



Wantage Counselling
& Training Centre

Prospectus

Diploma in
Psychotherapeutic Counselling Skills
Years 1, 2 & 3

2020 - 2023

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Wantage Counselling and Training Centre

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Welcome

Since its foundation in 1984, Wantage Counselling and Training Centre (WCTC), formally known as Wantage Counselling Service (WCS) has responded to the particular needs of the community by providing counselling training and psychotherapeutic counselling to adults, couples and young people of fifteen years and older.

Philosophy for Practice and Training

The practice and training at WCTC has a psychotherapeutic focus, where the therapeutic relationship between students, counsellors and client is central.

Throughout training and practice we will explore:

- The uniqueness of being human and how our experience shapes our unique model of the world.
- Equality and Diversity.
- The importance of respecting the welfare and rights of ourselves and others.
- Working within the BAPC's Ethical framework for the counselling professions (2018).
- Preparing for private practice.

Year 1

- Preparing for Supervised Clinical Practice.
- Experiential learning and reflective practice.
- Key theoretical models: Object Relations and Psychodynamic Theory.

Years 2 & 3

- Developing Clinical Supervised Practice.
- Experiential learning and reflective practice.
- Key theoretical models: Attachment; Humanistic and Person-Centred Disciplines, Existential and Jungian Theory.

It is essential that students are prepared to draw on personal experiences as ways of bringing the theory alive.

WCTC Training Staff

Course Leader: Anne Thompson
 Training Team: Graham Francis and Anne Thompson
 Internal Assessors: Carolyn Rackstraw
 Experiential Group Leader: Carole Horton
 Clinical Lead: Wilf Hashimi
 Guest Tutors (to be confirmed)

(All tutors and guest tutors are qualified therapists and/or experienced in their field.)

WCTC Contact Details

Admin Manager: Senga Hashimi – WCTC Office Telephone 01235 769744

WCTC Email info@wantagecounselling.org.uk

WCTC Website www.wantagecounselling.org.uk

Year 1 Term Dates

Autumn Term 2020	Spring Term 2021	Summer Term 2021
<ul style="list-style-type: none"> • September 19th & 20th • October 17th & 18th • November 28th & 29th 	<ul style="list-style-type: none"> • January 9th & 10th • February 6th & 7th • March 6th & 7th 	<ul style="list-style-type: none"> • May 8th & 9th • June 5th & 6th • July 3rd & 4th

Dates for year 2 & 3 (2021 – 2023) to be arranged

Interviews for applicants will be held from May 2020; however, if you'd like to visit the counselling service to discuss training to be a counsellor, please contact Anne Thompson and / or Clinical Lead Wilf Hashimi

WCTC Diploma in Psychotherapeutic Counselling

Overview

The Diploma in Psychotherapeutic Counselling is a three-year part-time course. This training **includes** a supervised clinical placement.

All students must be prepared to take 3 clients at WCTC once they are in supervision and have been assessed competent to start working clinically with clients.

The award of Diploma in Psychotherapeutic Counselling is made to students who have:

- Attended a minimum of 80% of the scheduled course sessions annually
- Successfully completed 120 hours supervised clinical placement
- Passed all assignments
- Received satisfactory assessment reports from their supervisor and clinical lead at WCTC.
- Attended weekly personal therapy throughout the course (see Personal Therapy)

On completion students will have demonstrated a level of professional competence that includes a minimum of 400 hours face to face tuition and a supervised clinical placement of at least 120 hours at Wantage Counselling and Training Centre.

Course Fees

The cost of the training is £2500 per year (£7500, 2020 – 2023); Payment plans are available.

Course fees paid in full and first instalments on payment plans, must be paid before course commences on 19th September 2020.

Payment Plan	10 monthly payments from September 2020 First instalment before 19/09/20	Total amount payable
	£250	£2500

Eligibility to Train at Diploma Level

Acceptance on the Diploma programme depends on successful completion of the WCTC Certificate in Counselling and Listening Skills or similar (minimum of 90 hours face to face tutor hours at FE Level 2 or higher). Interviews for this will take place from May 2020. **Basic IT skills are essential when preparing assignments and sourcing internet resources.**

Adjustments for Covid 19

Similar to most training providers, we have been meeting on-line and following government guidelines regarding Covid 19 and social distancing.

BACP are exercising flexibility (provided on-line training is interactive and in real time), they are clear that this is a temporary measure until everything gets back to 'normal', then face to face training will resume.

If you are unsure if on-line training prior to applying to WCTC affects your eligibility to train at Diploma level, please contact course leader – Anne Thompson

Personal Therapy

Students must be in Personal Therapy with a qualified Counsellor/Psychotherapist who works in a way recognised by BACP as having a core modality for Counselling and Psychotherapies (e.g. NOT Coaching, Hypnotherapy or Complimentary Talking Therapies).

The choice of Personal Therapist must be agreed as suitable with Clinical Lead and training team at WCTC; who will be happy to discuss this with you.

Personal Therapy must be in place at least 3 months before individual students take a client; and students must engage in weekly Personal Therapy until the completion of 120 client hours.

Students are responsible for the cost of Personal Therapy.

Accreditation

This is not a BACP accredited training; however, with a relevant Foundation Certificate or FE Level 2 qualification, it meets all the requirements set out by BACP (British Association for Counselling and Psychotherapy) to apply for accreditation.

- Those who wish to apply to the BACP for individual accreditation can do so once qualified and advice is given on this
- Many of the qualified counsellors who have trained at WCTC have become accredited; and it is a matter of choice
- Deciding not to become accredited doesn't obstruct qualified counsellors from establishing a private practice as soon as they complete this Diploma
- Many counsellors choose to apply for BACP accreditation at a later date.

Venue and Course Structure

The course is held at Wantage Counselling and Training Centre, Orchard House, Portway Wantage. OX12 9BU and commences in September 2020.

This is a time-consuming professional training and potential students must consider whether they are able to commit to a challenging schedule that includes:

- A supervised clinical placement provided by WCTC
- Personal therapy financed by the student
- Clinical Supervision provided by WCTC
- Study outside of face to face weekend block training sessions.

Each year consists of 9 block weekend sessions 9.30am – 5pm. Students are required to attend a minimum of 80% of training sessions per year. Training includes theory, practice and an experiential group conducted by an independent Group Leader.

Summary of Course requirements over 3 years

- 80% Attendance on block weekend training.
- One tutorial per term with course tutor
- Two written assignments per year (first and second year); Case study at end of final year (third year)
- Satisfactory tutor, supervisor and placement reports
- Reading and private study of 10 hours per week outside of the taught sessions is recommended.
- **Students must undertake weekly personal therapy in their own time, weekly clinical supervision and the clinical placement in addition to block weekend training.**

The Award of the WCTC Diploma requires:

- A minimum of 80% attendance of the training provided.
- 120 hours supervised clinical contact with patients/clients.
- 1.5 hours per week as a member of a supervision group with a WCTC supervisor.
- Weekly personal therapy with a WCTC approved counsellor / psychotherapist throughout clinical practice.

There are:

Two written assignments (of 3000 words) at fixed submission dates during 2020 - 2021

Two written assignments (of 3000 words) at fixed submission dates during 2021 - 2022

One Case study linked to theory and practice (6000 words) submitted June 2023

Focus – First Year

The first-year Diploma is the first serious step, counting towards a 3 year training programme that prepares students for a professional qualification in counselling; and builds on the Foundation Certificate in Counselling Skills programme.

Training includes an opportunity to explore group process, theory and participate in practical exercises that develop listening and communication skills that can be applied to clinical work and personal development.

Preparing for Clinical practice is an important aspect of this year's training and it is hoped that students will be competent to take their first client in the Summer term 2021 (however individual students will have different time-frames and requirements).

Writing academic essays, preparing for Clinical Supervision and working within the BACP's Ethical Framework for the Counselling Professions (2018) will be a key element of this academic year.

Training such as Personal Safety training and induction into the administration, policies and procedures at WCTC will also be incorporated into training.

Learning Outcomes

During the academic year, we will explore Person Centred values and Psychodynamic principles. Students will consider the work of therapists from the Object Relation's School; the historical and theoretical context; the language of psychotherapy and how this relates to clinical practice and research.

This approach had been designed so students can consider a range of modalities that enable them to move from a position of understanding, though application to analysis and evaluation of theoretical models applied to their client work.

The specific Aims

The three terms specifically encourage independent learning. By the end of the course, participants will be able to:

- Consider the important components of helpful / healing relationships
- Identify some of the main differences between counselling approaches in terms of how they view the therapeutic relationship and practice
- Recognise how practice informs theory, and theory informs practice
- Identify stages of the therapeutic process and how these may influence the counselling relationship

- Identify and discuss some of the ethical and professional boundary issues related to counselling practice
- Reflect on and analyse personal experiences in relation to learning
- Discuss their needs for ongoing personal development and professional support

Focus – Second and Third Year

The second and third year of the Diploma is the penultimate and final year of the 3 year training programme that prepares students for a professional qualification in counselling; and builds on the Foundation Certificate in Counselling Skills programme and First Year Diploma.

Training sessions continue to run over 9 block weekends per academic year; and includes an opportunity to explore group process, theory and participate in practical exercises that develop listening and communication skills that can be applied to clinical work and personal development.

Embarking on Clinical practice is a crucial aspect of this training and it is hoped that students will be competent to take or already taking their first clients at the beginning of term in September 2021.

Writing academic essays, preparing for Clinical Supervision and working within the BACP's Ethical Framework for the Counselling Professions (2018) will continue to be a key element of this academic year.

Training to ensure best practice and induction into the administration, policies and procedures at WCTC will continue to be incorporated into training.

During the second and third academic year, we will focus on Psychotherapeutic Theory drawing from a range of resources and literature and bringing them alive in the classroom and assignments.

Throughout this second and third year, students will be expected to consider core modalities that will complement their values and enable them to move from a position of understanding, through application to analysis and evaluation of theoretical models and their client work.

Learning Outcomes

Successful completion of second and third year's study will qualify students to work as professional counsellors provided they have:

- Completed all Award Criteria
- Completed 120 Supervised Clinical Practice
- Complied with the policies and procedures of WCTC

The specific Aims

These two years specifically encourage independent learning; and by the end of the course, participants will be able to:

- Deepen their understanding of Psychotherapeutic theory related to personal experience; and how this understanding informs and underpins their clinical work and personal development.
- Develop confidence when presenting written work and research
- Explore a range of counselling/psychotherapy modalities and develop clinical practice that is congruent with their values and those of BACP.
- Embark on a professional career in counselling and psychotherapy.

Resources and Suggested Reading

At WCTC we appreciate that books can be expensive and there is a small library at the centre.

Course handouts and other reading material will be provided throughout the course. Many of these will be available online to download; and students have access to course material on the virtual learning wall.

Refunds Policy

Diploma in Psychotherapeutic Counselling

1. After registration (attendance of two or more of the course days) automatic refunds are only due in exceptional circumstances
2. These reasons are acute illness or injury which are supported by medical evidence (i.e. Medical Practitioners letter or Medical Certificate)
3. In any event refunds will be limited to a maximum of 50% of the student fee.
4. The maximum 50% refund will then be on a pro rata basis to the amount of the course the student has attended.
5. Students who wish to withdraw from the course, and who have received a refund, will be allowed to re-register on a subsequent course within one year of the original. Subject to payment of the amount to make up the current course fee, plus an administration fee of £30.

Conditions of Document

This Course Document gives an outline for the academic year 2020 – 2023. Whilst every effort is made to provide continuity with the overall framework and structure of the programme, there may be times when adjustments are made to aspects such as content, delivery and assessment requirement in order to respond and comply with changes within for example the psychotherapy and counselling profession, or the structure and needs of WCTC.

WCTC reserves the right to amend aspects of the training programme during the period of your training. Every effort will be made to inform you in advance of changes.