



The
Counselling
Foundation

A Foundation for Personal Growth

Foundation
Certificate in
Psychodynamic
Counselling
Brochure

2018-2019

ABOUT THE COUNSELLING FOUNDATION

The Counselling Foundation is a leading charity that has provided counselling and counsellor training for the better mental health of our communities in Hertfordshire and Bedfordshire for over forty years.

We are passionate about promoting positive mental health; we believe that everyone should be able to have access to counselling. Our charitable mission enables people on low incomes to have access to affordable, long term counselling which is not widely available elsewhere in the two counties, we only ask that clients contribute as much as they can to the cost of this service. Operating from five centres across Herts and Beds, over 25,000 sessions are delivered annually. In addition, we are one of the largest organisations in the area supplying NHS counselling to those who seek support via their GP.

As one of its charitable aims, the Foundation offers high quality, part time professional training from an introductory to an advanced level. Our counsellor training service promotes personal development and growth whilst supporting communities through the provision of further qualified counsellors providing a talking therapy.

This long established training programme comprises of a 12 hour counselling skills course, a one year Foundation Certificate in Psychodynamic Counselling Skills, a two year Diploma in Psychodynamic Theory and Practice, and a two 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 & Theory

The Foundation Certificate in Psychodynamic Counselling Skills & Theory is a 1-year part time course offered by The Counselling Foundation Training Centre. 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 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.

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Training Staff

All our seminar tutors and group leaders are fully qualified psychodynamic counsellors, psychotherapists, psychoanalytic psychotherapists, psychoanalysts, group analysts or clinical psychologists. All training staff practise in a wide variety of settings and bring to the training their theoretical knowledge and experience of clinical practice.

Course Aims

1. To provide a basic understanding of psychodynamic theories including theories about human growth and development and more recent knowledge from neuroscience.
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 Selection Criteria

- Personal and emotional suitability for exploring psychodynamic issues and counselling skills.
- The course is emotionally demanding and students are expected to examine themselves and their behaviour. It is not suitable for people who are recovering from addictions or having treatment for a serious, diagnosed mental health condition.
- 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

Daytime Course

Theory & Skills Seminar	10.00am – 11.45am
Break	11.45am – 12.00pm
Personal Development Group	12.00pm – 1.30pm

Evening Course

Theory & Skills Seminar	6.00pm – 7.45pm
Break	7.45pm – 8.00pm
Personal Development Group	8.00pm – 9.30pm

Seminar & Groups

Seminars: Within the seminar time a variety of activities takes place, including guided discussion of set reading material which is up-to-date, student presentations, role-plays, videos. Each seminar is divided between theoretical learning and the acquisition and practice of practical counselling skills. The minimum number of students attending the seminars is 8 and the maximum 14. Students are expected to provide their own copies of the core texts books.

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

Personal Development 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 to receive the award are:

- Two assignments of 2,000 words
- Minimum 80% 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 roleplay
- Self-development

Equal Opportunities

We welcome applications from all sections of the adult population. Difference and diversity, and the importance of a non-discriminatory approach and how these are important to counselling activity will be explored in the course. However, the course will be conducted in English and students will be expected to practice their skills and submit all their written work in the English language.

Students with special needs are required to contact The Training Centre for further information about provision and accessibility, and to register any special requirements at enrolment. The Training Centre attempts to provide access to all facilities on site and to meet individual needs wherever possible.

Term Dates

Term 1	
Start Date	WC Monday 24 th September 2018
Reading Week	WC Monday 29 th October 2018
End Date	Week ending Friday 7 th December 2018
Term 2	
Start Date	WC Monday 7 th January 2019
Reading Week	WC Monday 18 th February 2019
End Date	Week ending Friday 22 nd March 2019
Term 3	
Start Date	WC Tuesday 23 rd April 2019
Reading Week	WC Monday 27 th May 2019
End Date	Week ending Friday 5 th July 2019 for Tuesday – Friday courses Monday 15 th July 2019 for Monday courses only

Course Location & Date Information

The Course is run in St Albans, Bedford, Luton and Welwyn Garden City subject to demand. Please indicate on your application form which centre you wish to attend, in order of preference. All application forms must be posted to the Training Centre office in St Albans or emailed to training@counsellingfoundation.org

ST ALBANS

The Counselling Foundation Training Centre
College Yard
Lower Dagnall Street
St Albans
AL3 4PA

Evening	Monday	6:00pm – 9:30pm
Daytime	Tuesday	10:00am – 1:30pm
Evening	Tuesday	6:00pm – 9:30pm
Daytime	Thursday	10:00am – 1:30pm

BEDFORD

The Counselling Foundation Bedford Centre
7A St Pauls Square
Bedford
MK40 1SQ

Evening	Thursday	6:00pm – 9:30pm
Daytime	Friday	10:00am – 1:30pm

LUTON

Stopsley Baptist Church
St Thomas' Road
Luton
LU2 7XP

Daytime	Wednesday	10:00am – 1:30pm
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WELWYN GARDEN CITY

Welwyn Garden City Central Library
Campus West
Welwyn Garden City
AL8 6AJ

Daytime	Tuesday	10:00am – 1:30pm
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Dates, times and course venues are set according to demand and are subject to change. The Training Centre reserves the right not to run the course if recruitment does not reach the minimum numbers and any fees paid will be refunded.

Course Fees

The following course fees apply:

- For those students starting the Certificate training in 2018/19 the course fees will be £1,750.
- Applications received by 6th April 2018 are entitled to an early bird discount of 5% of the course fees. Successful candidates who wish to take advantage of this discount are required to pay the balance of their course fees in full within 30 days of receipt of their offer letter.

A payment of £200 (£100 registration fee + £100 deposit) is payable at the time of application. You may cancel your application up to 14 days after receipt of your application form and your registration fee and deposit will be refunded. After 14 days, the deposit and registration payment is non-refundable. The deposit will be deducted from your course fees if you are successful in securing a place on the course.

Please note the £100 deposit is only refundable if your application is unsuccessful and you will be informed of this decision in writing within 30 days of application receipt. Any refund will be paid within 30 days of notification.

Subject to receipt of the deposit and the registration fee, successful candidates will be required to pay the course fees in accordance with the below options no later than 31st August 2018.

Following payment of your £100 registration fee and £100 deposit, the balance of the fees can be paid via one of the following options below:

- Early bird discount - As a lump sum £1,562.50 - payment to be received within 14 days of offer (Only for applications received by 6th April 2018)
- As a lump sum £1,650 - payment to be received within 14 days of offer
- Payment by instalment A second payment of £350 to be received within 14 days of offer followed by 10 payments of £143 made by standing order from September 2018 to June 2019 (payments by instalments are subject to a 10% surcharge).
- Payment by employer £1,650 (as per invoice to employer). Payment to be received within 30 days of invoice date

Payment can be made by electronic transfer (preferred), debit card, cheque or credit card. Payments by credit card are subject to a 2% surcharge.

Progression & Further Training

The Foundation Certificate in Psychodynamic Counselling is an access course to the Diploma in Psychodynamic Counselling.

The Advanced Diploma when completed with the Diploma constitutes a qualifying course accredited by the British Association for Counselling and Psychotherapy (BACP).

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

The Diploma & Advanced Diploma are both 2-year training programmes comprised of:

- Theoretical Seminars
- Clinical Seminars
- Open-ended Client Work
- Client Assessments
- Theory 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.

STEP-BY-STEP GUIDE TO THE APPLICATION PROCESS

Application forms can be downloaded from:

<http://www.counsellingfoundation.org/training/foundation-certificate-in-psychodynamic-counselling/>

Step 1 All applications should be posted to the Training Centre in St Albans or by email to training@counsellingfoundation.org 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
- Registration Fee of £100.00
- Deposit of £100.00

[Please note that the registration 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 you wish to pay by instalments.

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

- The completed 'Course Acceptance' Form
- A cheque/bank transfer for either the deposit or the full amount (cheques to be made payable to The Counselling Foundation)
- Completed Standing Order Mandate if paying by instalments

The full terms and conditions for students on this course can be viewed on our website at:

<http://www.counsellingfoundation.org/training/foundation-certificate-in-psychodynamic-counselling/>

DEADLINE FOR RECEIPT OF APPLICATIONS: 31st August 2018