



BACP Accredited Post-graduate Diploma in Humanistic Integrative Counselling

Humanistic Integrative Counselling recognises that there are significant connections between all approaches to counselling. It acknowledges that different clients have different needs and believes that no one single approach is sufficient. Humanistic Integrative Counselling is inspired by a range of creative theories which encompasses the contributions of Humanistic and Existential Psychology, Psychodynamic Psychotherapy and Transpersonal Psychology.

The Humanistic Integrate Approach recognizes that the quality of the therapeutic relationship, rather than any one particular theoretical orientation, is the most important aspect of successful therapeutic work. Thinking, sensing, feeling and intuiting are all given emphasis within the framework of the relationship. The model aims to help counsellors understand the complexities of the clinical situation, which includes not only the client's internal world, but also their experiences within the wider family and socio-cultural context.

Humanistic Integrative Counselling is an approach that systematically considers the whole person - mind, body and spirit.

CPPD (The Centre for Personal and Professional Development, London) aims to develop professional counsellors through a coherent and cohesive training in a range of disciplines. The training has a clear vocational focus and seeks to develop student's abilities to use counselling in a wide variety of work settings. It aims to produce self-reflective practitioners, who ask questions of themselves and engage in constant learning, both personally and professionally.

CPPD training prepares students as professional counsellors for subsequent individual accreditation with the BACP or the Association for Humanistic Psychology Practitioners (AHPP).

CPPD counselling training consists of three modules:

Level 1: Certificate in Humanistic Integrative Counselling

Level 2: Diploma in Humanistic Integrative Counselling

Level 3: Advanced Diploma (Professional Training) in Humanistic Integrative Counselling

All three years offer distinct training activities: Theoretical Teaching, Skills Training and Personal Development.

Entry Requirements:

Training is open to those with a first degree in the Humanities and Social Sciences. Relevant previous training will also be considered.

Level 1:

The Certificate Course in Humanistic and Integrative Counselling provides a learning environment in which trainees can explore and experience the world of counselling. It provides an overview of the Humanistic Integrative Approach to counselling and opportunities for practical experience and training. It focuses on the development of effective attending, relationship-building and the interpersonal skills necessary to attend sensitively to the needs of others, whilst establishing and maintaining clear professional and personal boundaries. Self awareness is a vital part of any counselling training, and the course aims to facilitate this through theoretical input, skills training and reflective group process.

Programme:

The course will look at specific issues such as:

- Counselling Theory
- Counselling Practice
- Group Process
- Transcultural Awareness
- Sexuality
- Childhood Abuse
- Alcohol and substance misuse
- Psychology of shame
- Bereavement and loss

Assessment:

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 (2,000-2,500 words each).

Structure:

This Certificate course is a one-year part-time course starting in Spring 2010. Training will be done over nine weekends.

Level 2:

The Diploma is the first year of the two-year, part-time, BACP Accredited Course. It is open to students who have successfully obtained the Certificate in Humanistic and Integrative Counselling (Level 1) from CPPD. It is also open to applicants who have a first degree in the Humanities and Social Sciences, together with relevant work experience and further training in the field.

Programme:

Trainees will be introduced to the concepts and principles underpinning advanced counselling skills, together with clinical issues such as assessment, contracts, boundaries and managing referrals.

They will deepen their understanding of the major Humanistic and Integrative approaches and combine this with deeper understanding of the Psychodynamic concepts of transference and counter-transference, and an introduction to Object Relations Theory.

The theoretical training is imparted through didactic teaching, experiential learning, student presentation, live supervision, video work and case discussion. Students will constantly be developing an integrative model of practice through:

- Counselling Practice
- Clinical Placement
- Supervision
- Group Process

Assessment:

Students are required to successfully complete three written assignments throughout the year (3,000-3,500 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 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.

Entry Requirements:

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

- Successful completion of the Certificate Course in Humanistic and Integrative Counselling (Level 1) by CPPD or equivalent.
- A willingness to do at least 50 hours of personal development work.
- Personal maturity and the ability to cope with the emotional, intellectual and time demands of the course.
- The ability to accumulate 120 hours client hours through a suitable placement or trainee's place of work, whilst completing the Diploma.
- **Structure:**

This diploma course is a one-year part time course spreading over ten weekends.

Level 3:

The Advanced Diploma (Professional Training) forms the 2nd part of the two-year part-time, BACP Accredited Course. It is open to students who have successfully completed the Diploma in Humanistic and Integrative Counselling (Level 2) from CPPD.

Programme:

This Advanced Diploma includes:

- **Counselling Theory:**

Students will be enabled to identify major areas of similarity and difference between Humanistic and Psychodynamic theories and will explore contemporary theories of integration, including the historical and philosophical underpinning of the integrative approach. Trainees also 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 organizational context of clinical work, medical and legal issues will be explored.

- **Counselling Practice** - students will work in counselling pairs, triads and groups
Clinical Practice – a further 100 hours of supervised client work
- **Supervision**

A monthly one hour individual supervision session

A monthly three hour group supervision session

Assessment:

Students are required to successfully complete three written assignments throughout the year (3,000 – 3,500). These include two theoretical essays and a case study. 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 exercise.

Entry requirements:

Applicants for the Advanced Diploma must have successfully completed Level 2 of the training and must show the ability to accumulate further 100 client hours through a suitable placement whilst completing the Advanced Diploma.

Structure:

The Advanced Diploma is a one year-part time course covering twelve weekends.

Costs:

Tuition fees for the three year training programme are - Lm 3,600 (€8,385.74) + supervision and personal therapy payable in 3 installments as follows:

First year: Lm1000 (€2,329.38)

Second year: Lm1300 (€3,028.19) + costs for individual therapy and supervision of practice.

Third year: Lm1300 (€3,328.19) + costs for individual therapy and supervision of practice.

If applicants are eligible to go straight to 2nd year, the costs are worked out as follows:

Second year: Lm1300 (€3,028.19) + costs for individual therapy and supervision of practice.

Third year: Lm1300 (€3,328.19) + costs for individual therapy and supervision of practice.

Upon confirmation of acceptance on the training, applicants will be asked to pay a deposit of LM100 (€232.94) to CPPD.

All applicants will be subject to an interview prior to acceptance on the course.

Applications for the training will need to be submitted to CPPD (UK) Limited, Unit 3, Palace Gates, The Campsbourne, Hornsey, London N8 7PN or emailed to mail@cppd.co.uk.

About CPPD

CPPD (The Centre for Personal and Professional Development, London) was first established in 1986 as a training organization in Humanistic Integrative Counselling and practitioner personal development. The organization evolved over the years and has become one of the leading Humanistic Integrative Counselling Training Schools in London. The three year counselling training programme was accredited by the BACP (British Association for Counselling and Psychotherapy) in 1999, and the revised two year programme accredited in 2003.

CPPD run an international programme in London, Northern Ireland, Pakistan and Malta.