

Does the course include a placement?

Students are required to undertake a counselling placement and to complete 100 hours of formally contracted (1:1) counselling during the two years of the course. Once a student has been offered a place on the course, it is recommended that they look for a placement to begin counselling practice as soon as possible after the course start date. The placement should include supervision by the placement agency.

Does the course require personal therapy?

Students are also required to undertake a minimum of 40 hours personal therapy during the life of the course (to accommodate a range of theoretical approaches). This is discussed in more detail individually at a pre-course interview.

What does it cost?

The course fee for 2019-2021 is £2500 per year, payable in monthly instalments with an additional initial deposit of £500 paid in advance of the first year (total fee for 2 years: £5500). In addition students are required to be a student member of an accreditation body (eg. ACC, BACP) during the course at their own cost and to cover costs of personal therapy.

Who Accredits the Course?

The course is accredited by the Counselling & Psychotherapy Central Awarding Body (CPCAB) and carries 120 units on the Regulated Qualifications Framework (RQF). On successful completion of the Level 4 Diploma students have qualified to practise as counsellors within an agency setting.

How do I apply for a place?

Contact Julie Allday at the BCT Office for full details and an application pack: email jallday@barnabastraining.com



Barnabas Counselling Training

TC-L4 Level 4 Diploma in Therapeutic Counselling

Brentwood

September 2019 – July 2021

The CPCAB logo consists of the lowercase letters "cpcab" in a white, sans-serif font. The text is centered within a red, rounded speech bubble shape that has a tail pointing towards the bottom right.

Who is the course for?

This qualification is for learners who have already completed the Level 2 and Level 3 Certificate courses (or a minimum 150 hours skills and theory training through another training route). Prior training will be assessed at interview and students who have taken a break of more than three years and have not been using their counselling skills regularly may be encouraged to refresh their training with a Level 3 course. Successful completion of the diploma course will enable students to provide a therapeutic counselling service within the context of an agency's service framework.

How long is the course?

This is a 420-hour course taught over 2 years. Sessions will be held weekly on Thursday evenings (6.30-10.00pm) at Hutton and Shenfield Union Church, Roundwood Ave, Brentwood CM13 2NA, with three full day's training each term (some Fridays, some Saturdays). A full list of dates is included with the application documents.

Who teaches the course?

The Core Tutor will be Pauline Andrew. All BCT trainers are counsellors approved as trainers by CPCAB.

What topics will be covered

Teaching topics include: Person Centred Therapy, Attachment Theory, Spirituality, Transactional Analysis, Gestalt Therapy, Creative Therapy, Mental Health Issues, Trauma and Abuse, Self-Harm and Suicide, Counsellor Self-Care, Body Work, Neuroscience, Sexuality, Integration, Emerging therapies. Further topics are covered through the Research Workshops in terms 4 and 5.

Sessions also explore the therapeutic relationship, the nature of supervision, issues arising from clinical practice, case work, the dynamics of cross-cultural counselling and couples counselling.

How is the course taught?

This is a highly participative, interactive course, which encourages growth, both through self-learning and through taught modules. An emphasis is put on learning from observation and self-reflection on one's own work, learning from one another as well as from material presented by course tutors and outside specialist trainers on a wide variety of subjects relevant to an Integrative Counselling course.

The course is a vehicle for each student's development, with the trainers playing a facilitative role in this process. The aims and objectives of each course component and expected training outcomes are made clear and students are invited to contribute to tailoring the course to meet group needs. Sessions are a mix of teaching, group work, discussion and practical role play exercises.

What work will I have to do?

- Learning journal showing course criteria set by CPCAB
- Initial learning statement
- 2 Self-reviews (one per year)
- 2 Case studies (one per year)
- Book review
- 6 observed counselling practice sessions (via audio and one via video) with a reflective essay
- Research Paper and Workshop
- Essay on delivering your presentation
- Essay on another student's presentation

In Year 2 the CPCAB external assessment involves producing a 30-minute audio recording of a counselling practice session, and completing a written Candidate Review Paper under invigilation. Students complete a mock assessment as preparation.