

**DIPLOMA IN PSYCHODYNAMIC COUNSELLING**

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

**SEPTEMBER 2026-DECEMBER 2028**

**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 27 November 2023]