



FAST-TRACK CERTIFICATE IN COUNSELLING ONLINE TRAINING COURSE

COURSE OUTLINE

The Fast-Track Certificate in Counselling runs from January until July. This is an online training, which delivers the same quality learning as our face-to-face Certificate course, but with a more intense schedule.

The course is designed as the first step towards becoming a counsellor and provides trainees with the core skills to understand and apply the basic concepts of counselling together with the skills and knowledge required to facilitate a helping relationship. In addition to strengthening interpersonal and communication skills, trainees will develop their self-awareness and gain an understanding of a wide variety of counselling models and techniques.

This is a part-time training course (total 120 hours, level 3 equivalent) which runs on Monday and Wednesday evenings from 6:30pm until 9:30pm.

Successful completion of the course fulfils the entry requirements for our Diploma in Psychodynamic Counselling, a BACP accredited training.

The aims and objectives of the course, an application form and information regarding selection criteria and the application process are available as downloads from our website.

Please note this is a Certificate in Counselling and is not a Certificate in Psychodynamic Counselling.

Applications are now being accepted. Places are offered on a first-come, first-served basis.

COURSE CONTENT

The course focuses on three specific areas:

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

BRIEF OVERVIEW OF EACH MODULE

The training covers three modules:

Module 1: Basic Counselling Skills

This module includes what is counselling, how counselling differs from other forms of helping, who can be helped by counselling, communication techniques, empathy vs sympathy, responding skills, reflecting skills, paraphrasing skills, non-verbal communication, and the core conditions of the person-centered model. We also examine the BACP Ethical Framework for the Counselling Professions (2018).

Module 2: Basic Human Development

This module provides an overview of some key contributors in the field of basic human including Erikson's psycho-social model, and Freud's psycho-sexual model and an introduction to attachment theory.

Module 3: Counselling Modalities

This module provides trainees with an opportunity to explore a range of different theoretical models including psychodynamic counselling, humanistic counselling, Gestalt and CBT. This module also considers the therapeutic frame and boundaries as well as counselling supervision.

THE PROCESS

Each evening begins with a taught element covering the theoretical elements of the topic(s) being delivered. Trainees are provided with a theoretical paper, which you are expected to read thoroughly for each evening of the training provided.

This is followed by 'personal development group' which provides an opportunity for you to interact with your peers on a personal and professional level. A range of personal development and reflective activities are provided as part of the training.

Following this, counselling skills practice is time-tabled, which provides you with the opportunity to put into practice the skills being taught. These are usually held in 'triad' format, i.e., helper, client, and observer.

ASSESSMENT

Assessment is continuous throughout the course with self, peer, tutor and training manager elements. Please note the following:

- Trainees are required to complete a personal development journal on a weekly basis.
- Trainees are required to complete a written paper of 2,500 words.
- Trainees are required to submit an end of module reflective view at the end of each module and to attend an end of module tutorial with the course tutor.
- Successful completion of the course with satisfactory progress in theoretical understanding, personal development and in relating theory to personal experience will be necessary to receive the certificate. Overall, a minimum attendance of 80% is

expected. 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.

TIME COMMITMENT

Trainees need to allow a minimum 10-15 hours per week to cover the following aspects of the course. The figures provided below are a rough guideline but may differ for individual trainees.

- Monday and Thursday evenings (6 hours per week)
- Reading and presentations (minimum 5-6 hours per week)
- Personal Development Journal (up to 2 hours per week)
- Written paper to be submitted (approx. 10-15 hours).

COURSE FEE

The fee for the course is £2,350.00. This can be paid:

- As a lump sum, up front, in advance of starting the training.
- Via a place acceptance fee of £850.00 (which secures your place on the course), followed by six monthly payments of £250.00 per month. Monthly payments are to be made on the 18th of the month, starting in January and ending in June. You will be asked to set up a standing order to make these payments.

NEXT STEPS

Applications should be submitted by end of November, preferably before. Suitable candidates will be offered an interview once the application has been received, reviewed and processed.

If you are selected for interview a registration and interview fee of £50.00 will apply. Once selected for interview, you will receive an invoice from us which must be paid before we can arrange your interview. This will be conducted by a member of the training team.

TRAINING START DATE

The training will start on Monday second week of January at 6:30pm. An induction will take place online on the Thursday before from 7pm to 9pm.

APPLICATION

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

- A completed application form.
- A supporting statement.
- Attending an interview with a member of the training team.

An application form is available as a download from our website.
Please email (do not post) your completed application form and supporting statement to:

training@highgatecounselling.org.uk