

HIGHGATE COUNSELLING CENTRE

Tetherdown Hall, Tetherdown, London N10 1ND
Telephone: 020 8883 5427 Email: kevin.hamilton@highgatecounselling.org.uk
Registered Charity No: 289420

Diploma in Psychodynamic Counselling September 2015 - December 2017 Course Outline

Introduction

The Diploma in Psychodynamic Counselling provided by Highgate Counselling Centre is accredited by the British Association for Counselling and Psychotherapy (BACP). Successful completion of the course fulfils part of the criteria for BACP accreditation for those wishing to acquire accredited status in the longer term. This is a part-time course.

Course Objectives

The course focuses on three specific areas:

- psychodynamic theory and concepts
- counselling skills practice
- self-awareness and personal development

This is supported by supervised clinical work, which is normally undertaken at Highgate Counselling Centre (HCC). In exceptional circumstances, an external placement may be necessary.

Course Structure and Timetable

The diploma runs for two years and one term from September 2015 until December 2017.

- Year one (September 2015-July 2016) is divided into three terms of ten weeks duration (terms 1-3).
- Year two (September 2016-July 2017) is also divided into three terms of ten weeks duration (terms 4-6).
- Term seven (September 2017-December 2017) does not require your attendance on Monday or Thursday evenings but is included to allow you to complete the requisite number of clinical hours and to complete the final clinical paper.

There are half-term/reading breaks each term, which are usually in line with the school timetable.

Timetable

Induction	First Monday 19.00-22.00 (date to be confirmed) Mulberry Room, North Bank House
Seminars and Experiential Group Process	Monday evenings 19.00-22.00 Mulberry Room, North Bank House
Counselling Skills	Wednesday evenings 19.00-22.00 Mulberry Room, North Bank House

The theoretical elements of the course are delivered on Monday evenings in the form of seminars and take place at North Bank House. These seminars are followed by 'experiential group process'. Counselling skills practice sessions take place on Wednesday evenings at North Bank House. The first part of Wednesday evening comprises a taught element.

Experiential Group Process

This takes place on Monday evenings following the taught theoretical seminars. The aim of the group is to promote communication skills, self-awareness, awareness of others and awareness of the processes of group interaction. The group is run by an experienced group facilitator.

Time Commitment

Students need to allow 20-25 hours per week to cover the following aspects of the course. The figures below are provided as a rough guideline, but may differ for individual students.

- Monday evening attendance (3 hours per week)
- Wednesday evening attendance (3 hours per week)
- Saturday workshop (one per term for 6 hours)
- Reading and presentations (minimum 5 hours per week)
- Personal Development Journal (up to 1 hour per week)
- Clinical work (working towards 3-4 hours per week)
- Writing up session notes (up to 2 hours per week)
- Weekly supervision (1.5 hours per week)
- Writing of academic papers (approx. 20-25 hours per paper). The final clinical paper may take longer for you to complete.

Brief Overview of Each Term

Term One:	Introduction to Psychodynamic Concepts Working within an Ethical Framework	
Saturday	Diversity	Preparing for Supervision
Workshops	10.00-16.00	12.00-14.00
Term Two:	Psychodynamic Perspectives on Human Development	
Saturday	Medication and Diagnosis	Induction/Working with your first client
Workshops	10.00-16.00	1300-1600
Term Three:	Object Relations	
Saturday	Suicide and Risk Assessment	
Workshop	10.00-16.00	
Term Four:	Attachment and Loss	
Saturday	Psychosexuality	
Workshop	10.00-16.00	
Term Five:	Psychopathology	
Saturday	Mentalisation Based Therapy	
Workshop	10.00-16.00	
Term Six:	Time Limited Psychotherapy	
Saturday	Dynamic Interpersonal Therapy	
Workshop	10.00-16.00	
Term Seven:	Completion of Clinical Paper and Counselling Hours	
Saturday	Assessment for Psychodynamic Counselling	
Workshop	10.00-16.00	

Note: the above may be subject to change

Clinical Work

A major advantage of training with Highgate Counselling Centre is the provision of a counselling placement providing both clinical work and supervision for students. This forms a major part of the programme and enables students to bring together their theoretical and practical training in a safe and secure environment. Students will see, on average, up to 3-4 clients per week. A minimum of 100 hours supervised clinical work is needed to complete the course.

Clinical work is central to the training and involves working with both male and female clients of different ages and from a diversity of backgrounds. This clinical experience provides an invaluable opportunity for students to integrate their theoretical and practical training while under the supervision of experienced practitioners.

Skills practice sessions will take place during term one about starting to work with clients. An induction programme will take place in term two in readiness for you to start work with your first HCC client.

You will be allocated your first HCC client in agreement with your supervisor. You will be expected to have been in personal psychodynamic therapy for a minimum of six months before starting work with clients. All clients are seen at Highgate Counselling Centre.

External Placement

In some circumstances, it may be appropriate for students to undertake part of their clinical work with an external organisation. This external placement must be approved by the Director of HCC.

Supervision

Group supervision of clinical work takes place with a psychodynamic supervisor for one and a half hours per week for the duration of the course. Supervision is carried out at Highgate Counselling Centre or in the supervisor's consulting room. Holidays are negotiated with the supervisor. An assessment of your progress in supervision is carried out three times per year until you complete the qualification.

You will be allocated a supervision group in advance of starting to work with your first client. A tutorial will take place in term one about joining your supervision group. The cost of supervision is included in the course fees.

Personal Therapy

Applicants for the Diploma in Psychodynamic Counselling must be established in personal psychodynamic therapy with a therapist approved by HCC (see below). The therapy must be at a minimum of one session per week and should ideally have started prior to commencing training with us. Fees for personal therapy are not included in the course fees and are therefore an additional cost to the student.

You will need to have been in therapy for at least six months prior to seeing your first client. This means that therapy should begin by the beginning of September 2015 at the very latest. Our view is that the earlier therapy is commenced, the more beneficial it is to both the student and potential clients.

On-going personal therapy continues for the duration of the course and throughout your placement with us. For example, if a student has successfully completed the academic papers but has not achieved 100 client hours, then therapy must be continued until these contact hours are achieved.

Therapy must be undertaken with a qualified psychotherapist or analyst who has trained at an approved training organisation and who is registered with an appropriate body. A list detailing these training organisations is available as a download from our website or from Highgate Counselling Centre. Telephone 020 8883 5427 or email kevin.hamilton@highgatecounselling.org.uk for this information.

Assessment

Assessment is continuous throughout the course with self, peer, supervisor, seminar leader and training manager elements. The confidentiality of the experiential group is held by the group facilitator who, in exceptional circumstances, may consult with the Director or the Training Manager at HCC.

Successful completion of the course with satisfactory progress in theoretical understanding, personal development and in relating theory to client work/personal experience will be necessary to receive the diploma. A minimum attendance of 80% is mandatory for each term in order to be awarded the diploma.

Academic Papers and Final Clinical Paper

Students are required to complete four academic papers as part of the assessment process (2,500 words each) together with a final clinical paper which comprises a case study (5,000 words). These papers are:

1. Compare and contrast the psychodynamic model with another approach;
2. Attachment and Loss;
3. Research an issue that you have not worked with and present it to the group;
4. Describe your philosophy of counselling and how it has developed;
5. Final Clinical Paper (Case Study).

Fees

These consist of:

- A registration and interview fee of £95.00 (cheque made payable to Highgate Counselling Centre or via BACS payment). This is payable with your application and is non-refundable.
- The total fee for the course is £7,650.00 which is broken down as follows:
 - a) A deposit of £480.00 to secure your place on the course. This payment must be made upon accepting an offer of a place on the training course. Since we keep trainee numbers to a minimum so that you can fully benefit from your experience on the course, this deposit is non-refundable.
 - b) Students are required to set up a standing order of £280.00 per month for 24 months from the start of the course. These fees cover terms one to six and total £6720.00.
 - c) The course fee for term seven is £450.00.
- If students require additional time to complete their client hours or academic work, then an on-going monthly fee of £100.00 is required to cover administration and supervision costs. This will be applicable from the end of term seven.
- A one off fee of £44.00 to cover an enhanced Disclosure and Barring System (DBS) check. This must be completed before starting to work with clients.
- You may be eligible to apply for a professional and career development loan. If this is something you wish to pursue, please raise this with the Training Manager, Kevin Hamilton, once you have submitted your application.

Premature Leaving or Early Termination of Your Training

Students who leave the course prematurely will be required to give two complete terms notice or, in lieu of notice, agree to pay the fees for two further terms and (if applicable) to pay the balance of the fees for the term during which notice is given.

HCC reserve the right to terminate your training if satisfactory progress is not maintained. A full account will be taken of individual circumstances before a decision is reached.

HCC also reserve the right to terminate your training if you engage in discriminatory practices or engage in any other, unacceptable behaviour(s). A full account will be taken of the circumstances before a decision is reached.

Students who are asked to leave the course prematurely will be required to pay the fees for two further terms and (if applicable) to pay the balance of the fees for the term during which notice to leave the course is given.

Application

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

- A completed application form
- A supporting statement
- Two separate interviews by two individual members of the training team
(The cost of the interviews are covered by the registration and interview fee)

Next Steps

An application form is available as a download from our website or from the Training Manager at Highgate Counselling Centre. Telephone 020 8883 5427 or email kevin.hamilton@highgatecounselling.org.uk for this information.

Please return your completed application form and supporting statement together with the registration and interview fee by 31st July 2015 to:

Kevin Hamilton
Training Manager
Highgate Counselling Centre
Tetherdown Hall
Tetherdown
London N10 1ND