ABC Awards Level 4 Diploma in Therapeutic Counselling

This Level 4 Diploma is concerned with the training of counsellors to a professional level of competency and its successful completion enables you to practice as a qualified counsellor.

This eclectic and, we believe, innovative counsellor training course is delivered in a person centred style and underpinned by the core conditions and values of person centred therapy; great emphasis is placed on the building of effective and respectful relationships between trainees and trainers. We believe that this is more of a way of life than something that is just confined to the therapeutic environment. It is very important to us.

The course is delivered by trainers who are enthusiastic, motivated and sufficiently fluent in their chosen modality including Person Centred Therapy; Gestalt Therapy; Cognitive Behavioural Therapy; Solution-Focussed Brief Therapy incorporating Life Coaching and NLP (Neuro Linguistic Programming) Techniques. Our Trainers are all practising counsellors, coaches and/or supervisors who are currently working in a variety of different contexts with both groups and individuals.

Our aim is that trainees will benefit from this up-to-date, varied knowledge and experience and our belief is that counsellors, like clients, are all unique individuals and, as such, one model or way of working does not fit all. We will dedicate specific weekends to the learning of the different theoretical frameworks that this course features.

All of the trainers at Devon Counselling College are passionate about learning and our commitment to you is to provide a safe and challenging learning environment where you can develop your own integrated model by way of incorporating those theories that you most enjoy and decide best suit your own unique style. You will be allocated a course tutor/mentor on the first weekend and we will encourage you to arrange regular tutorials with your tutor; one per term as a minimum – the four long weekends will be an ideal time for these.
Progression Opportunities:
Trainees who successfully complete the Level 4 Diploma in Therapeutic Counselling may progress onto Postgraduate and Post Qualifying courses in counselling studies that are designed to enhance the practice, skills and knowledge of a practising counsellor.

It combines the professional aspects, e.g. theoretical knowledge, counselling skills development, self-appraisal and commitment to provision of an ethical quality service and professional development element, which is necessary to ensure that the counsellor is fit to practice. The course provides the necessary training and qualification for you to progress towards national accreditation status with professional lead bodies such as the British Association for Counselling and Psychotherapy (BACP).

We pride ourselves on our maintained contact with trainees who have finished their study with us and are now qualified therapists themselves. We do this by holding regular events and workshops to which they are all invited and by putting current students in contact with them, should they so wish, to receive the therapy and supervision required by this course. We are also available for advice, guidance, moral support and the odd glass of wine.

Aims:
- to meet the training contact hours requirement for basic training at a professional level for recognition as a qualified counsellor with the BACP and/or other Professional Counselling Bodies.
- provide support for further developed skills, including a 100-hour practice component under supervision
- create a reflective practitioner

The objectives of this qualification are to help you to:
- further develop knowledge, skills and self-development from Level 3 training
- further develop your skills in triad and small group situations
- gain experience in a supervised placement
- increase self-awareness by continual professional and personal development
- develop an understanding of different therapeutic models; the learner developing a deep understanding of his/her own integrated model of choice
- an interchange of experiences between the placements and the classroom work on a constant basis

Theories to be studied and integrated: Person Centred Therapy; Gestalt Therapy; Cognitive Behavioural Therapy; Solution-Focussed Brief Therapy incorporating Life Coaching and NLP Techniques.

Entry Guidance
- As a pre-requisite for admission to the Diploma course learners must possess a Level 3 Certificate in Counselling Skills or the equivalent obtained elsewhere
- Entry is at the discretion of Devon Counselling College and applicants should be able to satisfy us of their suitability for and commitment to the course at an initial interview which will be held prior to the start of the course.
- An ability to commit to the 80% attendance requirement on this course
Structure and Content of the Qualification

Professional organisational issues in counselling
In this unit, trainees will develop an understanding of the essential relationship between counsellors, as professionals, and the organisations and other people with which they may work. They will explore areas of potential conflict, especially through the existence of different ethical standards and principles. They will also reflect on the importance of managerial supervision and casework supervision.

Counselling in a diverse society
In this unit, trainees will explore the impact diverse culture and heritage can have on the client/counsellor therapeutic relationship in a multicultural society. They will also examine power issues within the counselling process.

Counselling theory
In this unit, trainees will analyse one major therapeutic model (from the taught models OR an integrated model of their choice) to influence, inform and empower their practice as a counsellor. They will also compare other therapeutic models with the major model.

Advanced counselling skills
In this unit, trainees will demonstrate a range of skills illustrating their development as practitioners. In addition, they will learn that counselling is a managed activity, with emphasis being given to the importance of opening and closing sessions and a series of sessions.

Self-awareness for counsellors
This unit aims to enable learners to increase self-awareness by analysing and evaluating the impact that counselling theory and practice has on self and relationships.

This is not just a training course where you learn the skills and theory required to obtain the qualification; it will encourage you to draw on and use your own individual life experience and develop your own special way of working therapeutically with your clients. You really get to know who YOU are.

There is a strong emphasis on personal development which is continuous throughout the course through group work, discussion and specific personal development work.

Research methodologies in counselling
In this unit, trainees will explore the importance of research in counselling. They will develop their research skills and will learn how to present findings.
Counselling placement
Trainees will complete this unit linked to supervised counselling placement practice. They will analyse how their theoretical approach has influenced their practice, and evaluate learning gained from supervision.

Please be aware that trainees are responsible for finding their own placements although Devon Counselling College does have several connections. Help and advice will always be given.

Devon Counselling College reserves the right to change certain elements of this programme as necessary to comply with Awarding Body requirements. We would only do this by negotiation and agreement with trainees.

Outcomes
By the end of the course, trainees should be able to:

1. Use a range of counselling skills consistently - initiating, functioning, concluding and ending counselling skills interactions
2. Accept and subscribe to the current BACP Ethical Framework for Good Practice in Counselling and Psychotherapy
3. Respect other people’s views, attitudes, belief structures, and cultures
4. Demonstrate a commitment to anti-oppressive practices and non-discriminatory use of counselling skills
5. Articulate their own philosophical approach to counselling to conceptualise case material and the counselling process and to show a deep understanding of their own integrated model of counselling and an understanding of two other models of counselling and ways of working
6. Manage their own caseload particularly relating to organisational policies and practices, working within a team setting and/or a multi-disciplinary environment
7. Reflect constructively on themselves, their own life experiences, and their interactions with others and evidence their own personal and professional growth processes
8. Demonstrate the use of the counselling relationship itself as a vehicle of change
9. Explain and demonstrate the purposes of research in the practice of counselling

We are always happy to give you any necessary assistance and guidance with course work and writing presentation.

Course Details
This diploma will be run on one weekend (Sat/Sun) per month from September 2014 to July 2016 with four of these being long weekends (Fri/Sat/Sun) in order to make up the required 350 hours for the course. There will be ONE residential weekend incorporating a Saturday/Sunday overnight stay and it is anticipated that this will be on 5/6 March 2016.

In addition to this candidates will need to allow time for self-study and assignment preparation. We are working with ABC Awards to try and establish an online training and support group for trainees which may lead to a reduction in the number of Guided Learning hours required.
Next course begins
21\textsuperscript{st} / 22\textsuperscript{nd} September 2014 (9.30am – 5.30pm)

Venue
The Change Academy, 6 Market Street, Newton Abbot, TQ12 2RB

Cost of course
£3950 for the 2 year course OR an Early-bird fee of £3650 if the application is received and accepted by DCC and course fees are paid in full before 31 July 2014!

Payment Options
A £500 deposit is required to secure your place prior to the commencement of the course.

Option 1
£500 deposit and 11 monthly interest/administration free instalments of £313.64. Total payment £3950.

Option 2
£500 deposit and 22 monthly instalments of £170.45. Total payment £4,250.

\textbf{NB – If you wish to propose another payment option, please contact us and we will try to accommodate individual needs where possible.}

Related costs
The cost of the residential weekend accommodation and meals. This will be kept to a minimum and will not exceed £100. Trainees are required to have 20 hours personal therapy during the duration of this course and may also have to pay for individual supervision whilst completing placement hours.

The trainee is responsible for any re-sit fees or changed details fees that may be charged by ABC Awards. There are no other related costs other than the possible purchase of books to aid learning. We have a limited selection of books that you may like to borrow on a first-come, first-served basis.

Weekend Dates

<table>
<thead>
<tr>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>21, 22 Sept</td>
<td>24, 25 Jan</td>
<td>9, 10 Jan</td>
</tr>
<tr>
<td>17, 18, 19 October</td>
<td>21, 22 Feb</td>
<td>5, 6 Feb</td>
</tr>
<tr>
<td>15, 16 Nov</td>
<td>21, 22 Mar</td>
<td>5, 6 March</td>
</tr>
<tr>
<td>13, 14 Dec</td>
<td>11, 12 Apr</td>
<td>2, 3 April</td>
</tr>
<tr>
<td></td>
<td>23, 24 May</td>
<td>7, 8 May</td>
</tr>
<tr>
<td></td>
<td>20, 21 June</td>
<td>4, 5 June</td>
</tr>
<tr>
<td></td>
<td>17, 18, 19 July</td>
<td>1, 2, 3 July</td>
</tr>
<tr>
<td></td>
<td>4, 5, 6 Sept</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3, 4 Oct</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7, 8 Nov</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5, 6 Dec</td>
<td></td>
</tr>
</tbody>
</table>