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Professional Training in Counselling

Diploma in Psychodynamic Counselling

Course Information: 2017-18

GCS is a BACP Accredited Service (No.100187)

**The Diploma in Psychodynamic Counselling is accredited by the
British Psychoanalytic Council (BPC)**

GCS is a member of the National Counselling Network
A network of counselling and training centres



Reg. Charity No 1109904
Established 1980
Company No. 4754643

This booklet is a guide to the Diploma in Psychodynamic Counselling offered by the Gloucestershire Counselling Service. The Diploma is accredited by the British Psychoanalytic Council (BPC). It is a part-time course and is intended for people who intend training to practice as a Psychodynamic Counsellor.

Information on the post-graduate Associate Counsellor Programme, which is intended for qualified practitioners seeking accreditation, is available in another booklet.

GCS-trained counsellors have been successful in working independently in private practice, in areas of primary care in GP surgeries, with organisations and agencies providing counselling and in specialist areas such as counselling in schools, colleges and universities and with Employee Assistance Programmes.

Supervised client work forms the heart of our training programme and enables trainees to integrate their theoretical and practical training in a safe environment. **Unlike some courses our Diploma programme provides client work with regular supervision which avoids the difficulties in finding a suitable placement that many trainee counsellors experience.**

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INTRODUCTION TO THE GLOUCESTERSHIRE COUNSELLING SERVICE

The Gloucestershire Counselling Service (GCS) was established in 1980 and is the major provider of counselling training services in Gloucestershire. GCS is accredited by the British Association for Counselling and Psychotherapy (BACP). All counsellors at GCS adhere to and work within the BACP Ethical Framework for the Counselling Professions.

GCS has two principal objectives:

- 1) To provide high quality professional counselling at affordable cost to the community of Gloucestershire and its surrounds.
- 2) To provide a programme of professional trainings in counselling.

Our **Counselling Service** offers a broad range of direct counselling services in a variety of settings. These services include:

- **Adult Counselling Service:** Offering confidential counselling to individual adults experiencing personal, emotional or psychological difficulties. Diploma trainees are offered placements with our Adult Counselling Service.
- **Couples Counselling Service:** For people experiencing difficulties in their relationships.
- **Employee Welfare Service:** Providing short-term solution-focused counselling to employees of a range of organisations across Gloucestershire.
- **GamCare:** A free counselling service for problem gamblers, in partnership with the Addiction Recovery Agency (ARA) and GamCare.
- **The Child and Family Counselling Service:** Counselling for families, children and young people who are experiencing difficulties.
- **School Counselling Service:** Counselling on school sites for individual pupils.

Our **Training Department** offers many training programmes. In addition to our introductory trainings in listening and counselling skills, we provide a comprehensive training programme for psychodynamic counsellors. This training comprises this three-year Diploma in Psychodynamic Counselling and an additional post-diploma programme for counsellors seeking professional registration with organisations such as BACP and BPC. We also offer trainings in different counselling modalities and in working with various client groups such as children, families and couples together with CPD programmes for practitioners.

GCS adheres to an Equal Opportunities Policy and is positively committed to opposing discrimination. We recognise that there are processes inherent in any organisation, including our own, which can work against this intention. We acknowledge that we have an obligation to be constantly re-examining all aspects of our policy development and implementation. We will aim to ensure that as far as is possible, equality of opportunity is available to all who work within GCS and use its services. As a charity, GCS tries to exercise the best possible stewardship of our financial resources to maintain the service.

THE DIPLOMA IN PSYCHODYNAMIC COUNSELLING

The Diploma

The Diploma in Psychodynamic Counselling is a three-year part-time training which combines theoretical seminars and counselling experience. All trainees are provided with a counselling placement and supervision within GCS's adult counselling service. The Diploma enables trainees to learn about the theory and practice of counselling within a professional counselling service and to benefit from a well-established support structure during their training.

The Diploma is accredited by the British Psychoanalytic Council (BPC). Trainees automatically become members of the BPC trainee body and are entitled to belong to the BPC Trainees' Association.

The overall aims of the programme are:

- To provide a professional training and qualification, which is accredited and incorporates the relevant statutory training and competency requirements.
- To provide trainees with a professional training and qualification that has a sound theoretical base and which is underpinned by an application of psychodynamic theory and thinking.
- To provide trainees with a professional training that places strong emphasis on the value of regular supervision and the personal and professional development that comes from experiential learning and personal therapy.
- To provide this training within a professional counselling service, giving trainees direct experience of the organisational context within which practice takes place and the counsellor's role within a counselling service.
- To assist trainees in developing an appropriate value and belief system and their ability to demonstrate values that are relevant to anti-discriminatory practice.
- To develop transferable skills that are relevant to practitioners working with clients across a range of professional contexts.

Course rationale and philosophy

Psychodynamic theory derives from a tradition of psychological thinking which recognises unconscious motives and fantasies as the driving force behind behaviour. It places particular importance on patterns in the client's past and present in relation to self and others.

The task of psychodynamic counselling is to identify and understand such patterns so that clients may link current difficulties with past experiences in order to make changes in their lives. The 'here and now' of the counselling relationship is used to understand the client's past and present patterns of feeling and relating to others.

The course reflects the working model of GCS and is based upon a culture of reflection and group learning. All trainees will be expected to participate in regular groups and the teaching will primarily be delivered in group situations. Particular emphasis is placed on exploring the relationship between theory and practice and the delivery methods are designed to reflect the nature of the work. Trainees will be expected to self-reflect and explore ways in which they use their own "self" in their working relationships.

Commitment

Trainees on the Diploma in Psychodynamic Counselling make a substantial commitment to their training. In addition to the scheduled teaching time which is explained later in this booklet, trainees need to set aside time for the following:

- **Preparation and reading.** Preparation and reading time is required for theory seminars and also for client work and supervision. Trainees will need to set aside at least 5 hours per week for preparation, although the actual amount will vary over the course.
- **Counselling Placement** First year trainees are expected to see at least one client per week, increasing to four clients per week in the second and third years.
- **Personal Therapy.** Trainees are required to be in once-weekly personal therapy for the duration of the course with a GCS-approved therapist. Please refer to the later section on Personal Therapy for more details.
- **Saturday workshops.** It will be necessary to attend occasional Saturday workshops, both as part of the Counselling Practice Modules and in order to maintain your CPD hours (CPD is explained in a later section of this document). Dates of these workshops are given at the beginning of each year.

COURSE CONTENT AND STRUCTURE

The Diploma in Psychodynamic Counselling has a modular structure. In each year trainees will complete a Theory module, a Counselling Practice Module and a module that is oriented around group work.

1) Theoretical Modules (years 1, 2 and 3)

The content of the seminars in these modules concern a psychodynamic approach to counselling. This includes focusing on the early developmental years, the counselling relationship, psychopathology, working with the unconscious and the relevance of theoretical ideas to counselling. Space is also given to other therapeutic perspectives, for instance, family and marital work, and the trainee's own philosophical premises will need to be both challenged and reflected upon.

2) Counselling Practice Modules (CPM) including supervision (years 1, 2 and 3)

Supervised Counselling Placement with the GCS Counselling service

During the training trainees will work with a range of clients and are expected to see, on average, 1 client each week during the first year of their training and up to 4 clients each week in the second and third years.

Trainees are required to have completed a minimum of 200 hours of supervised client work by the end of their training.

Client case work continues for 44 weeks each year and supervision of client work will take place with experienced psychodynamic supervisors for 1½ hours per week for 42 weeks a year. Supervision usually takes place in groups of three or four trainees. Case material is presented both in the close focus of a single session and also covering the longer-term development of cases.

The GCS Counselling Service aims to meet the client contact hours requirement through appropriate allocations, however no guarantee can be provided. Our ability to meet this requirement will depend on a number of factors including client demand, an appropriate number of clients suitable for trainees and the availability of the counsellor. In this latter respect prospective trainees should note that their availability to provide counselling in the evening and on days other than course days will have a significant bearing on receiving suitable allocations of clients

Taught elements of the CPM module

The CPM modules also include seminars and workshops on professional skills and the context in which professional practice takes place:

- The external context: the statutory and legal frameworks; ethics, values and principles; professional guidelines and standards;
- The internal context: the organisational philosophy, policy framework and principles; the management and staff structure; the practitioner's role and responsibilities.
- Counselling skills practice
- Research, a taught module during year 2 which will enable trainees to critically appraise published research and its value for counselling practice.

3) Experiential Group (Year 1 only)

The purpose of the group is to promote self-awareness and awareness of others and, as the group progresses, it is hoped trainees will become increasingly aware of some of the main characteristics of group behaviour and of the different phases through which groups pass.

4) Personal and Professional Development Modules (Years 2 and 3)

In the second year the Experiential Group sessions are replaced by Ontology seminars, and the third year by seminars on Further Professional Practice and Development. In these sessions trainees have the chance to re-evaluate their attitudes, both towards themselves and wider social and philosophical issues and to discover what has meaning and value for them.

Core Training Times

The year 1 and 2 sessions take place on Tuesdays and Year 3 sessions on Mondays in the GCS Centre in Stroud. The course consists of 9 terms, 3 per year, each of 12 sessions (apart from the first term of the first year which is 10 sessions). Terms are usually aligned with the state school timetable. Supervision takes place over 42 weeks per year.

1st year timetable - Tuesday

1.00 – 2.30 pm	Theory Module Seminar (10 weeks per term). Counselling Practice Module Seminar (2 weeks per term apart from term 1)
2.30 – 3.30 pm	Break. Meetings and Tutorials.
3.30 – 5.00 pm	Supervision (part of the Counselling Practice module)
5.00 – 5.30 pm	Break
5.30 – 7.00 pm	Experiential group

2nd year timetable – Tuesday

1.00 – 2.30 pm	Theory Module Seminar (10 weeks per term). Counselling Practice Module Research Project Seminar (2 weeks per term)
2.30 – 3.30 pm	Break. Meetings and Tutorials.
3.30 – 5.00 pm	Supervision (part of the Counselling Practice module)
5.00 – 5.30 pm	Break
5.30 – 7.00 pm	Ontology

3rd year timetable - Monday

10:00 – 11:30 AM	Theory Module Seminar (10 weeks per term). Counselling Practice Module Seminar (2 weeks per term)
11.30 – 12.30	Break. Meetings and Tutorials.
12.30 – 2.00 pm	Supervision (part of the Counselling Practice module)
2.00 – 2.30 pm	Break
2.30 – 4.00 pm	Further Personal and Professional Development

COURSE HOURS (over three years)

Guided learning contact time to include theoretical and personal and professional module seminars, tutorials, workshops and trainee-staff meetings. 405 hours

Supervision (Years 1, 2 & 3): 189 hours

Experiential Group (Year 1): 45 hours

Workshops 45 hours

Supervised Client Work (Years 1, 2 & 3) 200 hours

Additional hours (over Years 1, 2 & 3):

Reading time / assignments 245 hours (approx)

Assessment

Assessment is continuous throughout the training and the processes themselves are intended to be constructive. The assessment procedure is intended to be as fair and as open as possible so that trainees are informed of the process and are shown any reports made about them.

At the end of years 1 and 2 an assessment panel meets to consider the progress of each trainee and to make decisions on progression into the next year. At the end of year 3 the panel makes a decision on whether to award the Diploma.

- In Year 1 trainees are required to write two 1200 word essays in the Theoretical Module. Assessment in the Counselling Practice Module will involve a supervisor's report plus a trainee self-assessment of their counselling development and an essay.
- In Year 2 trainees are required to write three 1500 to 1700 word essays in the Theoretical Module. Assessment in the Counselling Practice Module will involve a supervisor's report plus a trainee self-assessment of their counselling development and an assessed piece derived from the taught research module. The Ontology module will require a portfolio containing reflective notes and stimulus materials.
- In Year 3 a case study of 4000 words forms the major piece of written work required in the Theoretical Module. The case study will show how the counselling theories and techniques taught on the course have been understood and relate to work with clients. Assessment in the Counselling Practice Module will involve a supervisor's report plus a trainee self-assessment of their counselling development and an essay. The Ontology module will require a portfolio containing reflective notes and stimulus materials

Absences during training

Trainees are expected to attend at least 80% of the sessions. Prolonged absence due to illness or for other reasons may necessitate a trainee repeating a year or withdrawing from the course.

Training Staff

All training staff on the course are qualified, practising and experienced counsellors or psychotherapists. Their range of experience and theoretical background enables the trainees to gain a broad foundation for their counselling work.

OTHER MATTERS

Post-qualification accreditation

Most organisations such as BACP and BPC that offer individual accreditation to counsellors require a certain amount of post-graduate practice (and in some cases, CPD) before granting accreditation. Many graduates of our programme have, after completing these post-graduate requirements, successfully applied for accreditation. Our post-graduate Associate Counsellor Programme is intended to support qualified counsellors who are preparing for accreditation.

Please contact us for further information on accreditation or refer directly to accrediting bodies for their full requirements.

Personal Therapy

This course deals with a wide range of human problems. Some of these will touch the trainee's own difficult experience in a context which should help increase their self-awareness and understanding.

For this reason, personal therapy with an approved therapist is required to provide additional support for the client work for the duration of the course.

At GCS we have a Therapy Advisor who has a register of approved therapists in the area and directs trainees to someone suitable for their once-weekly psychodynamic therapy sessions. It is important that the theoretical orientation of a trainee's therapist is congruent with the training.

The cost of the therapy is additional to the cost of the course.

Continuing Professional Development (CPD)

GCS offers a series of seminars and experiential explorations of counselling ideas and issues given by therapists of wide experience and different backgrounds.

Evidence of CPD is generally required by accrediting organisations such as BPC and BACP. For this reason, and to instil in trainees a culture of good practice, 10 hours CPD per year is a mandatory requirement of the Diploma.

The cost of CPD is generally in addition to the course fee.

Pastoral Tutor

GCS provides a supportive and caring environment in which to train. As well as your personal therapist trainees have access to a Pastoral Tutor who does not take part in the teaching aspects of the course but is responsible for providing pastoral care for the trainees. Trainees are encouraged to use this support.

Academic Tutor

Trainees are required to attend one tutorial with their theory seminar tutor each term, and further learning support is available from our Study Skills Advisors.

PRACTICALITIES

Books and reading

Specialist reading lists will be provided by individual Seminar Leaders and trainees will be required to purchase some books; this is kept to a minimum. To support trainees with relevant and specialist material, GCS has developed a reasonable library of books.

Trainees have access to this library facility but are required to adhere to the procedures when borrowing books and to ensure books are returned. Lost or non-returned books will be charged for.

Counselling placement

A Counsellor's Handbook giving details of the counselling service and administration will be issued to trainees when they begin counselling.

Trainees are required to have been in personal therapy for at least three months before beginning client work.

DBS check

A DBS (Disclosure Barring Service) check is required before a counselling service placement is offered. The cost of the check is included in the course fee

IT equipment

GCS intends to move to an entirely paperless distribution of course material. Some course material is already distributed online and the use of online distribution will increase during the period of your training to a point at which very few papers will be printed at GCS and given to you.

We also make much use of our secure internal email system for communications regarding your assessed work (such as essays), counselling placement and other service matters.

It is therefore important for your studies with us that you have access to IT, email and printing facilities. Please speak to us if this will be difficult for you in order that we know what further support to offer you.

APPLICATION, SELECTION AND FEES

Fees

Application and selection fee: £80

The Course fee is **£2199** for each year of the course

Course fees can be paid by termly instalments, and details of payment options will be sent to you if you are offered a place on the course.

Applications

Applications should be sent in the format as described at the end of this booklet to the Training Co-ordinator at GCS. Early application is advised as the demand for places is high. Please refer to our website for closing dates.

Selection criteria

At the time of making the initial application applicants must:

- Have successfully completed, or be about to complete, a basic course in counselling skills (i.e. Certificate in Counselling Skills) of not less than one year's duration.
 - Trainees may have undertaken the skills training with GCS or have completed a training elsewhere which meets similar criteria.
- Be personally suitable to train as therapists and to work with clients at GCS.
- Have the potential to work at Diploma level.

Selection process

Applicants for the programme attend two interviews: a formal in-depth interview by an External Assessor and a preliminary interview by a senior member of GCS. A charge is made to cover the cost of these interviews.

Your application and the reports from the interviews are considered by an Assessment Panel before an offer is made.

Conditions of acceptance:

- On accepting an offer of a place on the programme the trainee will be required to pay a registration fee of £250 which is a non-returnable deposit deducted from the course fee.
- The balance is payable either in full at the start of the course, or in three termly payments, payable at the beginning of each term for which a £35 surcharge will be added.
- In the event of a trainee not taking up an accepted place the registration fee and any other fees already paid are non-refundable.
- If a trainee withdraws from the programme part way through the year, the full fees for the year are payable.
- If GCS asks a trainee to withdraw from the course the fees paid up to and including that term are non-refundable.

- In the event of a trainee anticipating or experiencing difficulty in meeting financial obligations to GCS, he/she should contact the Head of Training as soon as possible so that a mutually appropriate solution can be sought. An award cannot be made if there are any outstanding fees unless an acceptable arrangement for the deferred payment has been made with GCS.
- Trainees accepted for the programme will be required to be in personal therapy with a therapist approved by GCS for the full duration of the course.
- Offers of a place on the Diploma will be made subject to a satisfactory DBS check.

Waivers

- GCS reserves the right to cancel a Diploma programme at any time if there are insufficient numbers of trainees to make the course viable.
- GCS reserves the right to terminate or extend the training agreement with a trainee in the event of the trainee not meeting the requirements of the Diploma programme and/or those of GCS.
- GCS reserves the right to refuse the offer of a place on the Diploma programme
- GCS operates a Complaints Policy. Complaints should be in writing addressed to the Chief Executive and will be dealt with in accordance with the Complaints Procedure, a copy of which is available on request.
- GCS operates an Appeals Policy. A trainee accepted onto the Diploma course wishing to appeal against a training decision during their training should put this in writing addressed to the Chief Executive and it will be dealt with in accordance with the Appeals Procedure, a copy of which is available on request.

APPLICATION FOR ENTRY TO THE DIPLOMA IN PSYCHODYNAMIC COUNSELLING PROGRAMME

Please enclose the following with this application:

- (a) a passport-size photograph or a re-sizeable electronic image.**
- (b) the selection fee**

Please TYPE your own responses to the following requests for information of each section (A and B) on separate pieces of paper, numbering and heading each item.

SECTION A

1. Full Name (Mr/Mrs/Ms/Title).
2. Address, Telephone number (Home and work) and email address.
3. Date of Birth.
4. Academic and Professional Qualifications, including dates and institutions
5. Name & address of current employer.
6. Details of current employment. (If voluntary please be specific about the nature and extent of your work).
7. Details of previous work experience.
8. Relevant courses attended. Please be specific about any counselling skills courses.
9. A brief description of any counselling work, paid or voluntary undertaken.
10. The names and addresses of two referees who would be able to comment on your suitability for the course; one known to you personally and one who knows you in your work.

SECTION B.

Please type these responses on a separate piece of paper. Personal information given in this section will not be kept on file and will be destroyed after the selection process has been completed.

11. Therapy. If you have received personal counselling, psychotherapy, analysis or any sort of psychiatric help at any time in your life, please indicate:
 - The duration, with dates
 - Frequency
 - The model of therapy and style of work (e.g. group, individual, family, marital. Psychodynamic, Jungian, Gestalt, Behavioural etc.)
 - The name of your counsellor / therapist / analyst / psychiatrist and the professional body to which he/she belongs. *NB – we do not consult your therapist without your permission and we do not require any sort of reference from them.*
12. Details of any previous involvement with GCS (except for the training courses listed in section A), and any personal connections you may have with GCS staff or trainees.
13. Reasons for your application, what has led you to make this application and describe any previous experience in a helping role / profession.
14. Please give an account of the significant experiences in your life and say how you feel about them.

15. Any circumstances in your current personal situation, which you would like GCS to know about.
16. Please detail any specific support you feel you may need: for example in working with IT equipment or study skills.

GCS welcomes applications from potential trainees with learning difficulties such as dyslexia. Learning support is available from our Study Skills Advisors.