

**Highgate Counselling Centre**  
**Diploma in Psychodynamic Counselling (a BACP Accredited Course)**  
**September 2020 - December 2022**

**Aims and Objectives:**

**Aims:**

- To provide a professional training and qualification, which is accredited by the BACP;
- To provide students with an in-depth understanding of the psychodynamic approach to counselling informed by both classical theory and current research;
- To develop the range of skills required to practise as a counsellor using the psychodynamic approach;
- To help students develop a sufficient degree of self-awareness and maturity to enable them to practise safely and ethically as a counsellor.
- To examine and work within the 'BACP Ethical Framework for the Counselling Professions';
- To be aware of the impact of issues of difference and diversity when working as a practitioner;
- To provide a safe space for personal exploration and development;
- To provide opportunities for professional feedback.

**Objectives:**

- To deliver training to students which has a sound theoretical base rooted in psychodynamic principles and theory;
- To provide students with skills practice sessions to help develop their counselling skills using the psychodynamic approach;
- To develop students' ability to give and receive feedback in a reflective and constructive manner;
- To provide students with opportunities to develop their reflective skills which is supported by the personal and professional development that comes from experiential learning, experiential group process and personal therapy;
- To provide students with sufficient clinical work to attain the mandatory 100 counselling hours needed to complete the course (this may include an external placement);
- To adopt a system of professional boundaries which will enable students to practise safely and ethically as a counsellor;
- To provide students with a professional training which places strong emphasis on the value of regular supervision;
- To adopt a non-discriminatory approach to counselling;
- To provide students with a training which is underpinned by an understanding of the organisational context and procedures in which clinical practice takes place;
- To develop students' abilities to work as part of a professional organisation;
- To assist students in developing effective relationships with colleagues as well as clients which are underpinned by self-awareness and an understanding of relevant ethical issues;
- To develop transferable skills that are relevant to practitioners working with clients across a range of professional contexts;
- To make full and effective use of the opportunities and experiences provided within the training and workplace settings.