate (if paying by instalments)

DEADLINE FOR APPLICATIONS: 31st August 2014

*Please note that this course is generally oversubscribed.
To avoid disappointment, please return the above promptly
in order to secure your place on the course.*
