



DIPLOMA IN PSYCHODYNAMIC COUNSELLING

Accredited by the British Association for Counselling and Psychotherapy (BACP)

AIMS AND OBJECTIVES

AIMS:

- To provide a professional training and qualification, which is accredited by the BACP.
- To provide trainees 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 trainees 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' (2018) *
- 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 trainees which has a sound theoretical base rooted in psychodynamic principles and theory.
- To provide trainees with skills practice sessions to help develop their counselling skills using the psychodynamic approach.
- To develop trainees' ability to give and receive feedback in a reflective and constructive manner.
- To provide trainees 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 trainees 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 trainees to practise safely and ethically as a counsellor.
- To provide trainees with a professional training which places strong emphasis on the value of regular supervision.
- To adopt a non-discriminatory approach to counselling.
- To provide trainees with a training which is underpinned by an understanding of the organisational context and procedures in which clinical practice takes place.
- To develop trainees' abilities to work as part of a professional organisation.
- To assist trainees 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.

* Reference:

BACP. (2018) *Ethical Framework for The Counselling Professions*.

Available at: <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/> [Accessed 15 January 2026]