



HUMANISTIC INTEGRATIVE COUNSELLING

INTRODUCTION

The Diploma in Humanistic Integrative Counselling aims to provide a solid foundation in the Humanistic Integrative approach and its application to counselling practice. The course is a practitioner training and offers an environment where students can build on their relationship skills within clinical practice. Students are encouraged to develop further their self-awareness, both within the group and throughout their practice. On completion of the course students will qualify for the Diploma in Humanistic Integrative Counselling.

The Diploma is the second year of the BACP Accredited Training, and is open to students who have gained a Certificate in Counselling from other training institutions (see entry requirements).

STRUCTURE

The Diploma is a one-year part time course spanning three terms. It commences with an introductory weekend and each term consists of 10 weekly evening seminars plus two further intensive weekend trainings. In addition to course contact time, trainees attend a monthly three-hour supervision group and a one-hour individual supervision session. Students will also be expected to complete a minimum of 120 client contact hours over the year.

PROGRAMME

Counselling Theory: The Diploma provides an arena for trainees to develop their understanding of the Humanistic Integrative framework and the application of the Five Relationship Model (Petruska Clarkson). Students will deepen their understanding of the major Humanistic approaches of Person Centred Counselling, Gestalt, Transactional Analysis and Egan, and combine this with deeper understanding of the Psychodynamic concepts of transference and counter transference. Students will constantly be developing an integrative model of practice.

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.

The course will examine specific issues such as:

- Transcultural practice
- Working with difference
- Sexuality
- Client risk assessment
- Counselling survivors of childhood sexual abuse
- Cognitive behaviour counselling
- Counselling clients with drugs/substance misuse
- Bereavement and loss

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

Counselling Practice: Skills practice within the training group forms a major part of the learning. Students will work in counselling pairs and triads, and undertake group exercises and video work. In developing advanced counselling skills, students are also constantly required to integrate theory into practice. Live supervision is an integral part of the learning process.

Clinical Placement The Diploma in Humanistic Integrative Counselling requires students to undertake 120 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 their own placements, reflecting their areas of interest. Assistance and support will be offered where necessary.

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 sessions through the presentation of clinical material, case discussion, awareness of transference and counter-transference issues and practitioner/client role-plays.

Group Process: Experiential Learning occurs through the group process. The aim of the group is to deepen trainees' capacity for self-reflection and awareness. Trainees are expected to reflect on their own process and to work with issues arising within the group and their clinical work.

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, a 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.

Students are expected to attend every session and a minimum attendance of 80% is required for the Diploma to be issued.

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

- previous counselling training of at least 110 hours
- at least 50 hours of personal development work (this is usually achieved through individual therapy)
- personal maturity and the ability to cope with the emotional, intellectual and time demands of the course
- the ability to accumulate 120 client hours through a suitable placement or trainees' place of work, whilst completing the Diploma.

Students who join the Diploma having previously studied for a Certificate at another training institution are required to complete an APL (Accreditation of Prior Learning) Module. Advice about this and all aspects of the training can be given in response to informal enquiries.

DATES AND TIMES

- Two intakes yearly
- Spring intake begins in April, with an introductory weekend followed by three terms of Thursday evenings, 6-9.30pm. plus two further intensive training weekends.
- Autumn intake begins in September, with an introductory weekend followed by three terms of Tuesday evenings, 6-9.30pm. plus two further intensive training weekends.

CONTACT TIME Approximately 180 hours

FEES: Please contact CPPD on (020) 8341 4843 for details

CORE TUTORS:

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