



The Academy: S.P.A.C.E.

Sheffield Psychotherapy and Counselling Education

Professional Diploma in Integrative Counselling and Psychotherapy

This course is based closely on the highly regarded Diploma in HE in Counselling we used to deliver at Sheffield Hallam University until 2010. It is updated to meet the latest BACP requirements and NCS (National Counselling Society), by whom it is Accredited.

- 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 that clients are best served by an approach that takes account of their diversity: we train our students to be able to use the therapeutic relationship as the agent of change and to respond to a variety of people and problems using 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 the voluntary sector and gained BACP accreditation. Many have gone on to further specialised training.

Year One Modules

Counselling Theory and Skills: An introduction to the course's Core Theoretical Model followed by in-depth practice sessions (audio-recorded). These structured learning sessions take place in small groups with peer and tutor feedback to develop your confidence and competence. The emphasis is on moving on from your foundational skills to a focus on relationship and process. You analyse your audio-recording for the assignment, to bring together theory and learning from practice.

Social Context: This module focuses on power in society and how this is reflected in oppression and internalised oppression. There is a mix of theory and models of oppression and experiential exercises to challenge your understanding of yourself and others, providing a sociological insight. You will explore one area of oppression in more depth to prepare a presentation for your peers. Presentations on the course are not assessed for presentation skills but for the content of the hand-out you prepare.

Assessment and Referral: Designed to support your move towards practice; this module introduces a range of topics related to assessment including common problems that present to practitioners, typical assessment tools, risk assessment and referral. Specialist speakers introduce particular topics. You will research an area in more depth and assess your own competence in assessment for the assignment.

Personal and Group Development: Some time is built in to the programme for reflection on the learning experience and being in the group, along with opportunities to bring up any issues encountered in the training or in the group, and to share learning.

Placement Preparation: During this year there are some sessions on Placement Preparation, helping you focus on what you need to think about and do in preparation for applying for placements. Speakers are also invited in from Placement Providers so you can ask questions about placements.

Preparation for Supervision and Year Two: To enable students to make best use of supervision and to understand the requirements of Year Two.

Module Handbooks: In addition to the Courses Handbook, students receive a Module Handbook for each module, with assessment requirements and guidance as well as readings and exercises.

Year Two Modules

Professional Skills and Trends: You will be introduced to some topical professional issues including research-mindedness, ethics and a range of relevant topics. You will research a topic in more depth to prepare a presentation for your peers.

Human and Personal Development: An introduction to theories of human development applied to your own personal history and development, providing a psychological insight and deepening your self-awareness. You will select a theory to explore in more depth for an assignment.

Counselling Theory and Skills: Input on theory and opportunities for practice are designed to deepen your understanding of the framework of the Core Theoretical Model and of your ability to develop the therapeutic relationship. You will be introduced to a modest range of interventions that reflect different modalities clients may operate in (continued in Year Three), so you become more versatile and responsive to the individual. Analysis of recorded practice and understanding of theory will form the basis for assessment.

Clinical Supervision: This is provided as an integral part of the course and continues over the complete calendar year. You will receive input about the use of supervision and supervision models as well as participating in both small group and one-to-one supervision, whilst undertaking your practice placement. Assessment will be via analysis of a recording of actual practice with clients and submission of logs of your practice.

Preparation for Year Three: This includes some input on the research project that is required to be carried out in Year Three and introduction to Research Methods.

Year Three Modules

Comparative Models: In this module you are introduced to the range of counselling/ psychotherapy theory and locate the Core Theoretical Model in the field. You research a particular model and compare it to our Integrative Model (CTM). You are encouraged to examine the claims of alternative theories and the CTM with a view to developing your own integration and rationale for your work (as required by BACP).

Counselling Theory and Skills (two modules): These modules continue to support your development as a responsive practitioner, including creative interventions. There may be opportunities to follow different paths or develop a particular interest in the final module.

Clinical Supervision: this continues through Year Three to support you to the end of your placement hours. Our previous experience was that students struggled to complete the minimum standard of 100 hours clinical practice within the lifetime of a two year course - the majority took 6-12 further months to complete and had to do this with little support. We therefore lengthened the course so that students can be well supported through to completion of the practice requirement.

Research Project: Students are expected to undertake a small-scale research project and receive tutorial support for this.

Final assessment involves writing about cases you have worked with as a trainee in placement, to illustrate different aspects of your work and submitting completed logs of practice. You will discuss your work at group Viva Day. You are required to write an essay about your experience of being a client, based on at least 10 counselling sessions. These may have been undertaken prior to the start of the course as long as you can write in sufficient detail.