

# *Foundations of Counselling Course\**

## **The Modules**

### *Introduction to Counselling*

This short course introduces you to the field of counselling. You learn about underpinning principles and some important concepts of counselling. You will find out about active listening skills and have some opportunities to practice them.

### *Developing Personal Awareness*

We introduce you to the importance of personal growth and self-awareness when using counselling skills. A variety of methods will help you develop reflective skills and self-understanding as well as help develop your understanding of others.

### *Developing Counselling Skills and Theory*

We introduce a framework to identify and understand counselling principles, specific skills and how they fit together to form a helping relationship. Practice in small groups builds confidence in your skills development.

### *Common Personal Problems*

You explore typical issues that lead people to seek help, and the different implications, methods and resources available when supporting them in a listening helper role. As well as having a range of visiting expert speakers you will look into a topic that interests you.

\* More information is available on our website, incl. fees, application forms etc.

# *Professional Diploma in Integrative Counselling and Psychotherapy\**

Our NCS Accredited course is based on the well regarded Dip. HE in Counselling we used to deliver at Sheffield Hallam University, updated to meet latest BACP requirements.

- A solid and professional training delivered by expert practitioner-tutors
- Unlike some other Diploma trainings this three year course supports you through to completion of all training requirements.
- Experience and research indicates clients are best served by an approach that takes account of their diversity: we train students to use the therapeutic relationship as the agent of change, to respond to a variety of people and problems with a range of methods.
- We place a high value on integrity and ethical practice.
- Past students have all gained placement experience in the public and voluntary sector in Sheffield and the surrounding region.
- Former students have successfully entered private practice and/or gained posts in the public sector (primary and secondary health, education) and voluntary sector and gained BACP accreditation. Many have gone on to further specialised training.

#### **Year One Modules**

**Counselling Theory and Skills** (2 modules): An introduction to the course's Core Theoretical Model. The emphasis is on moving on from your foundational skills to a focus on relationship and process.

**Social Context:** This module focuses on power in society

**Assessment and Referral:** Designed to support your move towards practice

**Placement Preparation Sessions** help you prepare for applying for placements. Placement Providers are also invited in to meet you.

#### **Year Two Modules**

**Human and Personal Development:** An introduction to theories of human development

**Professional Skills and Trends:** An introduction to topical professional issues

**Counselling Theory and Skills:** Input on theory and opportunities for practice designed to deepen your understanding

**Clinical Supervision:** An integral part of the course and continues over the complete calendar year.

#### **Year Three Modules**

**Comparative Models:** An introduction to the range of counselling/psychotherapy theory

**Counselling Theory and Skills** (two modules): These continue to support your development as a responsive practitioner, including creative interventions.

**Clinical Supervision:** continues through Year 3 to support you to the end of your placement hours.