



FAST TRACK CERTIFICATE IN COUNSELLING

TERM 3: COUNSELLING MODALITIES

APRIL 2025-JUNE 2025

SCHEME OF WORK

TIMETABLE

Day	Theory Paper/PD Group
Session 21: Monday, 28 April 2025	FTC Paper 26: History of Counselling
Session 22: Wednesday, 30 April 2025	FTC Paper 27: The Therapeutic Frame
No training: Monday 05 May 2025	
Session 23: Wednesday, 7 May 2025	FTC Paper 28: A Secure Base
Saturday 10 May 2025: Workshop	Gender and Sexuality
Session 24: Monday, 12 May 2025	FTC Paper 29: Bowlby's Attachment Theory
Session 25: Wednesday, 14 May 2025	FTC Paper 30: Gestalt Therapy PD Group
Session 26: Monday, 19 May 2025	FTC Paper 30a: Boundaries FTC Paper 31: Transactional Analysis PD Group
Session 27: Wednesday, 21 May 2025	FTC Paper 31a: Gingerbread Person Exercise FTC Paper 32: Cognitive Therapy PD Group
W/C 26 MAY 2025	HALF TERM
Session 28: Monday, 02 June 2025	FTC Paper 33: Mindfulness in Individual Therapy PD Group
Session 29: Wednesday, 04 June 2025	FTC Paper 33a: Mindfulness Exercise
Session 30: Monday, 09 June 2025	FTC Paper 34: The Therapeutic Relationship FTC Paper 35: The BACP Ethical Framework PD Group
Session 31: Wednesday, 11 June 2025	FTC Paper 35a: Creating a timeline FTC Paper 36: Introduction to Supervision PD Group
Saturday 14 June 2025: Workshop	Intercultural Therapy
Session 32: Monday, 16 June 2025	FTC Paper 36a: Change and resistance to change FTC Paper 37: Equality, Diversity and Inclusion in the Counselling Professions PD Group
Session 33: Wednesday, 18 June 2025	Letter to self – What would you need to hear if you find you're losing your motivation? FTC Paper 38: Confidentiality and record keeping PD Group
Session 34: Monday, 23 June 2025	FTC Paper 38a: How to beat imposter syndrome FTC Paper 39: Safe Working PD Group
Session 35: Wednesday, 25 June 2025	FTC Paper 38a: How to beat imposter syndrome (continued) FTC Paper 40: Counselling Placements PD Group
Session 36: Monday, 30 June 2025	FTC Paper 40a: Escaping Self Sabotage Reflections/recap of the term/course Endings/Close/Goodbye

SATURDAY WORKSHOPS:

Gender and Sexuality

Saturday, 10 May 2025

10am to 4pm via Zoom

Intercultural Counselling

Saturday, 14 June 2025

10am to 4pm via Zoom

END OF TERM MEETING

Wednesday, 25 June 2025

SUBMISSIONS

Term 3 Reflective View

Email to: training@highgatecounselling.org.uk by noon on Monday, 7 July 2025



Welcome to this third term during which we will explore the history of counselling and examine a range of different counselling modalities. We will also briefly explore the therapeutic relationship, the BACP Ethical Framework and Equality, Diversity and Inclusion in the Counselling Professions.

SESSION 21: MONDAY 28 APRIL 2025

OVERVIEW OF THE TERM

SCHEDULE OF TRAINEE PRESENTATIONS

HISTORY OF COUNSELLING AND SCHOOLS OF THERAPY

This session provides a brief history of counselling together with an overview of a number of models of counselling, e.g., humanistic, cognitive and behavioural, psycho-analytical and psycho-dynamic, and art and other therapies. Further reading (as part of the PD group) is provided around the cultural context of British psychotherapy.

ESSENTIAL READING:

FTC Paper 26: History of counselling and schools of therapy

Highgate Counselling Centre

SESSION 22: WEDNESDAY, 30 APRIL 2025

THE THERAPEUTIC FRAME

We will begin by discussing what is meant this term and how this meaning has been reached. Although the idea of a framework for therapy has long been understood, Marion Milner was the first to apply this concept using the metaphor of an artist's frame.

ESSENTIAL READING:

FTC Paper 27: The Therapeutic Frame

NO TRAINING MONDAY 5 MAY 2025

SESSION 23: WEDNESDAY, 7 MAY 2025

A SECURE BASE

The British psychiatrist John Bowlby revolutionised our understanding of human development by scientifically demonstrating that the nature of our early bonds with our parents plays a crucial role throughout our lives. "A Secure Base" illuminates many other aspects of intimate relationships, including fathers' unique roles, the origins of depression in childhood experience, and the special communication between psychotherapists and their patients.

ESSENTIAL READING:

FTC Paper 28: A Secure Base

WORKSHOP: SATURDAY, 10 MAY 2025
GENDER AND SEXUALITY
10am to 4pm (Via Zoom)

SESSION 24: MONDAY, 12 MAY 2025

BOWLBY'S ATTACHMENT THEORY

Bowlby's evolutionary theory of attachment suggests that children come into the world biologically pre-programmed to form attachments with others, because this will help them to survive. During this seminar, we will briefly look at some of this theory.

ESSENTIAL READING:

FTC Paper 29: Bowlby's Attachment Theory

Available at: <https://www.simplypsychology.org/bowlby.html>

Accessed: 27 November 2024

SESSION 25: WEDNESDAY 14 MAY 2025

GESTALT THERAPY

Gestalt therapy can be translated to 'whole' and focuses on the whole of an individual's experience, including their thoughts, feelings, and actions. Gestalt therapy is an existential/experiential form of psychotherapy that emphasises personal responsibility and that focuses upon the individual's experience in the present moment, the therapist–client relationship, the environmental and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation. Gaining self-awareness in the 'here and now' is a key aspect of gestalt therapy. Gestalt therapy was developed by Fritz Perls, Laura Perls and Paul Goodman in the 1940s and 1950s.

ESSENTIAL READING:

FTC Paper 30: Gestalt Therapy

Dryden, W. and Reeves, A. (2014) Chapter 8: Gestalt Therapy in The Handbook of Individual Therapy. (pp. 179-205). 6th ed.

London: Sage

FURTHER READING:

Clarkson, P. (updated by Cavicchia, S. 2014) Gestalt Counselling in Action. 4th ed.

London: Sage

PD GROUP: BOUNDARIES

Understanding and maintaining personal boundaries.

ESSENTIAL READING:

FTC Paper 30a: Boundaries

SESSION 26: MONDAY, 19 MAY 2025

THE TRANSACTIONAL ANALYSIS (TA) MODEL

Transactional analysis (TA) is a widely recognised form of modern psychology, and one of the most accessible theories of psychology at that. In simple terms, TA is designed to promote personal growth and change. It is considered a fundamental therapy for well-being and for helping individuals to reach their full potential in all aspects of life.

ESSENTIAL READING:

FTC Paper 31: Transactional Analysis

Dryden, W. and Reeves, A. (2014) Chapter 9: Transactional Analysis in The Handbook of Individual Therapy. (pp. 207-239). 6th ed.
London: Sage

PERSONAL DEVELOPMENT GROUP: THE GINGERBREAD PERSON EXERCISE

This is a simple exercise designed to highlight your strengths and weaknesses. It can also be used in area others with potential clients, for example with anxiety and low mood.

ESSENTIAL READING:

FTC Paper 31a: The Gingerbread Person Exercise

SESSION 27: WEDNESDAY 21 MAY 2025

COGNITIVE THERAPY

From its origins in the USA, cognitive therapy has become increasingly popular across the world. We now have the emergence of a 'third wave' of CBT, which is challenging the conventional wisdom. However, the fundamentals of the cognitive approach as outlined many years ago in Beck's seminal Cognitive Therapy and the Emotional Disorders (Beck, 1976) remains the cornerstone of most CBT Practiced today and has the strongest evidence base.

ESSENTIAL READING:

FTC Paper 32: Cognitive Therapy

Dryden, W. and Reeves, A. (2014) Chapter 10: Cognitive Therapy in The Handbook of Individual Therapy. (pp. 243-269). 6th ed.
London: Sage

ADDITIONAL READING:

Westbrook, D., Kennerley, H. and Kirk, J. (2011). An Introduction to Cognitive Behaviour Therapy: Skills and Applications. 2nd ed.
London: Sage

PD GROUP: RECORDING YOUR ABCS

This is an activity which may be useful to complete after you experience an adverse event. It is a helpful way to debrief yourself and get a chance to reflect and discover your beliefs after a negative incident occurs in your life.

ESSENTIAL READING:

FTC Paper 32a: Recording your ABCs

NO TRAINING W/C MONDAY 26 MAY 2025

SESSION 28: MONDAY 2 JUNE 2025

MINDFULNESS IN INDIVIDUAL THERAPY

Mindfulness, from a therapeutic, secular perspective is a conscious awareness of our present moment. This includes openness and non-judgment about the experience. It is often coupled with other types of therapy, such as Cognitive-based Therapy (CBT), Dialectical Behaviour Therapy (DBT), or Acceptance and Commitment Therapy (ACT). Mindfulness therapy is not concerned with relaxation, though that might be a result of certain practices. The focus is on increasing our awareness of the thoughts, feelings, and actions that hinder our progress. When we are better able to do that, we can engage with those aspects of ourselves, learn to tweak our language, and choose how to respond.

ESSENTIAL READING:

FTC Paper 33: Mindfulness in Individual Therapy

Dryden, W. and Reeves, A. (2014) Chapter 17: Mindfulness in Individual Therapy in The Handbook of Individual Therapy. (pp. 445-468). 6th ed.

London: Sage

PD GROUP: MINDFULNESS

ESSENTIAL READING:

FTC Paper 33a: Mindfulness Exercises

Complete Exercise 2: Leaves on a stream.

Exercises 1 and 3 are also provided for your perusal.

Discussion: You may be split into smaller groups and then come back to the main group to discuss your findings.

SESSION 29: WEDNESDAY 4 JUNE 2025

THE THERAPEUTIC RELATIONSHIP

A definition of psychotherapy reads as follows: 'The . . . system-atic use of a relationship between therapist and patient - as opposed to pharmacological or social methods - to produce changes in cognition, feelings and behaviour' (Holmes and Lindley 1989: p.3)

Relationship can be defined as 'the state of being related; a condition or character based upon this; kinship' (Onions 1973). Wilkinson (1994) expressed it as 'A sustained pattern of communication and response involving two or more people'. Relationship is the first condition of being human. It circumscribes two or more individuals and creates a bond in the space between them, which is more than the sum of the parts. It is so obvious that it is frequently taken for granted and so mysterious that many of the world's greatest psychologists, novelists and philosophers have made it a focal point of a lifetime's passion.

ESSENTIAL READING:

FTC Paper 34: Five facets of the therapeutic relationship

Clarkson, P. (2003). Chapter 1: Five facets of the therapeutic relationship in The Therapeutic Relationship. (pp. 3-24).

London: Whurr

SESSION 30: MONDAY 9 JUNE 2025

THE BACP ETHICAL FRAMEWORK FOR THE COUNSELLING PROFESSIONS

BACP members have a contractual commitment to work in accordance with the current *Ethical Framework for the Counselling Professions*.

Specific issues in practice will vary depending on clients, particular models of working, the context of the work and the kind of therapeutic intervention provided. As specific issues arising from work with clients are often complex, BACP always recommends discussion of practice dilemmas with a supervisor and/or consulting a suitably qualified and experienced legal or other relevant practitioner.

The Commonly Asked Questions resources are not contractually binding on members but are intended to support practitioners by providing general information on principles and policy applicable at the time of publication, in the context of the core ethical principles, values and personal moral qualities of BACP. (Source: BACP, 2018).

ESSENTIAL READING:

FTC Paper 35: The BACP Ethical Framework

PD GROUP: CREATING A TIMELINE

ESSENTIAL READING:

FTC Paper 35a: Creating a timeline

Start post school and reflect on/create timeline

Reflect on how the career and life decisions you have made to date have brought you here, identify plans for your future in light of experiences and knowledge gained.

SESSION 31: WEDNESDAY 11 JUNE 2025

INTRODUCTION TO COUNSELLING SUPERVISION

BACP recommends supervision for 'anyone working in roles that require regularly giving or receiving emotionally challenging communications, or engaging in relationally complex and challenging roles' (Ethical Framework, Good Practice, point 73).

ESSENTIAL READING:

FTC Paper 36: Introduction to supervision

PD GROUP: CHANGE AND RESISTANCE TO CHANGE

ESSENTIAL READING:

FTC paper 36a: Change and resistance to change

Cross, M.C. and Papadopoulos, L. (2001). Chapter 7: Change and resistance to change (pp88-95) in *Becoming a Therapist*.

Hove: East Sussex pp. 88-92.

WORKSHOP: SATURDAY, 14 JUNE 2025

INTERCULTURAL THERAPY

10am to 4pm (Via Zoom)

SESSION 32: MONDAY, 16 JUNE 2025

EQUALITY, DIVERSITY AND INCLUSION IN THE COUNSELLING PROFESSIONS

This is one of a series of resources from the BACP for practitioners, supervisors, trainers, or researchers who want to know more about equality, diversity and inclusion (EDI).

This resource highlights questions BACP members have highlighted as commonly arising during their therapeutic work in respect of equality, diversity and inclusion.

The aim of this resource is to provide a basic introduction to some of the issues connected EDI. People using this resource are encouraged to see it as a springboard for their own further study. There are links to resources which can provide more in depth information or training opportunities.

It is always recommended that practitioners who have questions relating to EDI should consult a supervisor or other appropriate professional.

ESSENTIAL READING:

FTC Paper 37: Equality, Diversity and inclusion in the Counselling Professions

PD GROUP: LETTER TO SELF

What would you need to hear if you find you are losing your motivation? Your tutor will provide instructions, but it is suggested you complete this in advance of session 32.

SESSION 33: WEDNESDAY, 18 JUNE 2025

CONFIDENTIALITY

This is another resource from the BACP which explores 'what constitutes a record' in our work and also explores issues surrounding confidentiality.

ESSENTIAL READING:

FTC Paper 38: Confidentiality and Record Keeping within the counselling professions

PD GROUP: HOW TO BEAT IMPOSTER SYNDROME (

ESSENTIAL READING:

FTC Paper 38a: How to beat imposter syndrome

SESSION 34: MONDAY, 23 JUNE 2025

SAFE WORKING

Whilst we hold in mind the safety of those who use our services, this resource focuses on the safety of the counselling professional, that is, their protection from danger or harm.

Whether working in an organisation or in private practice, the intimate and confidential nature of the therapeutic relationship means our practice usually happens 'behind closed doors'. Very distressing narratives, powerful unconscious dynamics and the rigours of the work can all challenge us, heightening the risk to both our physical and psychological safety. We aim to provide both physical and psychological safety to clients, helping them make best use of the service but to do this, we too must feel safe. Anything that adversely affects the safety and containment of our clients can, potentially compromise our safety.

To protect both parties, we agree we will work 'to professional standards' and 'within our competence' whilst 'keeping our skills and knowledge up to date'. We ensure 'our wellbeing is sufficient to sustain the quality of the work' and that our 'resilience' (the capacity to work with a client's concerns without being personally diminished) is sustained.

ESSENTIAL READING:

FTC Paper 39: Safe working

PD GROUP: HOW TO BEAT IMPOSTER SYNDROME (Continued)

ESSENTIAL READING:

FTC Paper 38a: How to beat imposter syndrome

SESSION 35: WEDNESDAY, 25 JUNE 2025

COUNSELLING PLACEMENTS

A core component of counsellor training is the completion of a supervised placement where the trainee works with clients within the counselling professions. This moves the trainee from the conceptual world of academia to the reality of clinical practice. This is one of a series of three resources, which have been produced to consider placements from the perspective of the trainee (GPiA 090), the training organisation (GPiA 079) and the placement provider. While the content of this resource has been informed by all sides of the placement triad, it is focused on the perspective of a counselling service providing placements.

ESSENTIAL READING:

FTC Paper 40: Counselling Placements

PD GROUP: ESCAPING SELF SABOTAGE

ESSENTIAL READING:

FTC Paper 40a: Escaping Self Sabotage

END OF TERM MEETING 6PM

SESSION 36: MONDAY 30 JUNE 2025

Reflections

Recap of the term / course

- a) What have you learned so far?
- b) Where do you feel the gaps are in your current knowledge?
- c) Where do you go from here?

Endings and goodbye