

# Independent Counselling Training Bedford

Course Prospectus 2019 - 2020



## **About Independent Counselling Training Bedford (ICT Bedford)**

The counselling courses at Independent Counselling Training Bedford (ICT Bedford) are nationally accredited and validated by two awarding bodies: ABC Awards and CPCAB.

The Principal of ICT and Director of Training is Lorna Marchant Honorary Fellow of the British Association for Counselling and Psychotherapy an experienced counsellor, supervisor, trainer and tutor across all levels of counsellor training.

ICT have courses to suit those who have an interest in counselling and those who are interested in pursuing counselling as a career. The courses are delivered in a student-centred environment with qualified, experienced counsellors and tutors. At ICT you will be taught by professionally qualified counsellors and teachers who have many years' experience of working with students. The courses are professionally run and introduce students at a very early stage to the ethical framework that underpins the work in this field.

ICT Bedford is committed to professional and ethical counselling training at all levels. Our commitment to the counselling profession ensures that students learn in an atmosphere that will prepare them to work ethically and professionally as counsellors and helping practitioners.

There are several theoretical approaches within the field of counselling; Psychodynamic, Person-Centred and related Humanistic theories and Cognitive Behavioural therapy. All the courses at ICT are Integrative within a Humanistic framework, an approach which holds to a belief that the client has within him/herself the resources to deal with any issues or difficulties that arise in their life. These resources can often be accessed in a counselling relationship. All research points to the relationship between the counsellor and the client being of paramount importance in enabling change to occur and we stress the importance of this throughout the training.

Beginning a counselling course, at whatever level can be rather daunting as there is a personal commitment to be made when embarking on a course of this nature. Courses of this kind require you to be self-reflexive in your approach to the work and require you to make time available to study ideas and concepts that may seem a little unfamiliar at first. At the same time joining a counselling course can lead to better communication in relationships outside the course which can lead to feelings of greater satisfaction

Independent Counselling Training courses are held in the heart of Bedford town centre and within easy access of transport links.

*Lorna R Marchant*

## **A brief guide**

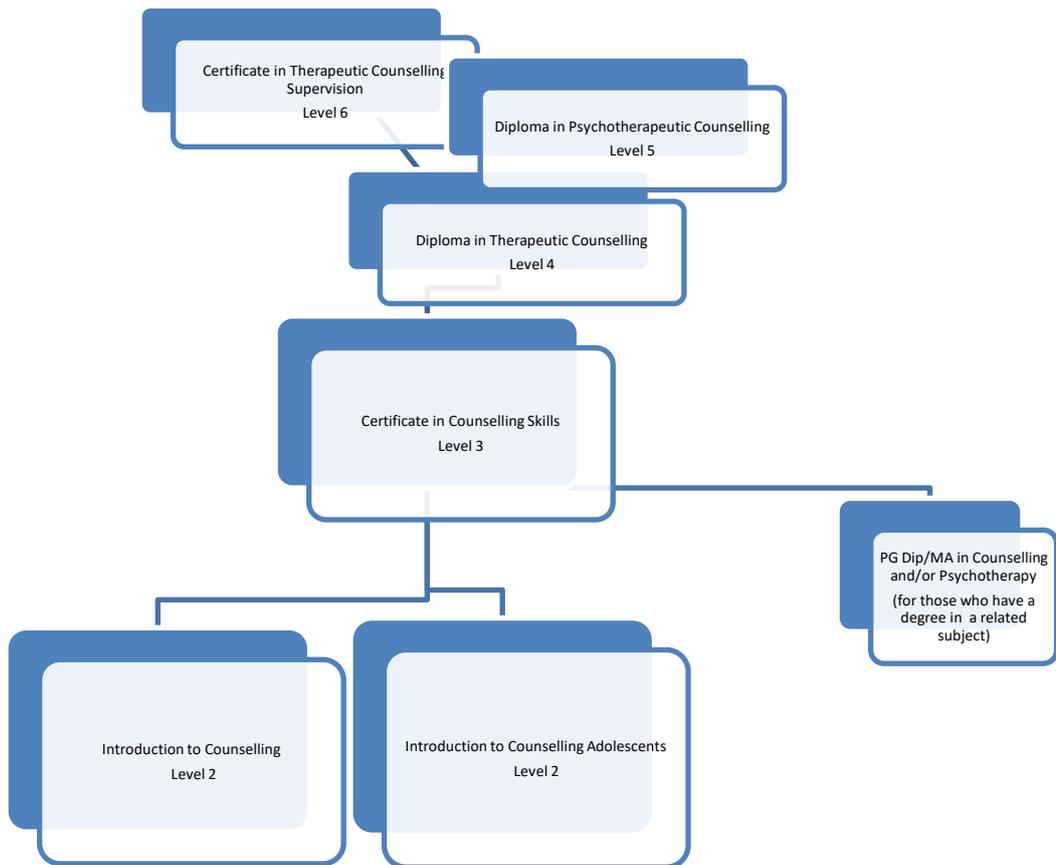
This brief guide is intended to help would-be applicants understand some of the complexities within the field of training. It is not intended to be authoritative nor do we take any responsibility for errors or omissions.

Although counselling is not subject to government regulation most people working in the field will demonstrate their professionalism in terms of membership and/or registration or accreditation by a professional grouping of their peers. These groupings include the British Association for Counselling and Psychotherapy (BACP), the United Kingdom Council for Psychotherapy (UKCP) and the British Psychological Society (BPS). In 2013 the BACP Register of Counsellors & Psychotherapists became the first psychological therapists' register to be accredited under a scheme set up by the Department of Health which is administered by an independent body, accountable to Parliament. Once you have qualified as a counsellor you can apply to join this register by taking a short exam known as the Certificate of Proficiency.

## **Equal opportunities**

All aspects of the courses at ICT, including the admissions procedure and progress on the courses are conducted in accordance with ICT Bedford's equal opportunities policy. Tutors and course members attach great importance to ensuring that the courses do not discriminate against applicants on the basis of gender, ethnicity, religion or sexual orientation. We are eager to recruit a heterogeneous group of students from widely different social and cultural backgrounds. Applications are therefore particularly welcome from individuals who are members of ethnic, cultural or other minority groups. Individuals who have special physical needs are also accepted onto the course provided resources are sufficient to accommodate them.

# Counselling Training Pathways



# Course Details

## Introduction to Counselling Concepts Level 2

This course is for those who want to learn initial counselling skills to help and support others. This course won't teach you to be a counsellor but it may help you decide whether or not you want to train as a counsellor.

**Course start date: Tuesday September 17<sup>th</sup> 2019 (10 weeks: 6-9pm)**

The fee for this course is £350.00 (Following a payment of £50 as a deposit and to secure your place on the course you can then pay the remaining fee by instalment\*\*)

### What will I study?

Each of the ten weeks has a particular theme and will include skills practice as well as looking at different ideas behind the theme of the week. The course covers the following topics:

#### What is counselling?

#### Where do ideas in counselling come from

#### The importance of self-development in counselling

#### The Helping relationship

#### Ethics and Counselling

#### Endings in counselling

#### Support and Supervision in Counselling

#### What to do when you reach your limits; exploring referrals

#### What comes next?

### Recommended Reading

Sanders P (2002) *First Steps in Counselling. A students' companion for basic introductory courses.* PCCS Books

Evans G (2007) *Counselling Skills for Dummies.* John Wiley. U.K.

### How will I be assessed?

Assessment for the course is continuous. Each week you will be asked to complete a short written piece on your learning from the session, called the Learning Review which addresses assessment criteria whilst at the same time demonstrating the learning you have taken from the session.

Throughout the course you will receive written feedback on your developing counselling skills from peers and the course tutor.

You will be assessed by the tutor(s) on your ability to conduct a short helping session with one of your course colleagues.

Your Learning Review and Skills Feedback from your assessment together will form a small portfolio, a learning record of your time on the course. In order to successfully achieve this award it will be necessary to meet a set number of assessment criteria; criteria set by the awarding body which will demonstrate that you have met all the learning outcomes for the course.

## **Counselling Skills for Working with Adolescents**

**Start Date: TBC (10 weeks: 6-9pm)**

This course is for those who are working with or who intend to work with young people and adolescents. It will equip you with a range of skills for working with this age group, including creative strategies. As well as skills for working with adolescents you will be introduced to theories and ideas about this stage of development. Added to this will be the opportunity to study aspects of the law and its impact on young people.

You will be introduced to a range of skills to enable you to engage with young people on a one to one level and in groups. You will be introduced to some theories about the developmental stage of adolescence and to aspects of the law relating to young people as well as exploring ways of working with adolescents involving art materials and other creative strategies.

### **What will I study?**

- What is Adolescence?
- Theories of human growth and development especially the adolescent stage of development.
- Hazards to negotiate in adolescence.
- Communicating with adolescents; active listening, symbolic strategies for working with adolescents, creative strategies for working with adolescents and behavioural and cognitive strategies.
- The law and adolescence
- The impact of loss during adolescence.

This course has a balance of skills and theory as understanding this unique stage of development is crucial to working with this age group.

### **How will I be assessed?**

There are two pieces of assessment; a learning review recording your learning on the course and an essay which will ask you to explore your understanding of adolescence and how it relates to your workplace or personal experience of adolescence. A pass in both pieces of assessed work is required to be awarded the Counselling Skills for Adolescents Certificate. You will also receive feedback from your course tutor and colleagues on your developing skills for working with this age group.

## **Recommended Reading**

Bowlby, J. (1988). *A Secure Base: Clinical Applications of Attachment Theory*. London: Routledge

Cattanach, A. (1994). *Play Therapy: Where the Sky Meets the Underworld*. London: Routledge

Geldard, K. & Geldard D. *Counselling Adolescents* London Sage

Sharp, S. & Cowie, H. (1998). *Counselling & Supporting Children in Distress*. London: Sage Publication

**The fee for this course is £350.00. This course can be paid in two instalments\*\***

## **Certificate in Counselling Skills - Level 3 (ABC Awards)**

**Course start date: Thursday January 23<sup>rd</sup> 2020 (10am to 1pm)**

*This course is held between January and December 2020.*

This qualification is for those who want to learn counselling skills underpinned with theory to help and support others either in a voluntary or an employed capacity. It won't teach you to be a counsellor, but it will give you useful skills which will be helpful in a variety of roles and will help you to decide if you want to train further as a counsellor.

This course is designed as a progression for those who wish to involve themselves in further training towards becoming a professional counsellor. The course will also offer the opportunity for participants to examine their own personal development and enhance their self-awareness.

The aims and outcomes of the Certificate in Counselling Skills are such that they ensure that by the end of the course students will have developed counselling skills as well as have some understanding of some of the approaches that underpin the use of these skills to help and support others either in a voluntary or an employed capacity.

### **For the Level 3 Certificate in Counselling Skills, the specific aims are:**

1. To develop a repertoire of counselling skills at a consistent level.
2. To underpin these skills with an understanding of one major therapeutic model, and understand how this compares to a wider range of theories.
3. To increase the self-awareness of the person and their awareness of the impact they have on people.

### **Outcomes**

By the end of the course learners should be able to:

#### **1. Use competently and effectively a range of counselling skills, specifically:**

- a) Initiating a counselling skills interaction.
- b) Functioning in the interaction with the use of the following skills:
  - i. Attentiveness and rapport building
  - ii. Active listening, including the use of minimal encouragers and the managing of silence
  - iii. Empathic listening
  - iv. Effective questioning
  - v. Paraphrasing and summarising
  - vi. Focusing and challenging
  - vii. Reflecting on the counselling skills process and immediacy
  - viii. Awareness of boundaries including referrals
  - ix. Works at appropriate pace
  - x. Checks understanding with the speaker
- c) Concluding individual sessions.
- d) Ending a series of sessions.

**2. Demonstrate awareness and acceptance of the principles in a recognised code of practice such as the current BACP Ethical Framework for Good Practice in Counselling and Psychotherapy specifically by:**

- respecting other people's views, attitudes, belief structures, and cultures, especially those who are disadvantaged in society by reason of class, race, religion, disability, age, gender, or sexual orientation
- demonstrating a commitment to anti-oppressive practices and none discriminatory use of counselling skills.

**3. Recognise and accept that they are not trained and qualified counsellors.**

**4. Show a working understanding of one model of counselling and awareness of two other models and ways of working and of the need to avoid the danger of using techniques based on a limited understanding.**

**5. Value and make use of casework supervision within their own organisational settings to obtain support and further learning and development of their counselling skills through this process.**

**6. Reflect constructively on themselves, their own life experiences, and their interactions with others and evidence their own personal and professional growth processes.**

A further aim of the course is to facilitate the establishment of a student learning community where collaborative and peer-led learning are supported by group and individual tutorials in addition to formal approaches to teaching.

Applications are welcome from those who have completed an Introduction to Counselling qualification (of at least 30 hours duration) or have previous training and experience that fulfils this requirement.

Students will be required to provide evidence that they have received six counselling sessions during the life of the course. (This will generally incur an extra cost of between £25 & £40 per hour)

The fee for this course is £900.00 fee (this can be paid by instalments\*\*)

A deposit of £100 is required on acceptance of a place on the course.

## **Diploma in Therapeutic Counselling – (Humanistic) Level 4**

**Course start date: Friday September 27<sup>th</sup> 2019**

**This course will be held between 10am and 4.30pm each study day from September 2019 to June 2021**

This two year part-time course is intended for those who want to train to become a therapeutic counsellor. Applicants must have some previous training in counselling at certificate level. This is likely to be a certificate in counselling skills and theory at level 3; a minimum of 120 hours of previous counselling training

The underpinning philosophy and theoretical framework of the course is Integrative within a Humanistic framework. The course draws on the theories of Carl Rogers and other contemporary Humanistic theorists and in keeping with a professional course of this nature locates the practice within the broader Humanistic tradition including gestalt theory T.A. and existentialism.

During the course students have lectures and seminars relating to theory and professional issues, counselling workshops, group supervision and take part in a process group.

The overall aim of the Diploma is to provide professional training in counselling through which candidates will acquire both a sound theoretical framework and practitioner skills underpinned by personal awareness all of which is required to work safely and effectively as a counsellor.

**From September 2019, during the second year of the course, the Introduction to counselling young people course is embedded into the course.**

**This will enable students to gain a further certificate (alongside their Diploma) that proves competence to work with adolescents, in line with the BACP stage 1 award Introduction to counselling young people.**

**Further aims of the Diploma in Therapeutic Counselling are to:**

- provide an environment in which students can learn the theory of a core model of counselling and some understanding of other counselling approaches
- provide a safe and challenging atmosphere in which students are enabled to link theory to practice with the use of case study discussion, supervised skills training and experiential work
- enable students to undergo a clinical placement and to provide ongoing support and supervision of students' clinical work
- encourage students' self-awareness and the processes of reflection and exploration
- encourage critical thinking and understanding of a clearly defined model
- provide a stimulating learning environment which encourages academic and professional exploration

- prepare candidates for accreditation by the British Association for Counselling and Psychotherapy

**Students will be expected to demonstrate:**

- a thorough theoretical understanding of the concepts of a core model of counselling with, as appropriate, a comparison and evaluation of other models
- an ability to link theory to practice and the development of sufficient confidence and maturity to establish and maintain a one-to-one therapeutic relationship with a range of clients
- counsellor practitioner skills and competences to a professional level which will include some understanding of the issues, both medical and cultural, surrounding mental health and mental illness
- an increased level of self-awareness and the ability to think critically about assumptions, beliefs and value systems
- a sound knowledge and understanding of ethical boundaries and the BACP Ethical Framework
- a thorough grasp of both theoretical and practical issues surrounding equality of opportunity especially in the areas of race, class, gender, sexuality, sexual orientation and disability
- a good understanding and experience of counselling supervision through working as a counsellor in the community within a counselling placement
- an awareness of the limits of own professional competence and how to assess the appropriateness of counselling
- experience of both short and longer-term work with clients
- experience of personal counselling/psychotherapy and an understanding of the importance of this for professional work as a counsellor
- self-development which provides candidates with the ability to evaluate their personal growth and professional practice

To successfully achieve this award, students will need to complete other elements that take place outside the course day:

- Students will need to be working with clients in an agency setting normally by April of the first year of the course to fulfil the requirement of 100 supervised counselling practice hours.
- The requirement for supervision for this course is in line with BACP guidelines: one hour of supervision for every eight counselling hours, with a minimum of 1.5 hours of supervision per calendar month.

While ICT do not provide placements for students ICT has links with agencies and organisations and offers support to students both in obtaining a placement and during their time working within the agency.

- It is a requirement of the course that students receive personal counselling from May of the first year until the end of the course(a minimum of 40 sessions which will add further costs to the course although there are counsellors who offer students a reduced fee)

The fee for this course is £2200.00 per year with £350.00 payable on acceptance of a place on the course. This includes registration with our awarding body. (Payment by instalment is accepted for this course\*\*)

**Applications are invited from those who have achieved a level 3 certificate in counselling skills or learning and experience that fulfils this requirement (a minimum of 120 hours of counselling training)**

## **Certificate in Therapeutic Counselling Supervision (CPCAB)**

**Beginning October 5<sup>th</sup> & 6<sup>th</sup> 2019**

**This course is held over one weekend a month for seven months and will end in June 2020**

This qualification is intended for experienced counsellors who want to develop their skills to provide clinical supervision for counselling practitioners.

This course is aimed at counsellors who have acquired sufficient client work experience to contemplate the move into a supervision role. The course will explore a variety of models and theories of supervision and will provide an opportunity for students to develop and practice supervision skills and work with challenges posed when working in organisational settings. The recommendation is that counsellors who are eligible for BACP accreditation apply; those who have acquired a minimum of 450 supervised counselling hours.

As this course is integrative in its approach to supervision application is open to counsellors qualified in any theoretical approach/modality.

Participants will need to:

- have both supervisees and supervisory supervision; completing a minimum of 15 hours of supervision work to achieve the qualification.
- have a minimum of 5 hours supervisory supervision hours with a senior/experienced clinical supervisor. This can be either one-to-one or in a group [1].
- There will also be regular supervision of supervision groups as part of the training course
- be working as counsellors under supervision.

[1] Group supervision time should be calculated using standard BACP guidance.

The supervisory skills learned will equip participants to manage the fundamental aspects of the clinical supervisor's role, including:

- » providing supervisee support and guidance
- » encouraging self-review
- » monitoring supervisee progress
- » managing legal and ethical boundaries
- » developing awareness of the supervision process
- » working with relationship issues which impact on both the counselling and supervision process

**The fee for this course is £1350.00 with £350.00 payable on acceptance of a place. The remaining fee can be paid by monthly instalments.**

## **ICT Course Fees**

### **FEES: 2018 - 2019**

Our fee structure is open and transparent as we have chosen to make an all inclusive fee for each of our courses (unless otherwise stated). This means that the fee you are asked to pay will include the cost of registration with the awarding body and the cost of certification once you have successfully completed the course(s) with the awarding body.

#### **Introduction to Counselling Concepts: £350.00**

**Please Note** – A deposit of £50.00 is payable upon acceptance of a place on the course.

#### **Introduction to Counselling Skills for working with adolescents (ICT): £350.00**

#### **Level 3 Certificate in Counselling Skills (ABC Awards): £900.00 (2017-2018 fee)**

**Please Note** - A deposit of £100 is payable upon acceptance of a course place

#### **Level 4 Diploma in Therapeutic Counselling (ABC Awards): £2200.00 per year (£4400.00 in total)**

**Please Note** - A deposit of £350.00 is payable upon acceptance of a course place

The fee you are charged for the 1st year of the course remains the same for your 2nd year (unless you choose to intermit for a year then the fee cannot be guaranteed).

#### **Level 6 Certificate in Counselling Supervision (CPCAB): £1350.00**

**Please note** a deposit of £350.00 is payable on acceptance of a course place.

## **ICT accepts payment in monthly instalments\*\*\* for all courses we offer.**

\*\*\* Please note that where a choice is made to pay by instalment for any ICT course should you leave the course before the course ends the full amount outstanding for the whole course becomes payable at that point.

**Payment can be made to ICT in several ways:** Either by cash, cheque, direct bank transfer or via PayPal.

Arrangements to pay by instalment can be made once you have been offered a place on the course you have applied for. Any instalment plan will be agreed individually and there must be evidence that a standing order is in place to meet the payments prior to the course start date \*\*\*

In the unlikely event that a course does not run students will be refunded the full amount they have paid. Students can though opt to transfer their fee to a course later in the same academic year - where applicable.

**Please Note: Should a student withdraw from a course part way through the course the full course fee then becomes due.**

*If you require further information or  
would like to discuss your training needs  
with Lorna Marchant please contact ICT*

**01234 215940**

**07795 106498**

**ictbedford@gmail.com**

**Or visit our website**

**[www.independentcounsellingtraining.org](http://www.independentcounsellingtraining.org)**

\*\* This prospectus is the current 2019/20 publication and therefore any prior prospectuses from ICT Bedford are invalid from April 2019 (unless you are already enrolled on a course with ICT in which case that prospectus applies)