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Wantage Counselling
& Training Centre

Prospectus

Foundation Certificate in
Counselling Skills & Introduction to
Counselling and Listening Skills

Spring 2021

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Wantage Counselling and Training Centre

Foundation Certificate in Counselling and Introduction to Counselling and
Listening Skills

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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.

A Career in Counselling begins with:

- A comprehensive Training and becoming familiar with Theory that informs Practice
- Learning to know yourself through Personal Therapy and Group Work

Leading to:

- Supervised Clinical Practice
- Committing to work within an Ethical Framework
- Continuing Professional Development

Certificate training at WCTC prepares you for Diploma training and the first steps towards a professional qualification that will allow you to work with clients as a counsellor (on completion of the Diploma programme).

Throughout training we will consider:

- How our unique experience shapes our model of the world.
- The importance of respecting the rights of ourselves and others whilst working within BACP's Ethical Framework for the Counselling Professions (2018)
- The importance of establishing a therapeutic relationship when working with clients
- Difference, diversity, and inclusion
- Becoming a competent communicator
- Active listening and responding
- Reflective practice and self-awareness
- Self-care and working within personal limits and competency

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

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WCTC Training Staff

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WCTC Contact Details

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Course Overview

The Certificate in Counselling is a 6-month part-time course, held over 6 weekend blocks (Saturday and Sunday – 6 weekends January - July 2021).

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

- Attended a minimum of 80% of the scheduled course sessions
- Passed all assignments

Course Fees

Fees paid in full, and first instalments of payment plans must be paid before the course commences on 23rd January 2021.

To secure a place on the course, a non-returnable deposit will be required on application, and then deducted from the course fee as follows:

Fees paid in full	Deposit On Application	1 payment made before course commences January 2021	Total amount payable
Early Bird Offer Applications before 27/11/2020	£80	£1020	£1100
Applications after 27/11/2020	£90	£1110	£1200

Payment plans are available

Payment Plan	Deposit On Application	6 monthly payments From January 2021	Total Amount Payable
Early Bird Offer Applications before 27/11/2020	£80	£170	£1100
Applications after 27/11/2020	£90	£185	£1200

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Eligibility to Train at Foundation Certificate Level

Acceptance on the Certificate programme is open to members of the public and designed to give students an experience of future counselling training and to develop listening and responding skills.

No prior experience is needed except for basic English GCSE level C or equivalent as there are written assignments; basic IT skills are useful when preparing assignments and sourcing internet resources.

Personal Therapy

Students are not expected to be in Personal Therapy but many students decide to embark on Personal Therapy during Certificate training; if you'd like advice on how to find a personal therapist, the training team at WCTC will be happy to discuss this with you.

Accreditation

This is not a BACP accredited training; however the combined Foundation Certificate and Diploma programme meet 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, on successful completion of the Diploma programme. Many of the counsellors who have trained at WCTC have become accredited in this way.

Venue and Course Structure

The course is held at Wantage Counselling and Training Centre, Orchard House, Portway Wantage. OX12 9BU and commences in January 2021.

Learning Outcomes

- The first two blocks are an introduction to counselling and listening skills

By the end of the course, participants will be able to:

- Consider the important components of helpful / healing conversations.
- 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

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- Identify stages and factors that affect the 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

Award Criteria

The Foundation Certificate in Psychotherapeutic Counselling

To qualify for the award the candidate is required to:-

1. Keep a private, personal on-going Reflective Learning Review
2. Submit an assignment (1500 words) on 1st July 2021
3. Achieve an 80% attendance record during the programme.

This course provides 90 tutor contact hours; it is both a 'stand-alone' certificate course for those who are curious about counselling; or who wish to develop their listening and responding skills within a work situation or professional role. It is also the first stage before embarking on the 'Diploma in Psychotherapeutic Counselling' for people who wish to continue onto a professional qualification.

The first 30 tutor contact hours serve as an Introduction to Counselling and Listening Skills.

Training Dates 2021

Saturday and Sunday 9.30am – 5pm:

Block 1: January 23rd and 24th 2021

Block 2: February 27th and 28th 2021

Block 3: March 20th and 21st 2021

Easter Break

Block 4: May 15th and 16th 2021

Block 5: June 12th and 13th 2021

Block 6: July 10th and 11th 2021

Suggested Reading

Books and Journals will also be suggested throughout the course

- **Clean Language: Revealing Metaphors and Opening Minds: Revealing Metaphors and Opening Minds** by Wendy Sullivan and Judy Rees
- **Counselling for Toads:** by Robert de Board
- **Person Centred Primer** by Pete Sanders
- **Counselling Skills and Theory** by Margaret Hough
- **Counselling Skills and Studies** by Fiona Ballantine Dykes, Traci Postings and Barry Kopp
- **Life and How To Survive It** by John Cleese and Dr Robin Skynner

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.

Adjustments for Covid 19

During much of the training in 2020, we have been meeting on-line and following government guidelines regarding Covid 19 and social distancing.

However, though BACP are exercising flexibility (provided online training is interactive and in real time), they are clear that this is a temporary measure until everything gets back to 'normal'.

This course will continue face to face if possible and online if government guidelines suggest otherwise

The Diploma programme 2021 – 2024 will be held
over

9 weekend Blocks per year over 3 years starting in
September 2021.

Refunds Policy

Foundation Certificate in Psychotherapeutic Counselling

- Once accepted onto the course the student is liable for the initial non-returnable deposit as stated in the application form and signed by the student.
- After registration (attendance of two or more of the course days) automatic refunds are only due in exceptional circumstances
- These reasons are acute illness or injury which are supported by medical evidence (i.e. Medical Practitioners letter or Medical Certificate)
- In any event refunds will be limited to a maximum of 50% of the student fee – this will be by credit note to the service.
- The maximum 50% refund will then be on a pro rata basis to the amount of the course the student has attended.
- 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 Spring 2021. 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.