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DIPLOMA IN PSYCHODYNAMIC COUNSELLING

September 2024-December 2026

A BACP Accredited Course

BACKGROUND

The Diploma in Psychodynamic Counselling has been accredited by the British Association for Counselling and Psychotherapy (BACP) since 1994. The course is rigorously re-accredited by the BACP on an annual rolling basis.

INTRODUCTION

The Diploma in Psychodynamic Counselling runs for two years and one term from September 2024 until December 2026. 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 running on Monday and Thursday evenings.

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 undertaken in our clinic at Highgate Counselling Centre (HCC). An additional, external placement might be required in some instances. This is the exception rather than the rule.

COURSE STRUCTURE AND TIMETABLE

The Diploma runs for two years and one term from September 2024 until December 2026.

- Year 1: September 2024-July 2025 is divided into three terms of ten weeks duration (Terms 1-3).
- Year 2: September 2025-July 2026 is also divided into three terms of ten weeks duration (Terms 4-6).
- Year 3: September 2026-December 2026 (Term 7) does not require your attendance on Monday or Thursday evenings but is included to allow you to complete the required clinical hours for BACP qualification purposes and to complete a final clinical paper.

There are half-term/reading breaks each term, which are aligned with the Haringey 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

THEORY (MONDAY EVENINGS)

The theoretical component of the training is delivered during the first part of Monday evenings in the form of theoretical seminars. These seminars aim to introduce key psychodynamic/ psychoanalytic concepts which underpin historical and contemporary psychodynamic counselling theory. These concepts will be revisited and developed throughout the entirety of the training.

There is a set topic each week, focusing on various key concepts. There is both essential reading and further reading. We expect trainees to read the essential reading thoroughly in advance and participate in small/large group discussions about the given papers in seminars. These are complex concepts and theories so frustration around the complexity of concepts is acknowledged and appreciated. We encourage you to challenge the material you are learning and welcome constructive discussion on the seminar focus and readings. Trainees are further encouraged to reference their arguments within the texts, and base them on clinical material, sociocultural references and/or additional texts, rather than personal beliefs and examples.

EXPERIENTIAL GROUP PROCESS (MONDAY EVENINGS)

Experiential group follows the taught theoretical seminars. The aim of the experiential group is to promote communication skills, self-awareness, awareness of others and awareness of the processes of group interaction. Trainees may gain a stronger sense of who they are by exploring their interactions, conscious and unconscious communications within a group, and by connecting the theoretical principles being learned on the course to their individual processes.

COUNSELLING SKILLS (THURSDAY EVENINGS)

The first part of Thursday evening is a taught element with both essential reading and further reading. We expect all trainees to read the essential reading thoroughly in advance of each time-tabled session.

The second part of the evening concentrates on skills practice, which forms a crucial component of the training. This element builds on the skills previously learned during your Certificate training, such as accurate paraphrasing, communicating empathic understanding, and active listening, which are prerequisites for psychodynamic counselling techniques. You will be encouraged to connect psychodynamic theory to your skills practice throughout the training.

Training will start week commencing Monday, 9 September 2024.

SATURDAY WORKSHOPS

There is at least one Saturday workshop per term. These are either held online via Zoom or at the Quakers Meeting House, 77 Church Crescent, Muswell Hill, London N10 1NE.

TIME COMMITMENT

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

- Monday evening attendance (3 hours per week)
- Thursday evening attendance (3 hours per week)
- Saturday workshop (minimum one per term for approx. 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 *(Note: this may be subject to change).*

Term 1: Introduction to Psychodynamic Concepts
Working within the BACP Ethical Framework for the Counselling Professions (2018)

Saturday workshops: Preparing for Supervision
Difference and Diversity

Group tutorial: Reflective view assignment: Introduction to psychodynamic concepts

Term 2: Psychodynamic Perspectives on Human Development

Saturday workshops: Placement Induction/working with your first client
Transference and Countertransference
Diagnosis and Medication

Group tutorial: Academic assignment: Compare and contrast the psychodynamic model with another model of therapy

Term 3: Object Relations

Saturday workshops: Placement Induction
Qualitative Research Skills
Psychosexuality

Group tutorial: Reflective view assignment: Object Relations

Term 4: Attachment and Loss

Saturday workshop: Working with ethical dilemmas

Group tutorial: Academic assignment: Attachment and Loss

Term 5: Psychopathology

Saturday workshops: Mentalisation Based Therapy

Group tutorial: Academic assignment: Psychopathology

Term 6: Time Limited Psychotherapy

Saturday Workshop: Dynamic Interpersonal Therapy

Group tutorial: Academic assignment: Philosophy of Counselling

Term 7: Completion of final clinical paper and clinical hours

Saturday Workshop: Assessment for Psychodynamic Counselling

Group tutorial: Clinical paper

Staffing:

Theory Tutors: Diana Gutkind (Terms 1-3)

Alexandra Mync (Terms 4-6)

Skills Tutor: Fred Asquith (Throughout the training)

Experiential Group Facilitator: Brigid Morris (Throughout the training)

CLINICAL WORK

A major advantage of training with HCC is the provision of a placement within HCC's clinic, which includes client work and supervision for trainees. This forms a major part of the programme and enables trainees to bring together their theoretical and practical training in a safe and secure environment. Trainees 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 a range of clients of different ages and from a diversity of backgrounds. This clinical experience provides an invaluable opportunity for trainees 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. A placement 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. You will be expected to have been in personal psychodynamic therapy for a minimum of six months before starting to work with clients. All clients are seen at HCC premises or online.

EXTERNAL PLACEMENT

In some circumstances, it may be necessary for trainees to undertake part of their clinical work with an external organisation. This external placement must be approved by the Training Manager or 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 HCC 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 fee and are therefore an additional cost to the trainee. 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 2024 at the very latest. Our view is that the earlier therapy is commenced, the more beneficial it is to both the trainee and potential clients.

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

Therapy must be undertaken with a qualified psychoanalytic 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, theory tutor, 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. To be awarded the Diploma, a minimum attendance of 80% is mandatory for each term. If you miss a session, you will be asked to complete a 1,000 word summary of the essential reading(s) presented during that evening. This summary should also include your own reflections on the paper(s) presented to demonstrate your comprehension of the concepts introduced or re-visited.

ACADEMIC PAPERS AND FINAL CLINICAL PAPER

Trainees 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 (psychopathology).
4. Describe your philosophy of counselling and how it has developed.
5. Final Clinical Paper (Case Study).

COURSE FEE

The fee for the course is £13,600.00 and is payable as follows:

- As a lump sum, up front, in advance of starting the training.
- Via a place acceptance fee of £1,000.00 (which secures your place on the course), followed by 28 monthly payments of £450.00 per month. Monthly payments are to be made by the 18th of the month, starting in September 2024, ending in December 2026.
- Annually, up front. Please see the breakdown below.
- Other: Please contact Kevin Hamilton at HCC to discuss.

Should you pay the place acceptance fee but do not start the course, you remain liable for all remaining course fees. Should you later choose to terminate your training, or HCC terminate your training, again you remain liable for all remaining course fees.

YEAR 1: £6400 (this includes the place acceptance fee of £1000)
(September 2024-August 2025)

YEAR 2: £5400
(September 2025-August 2026)

YEAR 3: £1800
(August 2026-December 2026)

Suitable candidates will be invited to interview once the application has been received, reviewed and processed. A registration and interview fee of £100.00 will apply. **Do not make this payment until your application has been approved and we ask you to attend for interview.**

Please note the following:

- Some trainees 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 trainees requiring this extra time until they qualify.
- A one-off fee to cover an enhanced Disclosure and Barring System (DBS) check. This must be completed before starting to work with clients. Currently, this fee is £52.
- Fees for personal therapy are not included in the course fee.

PREMATURE LEAVING OR EARLY TERMINATION OF YOUR TRAINING

Trainees who leave the course prematurely (either through choice or by termination of your training programme by HCC) remain liable for all 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). Again, a full account will be taken of the circumstances before a decision is reached.

OPEN DAY

We will be holding an open day for our Diploma training on Saturday, 2nd March 2024. The presentation will commence at 2pm, ending 5pm (at the latest) and will be held at North Bank, Muswell Hill Methodist Church, 28 Pages Lane, London N10 1PP. If you wish to attend, please click [here](#) for more information.

INDUCTION

The induction will take place on Thursday, 12 September 2024 commencing at 7pm and ending at 9.30pm (approx.) - this will be held at North Bank, Pages Lane.

TRAINING START DATE

The training will commence on Monday, 16 September 2024 at 7pm. Again, this will be held at North Bank, Pages Lane.

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 is covered by the registration and interview fee).

An application form is available as a download [here](#)
Please email your completed application form and supporting statement by
26th April 2024 to:

Kevin Hamilton
Training Manager
Highgate Counselling Centre
kevin.hamilton@highgatecounselling.org.uk

If you have any queries, please email the Training Manager or call us on 020 8883 5427