

# Prospectus

Diploma in  
Psychotherapeutic Counselling Skills  
Years 1, 2 & 3

**2017 – 2020**



# Wantage Counselling & Training Centre

Wantage Counselling and Training Centre  
Orchard House, Portway, Wantage, Oxon  
OX12 9BU  
Tel: 01235 769744  
Email: [info@wantagecounselling.org.uk](mailto:info@wantagecounselling.org.uk)  
Website: [www.wantagecounselling.org.uk](http://www.wantagecounselling.org.uk)

## Contents

### Wantage Counselling and Training Centre

Welcome	2
Philosophy for Practice and Training	2
WCTC Training Staff	2
WCTC Contact Details	2
Overview	3
Cost	3
Eligibility	3
Personal Therapy	4
Accreditation	4
Venue and Course Structure	4
Summary of Course Requirements over 3 years	5
Focus – First Year	6
Focus – Second Year	7
Training Dates and Details	9
Conditions of Document	9

# 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:

- What it means to be a human being
- The uniqueness of being human
- And how our experience shapes our unique model of the world.
- The importance of respecting the rights of ourselves and others and work within BACP's Ethical Framework for the Counselling Professions (2016)

Students will be encouraged to draw on personal experiences in life and work as ways of bringing the theory alive.

## WCTC Training Staff

Course Leader: Anne Thompson  
Course Trainer: Maureen Hunt  
Internal Assessors: Carolyn Rackstraw  
Experiential Group Leader Wilf Hashimi  
Guest Tutors (to be confirmed)

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

## WCTC Contact Details

Administrator: Senga Hashimi - WCTC Office Telephone 01235 769744

WCTC Email [info@wantagecounselling.org.uk](mailto:info@wantagecounselling.org.uk)

WCTC Website [www.wantagecounselling.org.uk](http://www.wantagecounselling.org.uk)



## Wantage Counselling & Training Centre

Wantage Counselling and Training Centre  
Orchard House, Portway, Wantage, Oxon  
OX12 9BU  
Tel: 01235 769744  
Email: [info@wantagecounselling.org.uk](mailto:info@wantagecounselling.org.uk)  
Website: [www.wantagecounselling.org.uk](http://www.wantagecounselling.org.uk)

# 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.

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 their clinical placement
- Passed all assignments
- Received satisfactory assessment reports from their supervisor and clinical lead at WCTC.
- Attended weekly Counselling/Psychotherapy throughout the course

## Cost

The cost of the training is £2250 per year (£6750 2017 – 2020); Payment plans are available.

All students are required to be in clinical supervision (provided free by WCTC) and personal therapy (not provided by WCTC) with an approved counsellor/psychotherapist prior to commencing clinical placement at WCTC.

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 150 hours at Wantage Counselling and Training Centre.

## Eligibility to Train at Diploma Level

Acceptance on the Diploma programme depends on successful completion of the WCTC Certificate or similar (minimum of 90 hours face to face tutor hours at FE Level 2). Interviews for this will take place in May / June 2017.



Wantage Counselling and Training Centre is the working name of Wantage Counselling Service  
Charity Number 1160889

## 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.

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 before individual students take a client; and students must engage in weekly Personal Therapy until the completion of 150 client hours. **Students are responsible for the cost of Personal Therapy.**

## Accreditation

This is not a BACP accredited training; however it meets all the requirements set out by BACP so those who wish to may apply to the BACP (British Association for Counselling and Psychotherapy) for individual accreditation.

## Venue and Course Structure

The course is held at Wantage Counselling and Training Centre, Orchard House, Portway Wantage. OX12 9BU and commences in September 2017.

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 clinical placement, personal therapy, clinical supervision and study outside of Monday training sessions.

Each year consists of 32 Monday evening sessions. There are 3 Saturday training days per year.

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.

There are 6 annual community / counselling meetings at which the WCTC community meets to review practice. These take place during 6 training sessions on Monday evenings throughout the year.

## Summary of Course requirements over 3 years

- Attendance at the weekly Monday evening training that includes 16 experiential groups per year
- Three Saturday Workshops per year
- One tutorial per term with course tutor
- Two written assignments per year (first and second year); Case study at end of final year
- Satisfactory tutor, supervisor and placement reports



## Wantage Counselling & Training Centre

Wantage Counselling and Training Centre  
Orchard House, Portway, Wantage, Oxon  
OX12 9BU  
Tel: 01235 769744  
Email: [info@wantagecounselling.org.uk](mailto:info@wantagecounselling.org.uk)  
Website: [www.wantagecounselling.org.uk](http://www.wantagecounselling.org.uk)

- Reading and private study of a minimum 10 hours per week outside of the taught sessions is recommended.
- Trainees are required to attend 80% scheduled sessions.
- Students must undertake weekly personal therapy in their own time, weekly clinical supervision and the clinical placement in addition to training nights.

### The Award of the WCTC Diploma requires:

- A minimum of 80% attendance of the training provided.
- 150 hours 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 training.

### The Course

Monday evenings

6pm-7.40pm, (Lecture/skills practice)

Experiential Group 8pm - 9.30pm

3 Saturday workshops per year (1 per term)

There are:

Two written assignments (of 2500 words) at fixed submission dates during 2017 -2018

Two written assignments (of 3500 words) at fixed submission dates during 2018 -2019

One Case study linked to theory and practice (6000 words) submitted June 2020

## 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 sessions run on Mondays 6pm - 9.30pm 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.

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 2018 (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 (2016) 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.

During the academic year, we will more deeply explore Person Centred Counselling, Emotional Focussed Therapy; and consider the work of therapists from the Object Relation's School by considering 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 diverse range of modalities that enable them to move from a position of understanding, through application to analysis and evaluation of theoretical models and their client work.

### Learning Outcomes

This course, over the three terms (academic year) provides 133 tutor contact hours. It is the first year of the 3 year programme: 'Diploma in Psychotherapeutic Counselling' for people who wish to continue onto a professional qualification.

### 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 on the course
- Discuss their needs for ongoing personal development and professional support

Focus – Second and Third Year



## Wantage Counselling & Training Centre

Wantage Counselling and Training Centre  
Orchard House, Portway, Wantage, Oxon  
OX12 9BU  
Tel: 01235 769744  
Email: [info@wantagecounselling.org.uk](mailto:info@wantagecounselling.org.uk)  
Website: [www.wantagecounselling.org.uk](http://www.wantagecounselling.org.uk)

The second and third year Diploma is the penultimate and final year of a 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 run on Mondays 6pm – 9.30pm 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 an important aspect of this training and it is hoped that students will be competent to take or already taking their first client at the beginning of term in September 2017 (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 (2016) 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 academic year, we will focus on Attachment Theory drawing from on-line 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 compliment 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
- 150 Supervised Clinical Practice
- Complied with the policies and procedures of WCTC

### The specific Aims

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

- Deepen their understanding of Attachment theory and how their personal attachment 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.

## Term Dates 2017 - 2018

### Autumn Term Dates (11 Sessions Mondays):

September 18th, 25th September; October: 2nd, 9th, 16th

Reading Week: Monday 23rd October 2017 (we will not meet this week)

October: 30th; November 6th, 13th, 20th, 27th; December 4th

Saturday Workshop: 9th September 10am – 3pm

### Spring Term Dates (11 Sessions Mondays):

January 8th, 15th, 22nd, 29th; February 5th,

Reading Week: Monday 12th February 2018 (we will not meet this week)

February 19th, 26th; March 5th, 12th, 19th, 26th

Saturday Workshop: March 2018 (date TBC)

### Summer Term Dates (10 Sessions):

April 16th, 23rd, 30th; May 14th, 21st

Reading Week: Monday 28th May 2018 (we will not meet this week)

June 4th, 11th, 18th, 25th; July 2nd

Saturday Workshop: June 2018 (date TBC)

## Conditions of Document

This Course Document gives an outline for the academic year 2017 – 2020. 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