

**DIPLOMA IN PSYCHODYNAMIC COUNSELLING**

**2018 – 2021**

**INFORMATION PACK**



supported by  
**Basingstoke  
and Deane**

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## AIMS OF THE COURSE

Our Diploma course provides high quality professional training for those wanting to pursue a career in counselling. The course is designed for those who wish to train in psychodynamic counselling and to work as a professional counsellor.

Upon completion of the training programme, trainees will have been adequately prepared to:

- work as qualified Psychodynamic Counsellors
- engage in safe, ethical counselling practice with adults on a once weekly basis under regular supervision
- work to open-ended contracts
- engage competently with the wider counselling profession and other professions involved in the field of mental healthcare
- undertake further studies, further research to inform counselling practice, and expand their professional development.

The Diploma will provide:

- 450 guided learning hours which is the full requirement for Individual Accreditation with the British Association for Counselling and Psychotherapy (BACP)
- 150 hours of supervised counselling practice
- a clinical placement within Basingstoke Counselling Service or another approved placement centre and weekly group supervision for client work, both of which are included in the course fee.



## ENTRY REQUIREMENTS

Applicants need to have completed a counselling skills training of 90 hours or more with a psychodynamic element or have knowledge of the psychodynamic model. Experience of an experiential group would be preferred although not essential.

If the above requirement is met then applicants will need to submit an application form and written personal statement, along with the registration fee of £25, as the first part of the application process. This is to demonstrate suitability and aptitude to undertake the Diploma training. References will be required.

Following the application deadline, the interview panel will review all applications and invite suitable candidates to attend a selection interview. The interview panel comprises the Head of Training and the Head of Counselling. Applicants will be asked to bring with them to interview a piece of academic writing to evidence academic ability.

If successful at this stage, applicants will be asked to attend an assessment with an external assessor. The purpose of this is to assess suitability to undertake the Diploma training and determine potential to work psychodynamically with clients. All external assessors are appropriately qualified Psychodynamic/Psychoanalytic Psychotherapists who hold professional accreditation with BACP or other appropriate professional bodies.

Successful completion of this stage will result in an offer of a place on the course; this is subject to satisfactory references. A DBS check is part of the application process; please see the application form for further details.

The course's application process is rigorous in nature, as potential trainees need to demonstrate the propensity to manage on all levels i.e. clinical, professional and personal, the depth of engagement required in psychodynamic training.



## **COURSE STRUCTURE**

### **Seminars, workshops and experiential group**

The course takes place over three years on a part-time basis; there are three terms per academic year. Seminars will take place on a Monday evening from 6pm and workshops will take place on occasional Saturdays throughout each year.

All seminars throughout the three year training programme are taught on both a theoretical and experiential level.

The experiential group provides a setting in which to develop insight and self-awareness, to explore relationships and to experience group dynamics, in the presence of an experienced facilitator.

There is a reading week each term that coincides with Hampshire County Council schools' half-term breaks when you will not be required to attend the course.

Please see the tables below for a more detailed breakdown.

### **Client counselling and supervision commitment**

In addition to the taught seminars and workshops, trainees will be expected to attend weekly supervision for a minimum of 42 weeks per year. In addition, once clinical work has begun trainees are expected to counsel clients on a weekly basis for a minimum of 42 weeks per year.

Trainee counsellors are required to develop their client load to a minimum of three clients, and may be asked to accept four, when considered appropriate by their clinical supervisor. By arrangement with their Clinical Supervisor and the Head of Counselling, trainee counsellors may be able to take additional clients. Counsellors will start seeing clients in the second term of Year One.



### **Written work**

There are six written assignments (2,000 words) in the first two years, one per term.

In the third year, trainees are required to undertake a research project (2,500 words) in the first term, a further written assignment (2,000 words) in term two and write a clinical case study (4,000 words).

A personal journal is kept throughout the training and a summary of it (1,000 words) is prepared for submission towards the end of each year.

### **Reading**

In addition to the written work, trainees are expected to read extensively for their own learning and development purposes as well as in preparation for seminars. A reading list will be provided.

### **Tutorials**

Trainees attend an academic tutorial once a term with the Head of Training.



## **TRAINING STAFF**

All training staff are qualified, practising Counsellors/Psychotherapists and are registered with either BACP or UKCP and work within their governing bodies' ethical framework. They are all engaged in ongoing professional development. They have substantial knowledge and experience in all aspects of counselling/psychotherapy and bring their particular expertise to the training programme in either a supervisory, teaching or group facilitative capacity.



## **COURSE CONTENT**

### **Year 1**

Thirty-six weekly sessions and four Saturday workshops spread over three twelve week terms.

<b>Year 1</b>	<b>Seminar 1 (2 hrs)</b>	<b>Seminar 2 (1hr 30mins)</b>
<b>Term 1</b>	The practice of counselling	Experiential Group
<b>Term 2</b>	The practice of psychodynamic counselling	Experiential Group
<b>Term 3</b>	Developmental psychology	Experiential Group

<b>Year 1</b>	<b>Workshop (9.30am to 4.30pm)</b>
<b>Term 1</b>	How to write an essay and health and safety training (morning only workshop)
<b>Term 1</b>	Working with unconscious process
<b>Term 2</b>	Integrating theory with practice
<b>Term 3</b>	Working with difference and diversity



**Year 2**

Thirty-six weekly sessions and three Saturday workshops spread over three twelve week terms.

<b>Year 2</b>	<b>Seminar 1 (1hr 45 mins)</b>	<b>Seminar 2 (1hr 45 mins)</b>
<b>Term 1</b>	Psychodynamic concepts	Psychopathology 1
<b>Term 2</b>	Psychopathology 2	Ontology
<b>Term 3</b>	Counselling in context	The clinical practice of psychodynamic counselling

<b>Year 2</b>	<b>Workshop (9.30am to 4.30pm)</b>
<b>Term 1</b>	Dreams and imagery
<b>Term 2</b>	The use of supervision
<b>Term 3</b>	Looking after yourself as a therapist



**Year 3**

Thirty-two weekly sessions and four Saturday workshops spread over one term of twelve weeks and two terms of ten weeks.

<b>Year 3</b>	<b>Seminar 1</b>	<b>Seminar 2</b>
<b>Term 1</b>	Research (1hr 45mins)	Further Psychodynamic Concepts (1hr 45mins)
<b>Term 2</b>	Groups and Families (2hrs 30mins)	
<b>Term 3</b>	Further practice of counselling, reflections and endings (2 hrs 30mins)	

<b>Year 3</b>	<b>Workshop (9.30am to 4.30pm)</b>
<b>Term 1</b>	Working with trauma
<b>Term 1</b>	How to write a case study (morning only workshop)
<b>Term 2</b>	Brief therapy model
<b>Term 3</b>	Bereavement, endings and loss



## ASSESSMENT

Assessment is continuous throughout the three years and takes place through a variety of methods:

- self and peer evaluation throughout all aspects of the training
- assessment by seminar and workshop leaders
- assessment by Clinical Supervisor
- assessment by Course Tutor
- assessment of written assignments, including research project and case study
- assessment of class presentations
- counselling skills assessment at the end of each academic year.

The assessment panel meets on a regular basis and considers all aspects of a trainee's development as a counsellor and advises on progression throughout the course.

An external assessor assesses trainees' work and development at the end of each academic year.

Complaints and Appeals procedures are available in the Training Handbook.



## **CONDITIONS OF PARTICIPATION**

In addition to the taught elements of the course there is a requirement for trainees to complete the following elements of the course.

### **Personal therapy**

All trainees are required to be in weekly, ongoing psychodynamic counselling/therapy for the entire three years of the Diploma. The counsellor/psychotherapist must be selected from a list provided by Basingstoke Counselling Service. This is not a term-time only commitment but is ongoing except for holidays planned by you and your counsellor/psychotherapist (course requirement is a minimum of 44 weeks per year).

Therapy is a tool for learning from the client's perspective and a tool for personal growth and development. The cost of this is not covered by the course fees and is the responsibility of the trainee. We require all our trainees to have undertaken a minimum of six months of personal therapy with a qualified psychodynamic counsellor/psychotherapist before being allocated clients. As such some trainees choose to commence their personal therapy upon acceptance of a place on the course. An interview with the course therapy advisor to help trainees find a therapist is provided and included in the course fee.

### **Counselling experience and supervision**

All trainees are required to attend a supervision group from the beginning of the course. Supervision of counselling practice is an essential tool of learning and development and is part of the professional commitment for all counselling work. The group meets weekly for one and a half hours for a minimum of 42 weeks of the year and attendance is in addition to seminar and group work.

Trainees are required to complete 150 hours of supervised counselling practice; a counselling placement within the Basingstoke Counselling Service or approved placement centre forms part of the training. Clients will be allocated depending on suitability of presenting issue. Basingstoke Counselling Service is unable to guarantee 150 client hours within the three years as it will depend on the availability of clients and skills level of the trainee.



Provision for diploma trainees to complete their 150 client hours if not achieved within three years is in place and takes the form of a fourth year. This year incurs a separate cost which is in addition to the Diploma fee.



**FEES**

Registration fee:	£25.00
Standard fees:	£7,350.00
Fees for those who have completed Basingstoke Counselling Service's Certificate in Counselling Skills and Theory:	£7,100.00

On accepting a place on the course, the trainee enters into a financial contract with Basingstoke Counselling Service. The financial contract commits the trainee:

- to pay a non-refundable deposit of £250.00 and the balance in nine instalments, one at the beginning of each term. Alternatively fees can be paid in full if preferred.
- in the event of a trainee withdrawing from an accepted place any fees paid are non-refundable. If it is possible for Basingstoke Counselling Service to fill the cancelled place, there will be no further liability for fees. However, if Basingstoke Counselling Service is unable to fill the cancelled place, the trainee will be liable for the full course fee.

Non-payment of termly instalments may result in a trainee being asked to leave the course.



**Payment of registration fee:**

The registration fee can be paid either by cheque or by bank payment.

If paying by cheque please make your cheque payable to 'Basingstoke Counselling Service' and enclose it with your application form.

If paying by bank payment please use the bank details and reference guidance below:

Account Name: Basingstoke and District Counselling Service

(please use Dip and your initials as the reference, e.g. Dip JC)

Account No: 00017311

Sort Code: 40-52-40

Held at: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent  
ME19 4JQ



## **AWARD OF DIPLOMA**

In addition to achieving satisfactory standards in all course requirements and assessed areas of learning, conditions for the award of the Diploma are:-

- satisfactory completion of 150 hours of supervised psychodynamic counselling within Basingstoke Counselling Service or approved placement centre
- satisfactory demonstration of an ability to work psychodynamically with clients
- attendance and participation in seminars, workshops, groups and tutorials
- satisfactory completion of all written work
- attendance of once weekly personal therapy for the duration of the course
- payment of all fees in full
- recommendation for the award by the assessment panel and external assessor.

100% attendance is expected, a minimum of 80% attendance is required.



## POST DIPLOMA

On completion of the Diploma, counsellors may be offered a non-trainee placement at Basingstoke Counselling Service.

Currently, 450 hours of counselling practice is required for BACP individual accreditation and it is usual for counsellors to work towards the additional hours upon completion of the Diploma.

Having gained the Diploma in Psychodynamic Counselling, further training opportunities are available, this often takes the route of a Postgraduate Diploma or MA (not currently available at Basingstoke Counselling Service).



## RIGHTS

Basingstoke Counselling Service reserves the right to modify its training courses in line with BACP requirements.

In the unlikely event that unforeseen circumstances arise and Basingstoke Counselling Service has to cancel this course a full refund will be given.

