



ADVANCED DIPLOMA IN HUMANISTIC INTEGRATIVE COUNSELLING

Introduction The Advanced Diploma aims to deepen trainees' understanding of Humanistic Integrative Counselling and its application to counselling practice. The course is an advanced practitioner training and assumes that trainees have a solid foundation in the Humanistic Integrative model, and an ability to apply skills from this approach within the counselling setting. On completion of the course, students qualifying for the Advanced Diploma will have met the training criteria in respect of individual accreditation with the BACP and AHPP.

The Advanced Diploma is the final year of the two year BACP Accredited Course. It is also open to students who have gained a Diploma in Counselling from other institutions (see entry requirements). Students who only take the Advanced year on its own will not be eligible for the BACP Accredited Course Award, which requires a minimum of two years training at CPPD.

Structure The Advanced Diploma is a one-year part time course spanning three terms. Each term consists of 10 weekly evening seminars. The course begins with an intensive weekend of study and also includes two further weekends and three Saturdays. The year also includes attendance at three weekend modules from the CPPD Short Course Programme: studying eating disorders, working with survivors of abuse and short term counselling. In addition, trainees attend a monthly supervision group of three hours and a monthly individual supervision session. All students are also expected to complete a minimum of 100 client contact hours over the year.

PROGRAMME

Counselling Theory

The Advanced Diploma provides an arena for trainees to develop their understanding of how Humanistic and Psychodynamic theory and practice can be combined, in an effective coherent integrative framework.

Students will be introduced to:

- Object Relations Theory, with key concepts from Psychoanalytic sources including Klein, Winnicott, Bion and Bowlby. They will deepen their understanding of the application of the 5 Relationship Model (Petruska Clarkson).
- They will be enabled to identify major areas of similarity and difference

between Object Relations and Humanistic theories, especially in relation to the Person Centred approach, as well as Gestalt, TA and Existential counselling.

- They will explore the issue of personality disorders, contra-indications to counselling and the effects of medication. Professional issues such as Codes of Ethics and Practice, assessment, the organisational context of clinical work, medical and legal issues will be explored.
- They will be made aware of the arguments for and against integration, including the historical and philosophical underpinning of the Integrative approach.

The theoretical training is imparted through didactic teaching, experiential learning, case discussion, live supervision and student presentation.

Counselling Practice: Skills practice within the training group forms a major part of the learning. Students will work in counselling pairs, triads and group exercises. In deepening their ability to utilise advanced counselling skills, students are also required to integrate theory into practice at a more profound level. Live supervision remains an integral part of the learning process, and has a key function in developing students' professional competence.

Clinical Placement: The Advanced Diploma in Humanistic Integrative Counselling requires students to undertake a further 100 hours of supervised client work. Students arrange this practice through statutory or voluntary placements, or through their own place of work. Students are expected to secure placements reflecting their areas of interest, and assistance and support will be offered where necessary. If appropriate, students may continue in their placement from the Diploma year.

Supervision: aims to assist trainees with integrating theory into practice, and in their development as competent practitioners.

Students attend:

- a monthly one-hour individual supervision session
- a monthly three-hour group supervision session, with a maximum of three students in the group.

Trainees' practice is supported in the individual and group supervision through the presentation of clinical material, case discussion, awareness of transference and counter-transference issues and practitioner/client role-plays.

Assessment: is continuous throughout the year and includes elements of self, peer and tutor evaluation. Students are required to successfully complete three written assignments throughout the year (3000-3500 words each). These include a theoretical essay, case study and a student presentation, which is also submitted in essay format. Clinical practice is supported through ongoing assessment by the clinical supervisor.

Assessment is based on the demonstration of skills through case presentation of their work with clients, including the submission of three audio-taped counselling sessions, as well as active participation within the whole group and in skills based exercises. Students are expected to attend every session and a minimum attendance of 80% is required for the Advanced Diploma to be issued.

ENTRY REQUIREMENTS

Applicants for the Advanced Diploma in Humanistic Integrative Counselling must provide evidence of the following:

- through individual therapy)
- personal maturity and the ability to cope with the emotional, intellectual and time demands of the course
- at least 120 hours of experience of counselling clients in a 1-1 setting
- the ability to accumulate a further 100 client hours through a suitable placement or trainees' place of work, whilst completing the Advanced Diploma.

DATES AND TIMES

- Two intakes yearly (Spring and Autumn)
- Each intake begins with an introductory weekend followed by three terms of Thursday or Tuesday evenings, 6-9.30pm plus two further weekends and three Saturdays, together with three short course modules.

FEES

Please contact CPPD on (020) 8341 4843 for details

CONTACT TIME

Approx. 225 hours

CORE TUTORS

Suhith Shivanath & Keith Chinnock

For more information please contact us:

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