

# HIGHGATE COUNSELLING CENTRE

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Registered Charity No: 289420

## DIPLOMA IN PSYCHODYNAMIC COUNSELLING

September 2020 - December 2022

Course Outline

### Introduction

The Diploma in Psychodynamic Counselling provided by Highgate Counselling Centre is accredited by the British Association for Counselling and Psychotherapy (BACP). Successful completion of the course fulfils part of the criteria for BACP accreditation for those wishing to acquire accredited status in the longer term. This is a part-time course.

### Course Objectives

The course focuses on three specific areas:

- Psychodynamic theory and concepts
- Counselling skills practice
- Self-awareness and personal development

This is supported by supervised clinical work, which is normally undertaken at Highgate Counselling Centre (HCC). In exceptional circumstances, an external placement may be necessary.

### Course Structure and Timetable

The diploma runs for two years and one term from September 2020 until December 2022.

- Year one (September 2020-July 2021) is divided into three terms of ten weeks duration (Terms 1-3).
- Year two (September 2021-July 2022) is also divided into three terms of ten weeks duration (Terms 4-6).
- Term 7 (September 2022-December 2022) does not require your attendance on Monday or Thursday evenings but is included to allow you to complete the requisite number of clinical hours and to complete the final clinical paper.

There are half-term/reading breaks each term, which are usually in line with the school timetable.

## **Timetable**

Induction	19.00-22.00 This will be held on a Monday or Thursday evening Date to be confirmed
Theory Seminars and Experiential Group Process	Monday evenings 19.00-22.00
Counselling Skills	Thursday evenings 19.00-22.00

The theoretical elements of the course are delivered on Monday evenings in the form of seminars. These seminars are followed by 'experiential group process'. Counselling skills practice sessions take place on Thursday evenings. The first part of Thursday evening comprises a taught element.

## **Experiential Group Process**

This takes place on Monday evenings following the taught theoretical seminars. The aim of the group is to promote communication skills, self-awareness, awareness of others and awareness of the processes of group interaction. The group is run by an experienced group facilitator.

## **Time Commitment**

Students need to allow 20-25 hours per week to cover the following aspects of the course. The figures below are provided as a rough guideline, but may differ for individual students.

- Monday evening attendance (3 hours per week)
- Thursday evening attendance (3 hours per week)
- Saturday workshop (one per term for 6 hours)
- Reading and presentations (minimum 5 hours per week)
- Personal Development Journal (up to 1 hour per week)
- Clinical work (working towards 3-4 hours per week)
- Writing up session notes (up to 2 hours per week)
- Weekly supervision (1.5 hours per week)
- Writing of academic papers (approx. 20-25 hours per paper). The final clinical paper may take longer for you to complete.

## **Brief Overview of Each Term**

Term One:	Introduction to Psychodynamic Concepts Theory Tutor: Tibor Poor Skills Tutors: Kate Hardwicke/Vicki Gibbs (throughout the course) Experiential Group Facilitator: Frederica Brooks (throughout the course) Working within the BACP Ethical Framework
Saturday Workshops:	Joining your supervision group Office Induction/Working with your first client Research Skills Diversity
Group tutorial:	Reflective view assignment: Introduction to psychodynamic concepts
Term Two:	Psychodynamic Perspectives on Human Development Theory Tutor: Tibor Poor
Saturday Workshop:	Suicide and Risk Assessment
Group tutorial:	Academic assignment: Compare and contrast the psychodynamic model with another model of therapy Reflective view assignment: Human Development Research Skills
Term Three:	Object Relations Theory Tutor: Diana Gutkind
Saturday Workshop:	Medication and Diagnosis Working with the BACP Ethical Framework/Ethical Dilemmas
Group tutorial:	Reflective view assignment: Object Relations Research Skills
Term Four:	Attachment and Loss Theory Tutor: Vicki Gibbs
Saturday Workshop:	Psychosexuality
Group tutorial:	Academic assignment: Attachment and Loss Research Skills
Term Five:	Psychopathology Theory Tutor: Malcolm Peterson
Saturday Workshop:	Mentalisation Based Therapy
Group tutorial:	Academic assignment: Psychopathology Qualitative Research Skills: Interpretative Phenomenological Analysis (IPA)
Term Six:	Time Limited Psychotherapy Theory Tutor: Tibor Poor
Saturday Workshop:	Dynamic Interpersonal Therapy
Group tutorial:	Academic assignment: Philosophy of Counselling Research Skills

Term Seven:	Completion of Clinical Paper and Counselling Hours
Saturday Workshop:	Assessment for Psychodynamic Counselling
Group tutorial:	Clinical Paper Research Skills

*Note: the above may be subject to change.*

### **Clinical Work**

A major advantage of training with Highgate Counselling Centre is the provision of a counselling placement providing both clinical work and supervision for students. This forms a major part of the programme and enables students to bring together their theoretical and practical training in a safe and secure environment. Students will see, on average, 2-3 clients per week. A minimum of 100 hours supervised clinical work is needed to complete the course.

Clinical work is central to the training and involves working with both male and female clients of different ages and from a diversity of backgrounds. This clinical experience provides an invaluable opportunity for students to integrate their theoretical and practical training while under the supervision of experienced practitioners.

Skills practice sessions will take place during term one about starting to work with clients. An office induction programme will take place in term two in readiness for you to start work with your first HCC client.

Once you are deemed 'ready to practice', you will be allocated your first client in agreement with your supervisor. You will be expected to have been in personal psychodynamic therapy for a minimum of six months before starting work with clients. All clients are seen at Highgate Counselling Centre.

### **External Placement**

In some circumstances, it may be necessary for students to undertake part of their clinical work with an external organisation. This external placement must be approved by the Director of HCC.

### **Supervision**

Group supervision of clinical work takes place with a psychodynamic supervisor for one and a half hours per week for the duration of the course. Supervision is carried out at Highgate Counselling Centre or in the supervisor's consulting room. Holidays are negotiated with the supervisor. An assessment of your progress in supervision is carried out three times per year until you qualify.

You will be allocated a supervision group in advance of starting to work with your first client. The cost of supervision is included in the course fees.

### **Personal Therapy**

Applicants for the Diploma in Psychodynamic Counselling must be established in personal therapy with a therapist approved by HCC (see below). The therapy must be at a minimum of one session per week and should ideally have started prior to commencing training with us.

Fees for personal therapy are not included in the course fees and are therefore an additional cost to the student. You will need to have been in therapy for at least six months prior to seeing your first client. This means that therapy should begin by the beginning of September 2020 at the very latest. Our view is that the earlier therapy is commenced, the more beneficial it is to both the student and potential clients.

On-going personal therapy continues for the duration of the course and throughout your placement with us. For example, if a student has successfully completed the academic papers but has not achieved 100 client hours, then therapy must be continued until these contact hours are achieved.

Therapy must be undertaken with a qualified therapist who has trained with an approved training organisation, is registered with a recognised professional body and has a minimum 5 years post qualification experience. A list detailing these approved training organisations is available as a download from our website.

### **Assessment**

Assessment is continuous throughout the course with self, peer, supervisor, seminar leader, counselling skills tutor, training manager and director elements. The confidentiality of the experiential group is held by the group facilitator who, in exceptional circumstances, may consult with the director or the training manager at HCC.

Successful completion of the course with satisfactory progress in theoretical understanding, personal development and in relating theory to client work/personal experience will be necessary to receive the diploma. A minimum attendance of 80% is mandatory for each term in order to be awarded the diploma.

### **Academic Papers and Final Clinical Paper**

Students are required to complete four academic papers as part of the assessment process (3,000 words each) together with a final clinical paper which comprises a case study (5,000 words). These papers are:

1. Compare and contrast the psychodynamic model with another model of therapy;
2. Attachment and Loss;
3. Research a presenting issue that interests you;
4. Describe your philosophy of counselling and how it has developed;
5. Final Clinical Paper (Case Study).

## **Fees**

These consist of:

- A registration and interview fee of £100.00 (cheque made payable to Highgate Counselling Centre or via BACS payment). This is payable with your application and is non-refundable.
- The fee for the course is £12,000.00. This can:
  - (a) be paid up front by your employer;
  - (b) be paid by yourself as a lump sum up front in advance of starting the training course;
  - (c) you may choose to pay a place acceptance fee of £800.00 to secure your place on the course, which is non-refundable, followed by 28 monthly payments of £400.00.
  - (d) The breakdown of fees is as follows (excluding the place acceptance fee):
    - Year 1: £4800
    - Year 2: £4800
    - Year 3: £1600
- Some students may require additional time to complete their client hours or academic work. An on-going monthly fee of £100.00 is payable to cover administration and supervision costs for those students requiring this extra time until they qualify.
- A one off fee of £65.00 to cover an enhanced Disclosure and Barring System (DBS) check. This must be completed before starting to work with clients.

### **Premature Leaving or Early Termination of Your Training**

Students who leave the course prematurely (either through choice or by termination of your training programme by the Training Committee) remain liable for all of the remaining course fees.

HCC reserve the right to terminate your training if satisfactory progress is not maintained. A full account will be taken of individual circumstances before a decision is reached.

HCC also reserve the right to terminate your training if you engage in discriminatory practices or engage in any other, unacceptable behaviour(s). A full account will be taken of the circumstances before a decision is reached.

## **Application**

Individuals are asked to apply in writing. The selection process consists of:

- A completed application form
- A supporting statement
- Two separate interviews by two individual members of the training team  
(The cost of the interviews are covered by the registration and interview fee)

## **Next Steps**

An application form is available as a download from our website or from the Training Manager at Highgate Counselling Centre. Telephone 020 8883 5427 or e-mail [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk) for this information.

Please return your completed application form and supporting statement together with the registration and interview fee by 30 April 2020 to:

Kevin Hamilton  
Training Manager  
Highgate Counselling Centre  
58a Highgate High Street  
London N6 5HX

E: [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk)