

## Breakdown of Certificate Course

### **Term 1 / Module 1**

This term/module will focus on the fundamentals of counselling, such as the core counselling conditions, the client/counsellor relationship, the counselling frame and generic counselling skills.

#### Aims

- To introduce the core counselling conditions and the psychodynamic frame.
- To introduce counselling skills and develop an understanding of their use.
- To develop the use of these skills through experiential learning.
- To introduce the concept of working in triads and associated skills.
- To introduce the concept of self-evaluation and its use throughout the course.
- To give students a sense of confidence and competence with these learning tools.
- To provide students with the experience of using their own material to gain insight and understanding.
- To introduce the concept of self-awareness and its importance in counselling training.

### **Term 2 / Module 2**

This term/module concentrates on patterns of human growth and development from a psychodynamic perspective. Seminars will cover key developmental issues from infancy to old age. During the early years reference will be made to the concept of attachment. Separation and loss will be understood in the context of adolescence, later life and death.

#### Aims

- To introduce and explore patterns of human growth and development.
- To consider what is meant by personality and explore its development.
- To encourage students to examine their own ideas in this area, including the nature/nurture debate.
- To introduce psychodynamic theories and concepts pertaining to this term's topic.
- To introduce key developmental issues spanning from infancy to old age.

- To begin to integrate theory with practice.
- To encourage use of students' own material in experiential work to further understanding, consolidate learning and increase self-awareness.

### **Term 3 / Module 3**

The client/counsellor relationship is central to the counselling process and it is for this reason that this term/module revisits this dynamic in greater depth. Exploration of the fundamental values of counselling will be encouraged and attention will be given to the BACP Ethical Framework for the Counselling Professions and how it relates to the counselling relationship.

Towards the end of this term/module, counselling skills assessments will take place and there will be a focus on endings and the significance of these, both in our client work and for ourselves.

#### Aims

- To introduce the BACP Ethical Framework for the Counselling Professions.
- To begin to explore fundamental counselling values.
- To begin to explore possible ethical dilemmas associated with the use of counselling skills.
- To focus on the client/counsellor relationship and consider the issues that clients may bring.
- To further the process of integrating theory and practice.
- To further practice and develop counselling skills to the required standard to undertake assessment.
- To consider the significance of endings on both a personal and professional level.