

# DIPLOMA IN PSYCHODYNAMIC COUNSELLING

INFORMATION PACK



BASINGSTOKE  
COUNSELLING  
SERVICE

**bacp**

Accredited  
Course

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# WELCOME

## ABOUT OUR DIPLOMA

Our Diploma in Psychodynamic Counselling provides high-quality, professional training for those wishing to pursue a career in counselling. The course is designed for those who would like to train in psychodynamic counselling with a British Association for Counselling and Psychotherapy (BACP) Accredited provider and to work as a professional counsellor.

Upon completion of our diploma, you will have been adequately prepared to:

- work as a qualified Psychodynamic Counsellor
- engage in safe, ethical counselling practice with adults on a once-weekly basis under regular supervision
- work to open-ended and time-limited contracts
- work both in-person and remotely with clients (to be qualified in remote work, a further BACP training is required)
- engage competently with the wider counselling profession and other professions involved in the field of mental healthcare
- undertake further studies, further research to inform counselling practice, and expand their professional development.

Our Diploma provides:

- 540 guided learning hours which exceeds the BACP training requirement for Individual Accreditation
- this includes 50 hours of training in relationship counselling and 8 hours of initial consultation training
- 150 hours of supervised counselling practice
- a clinical placement within Basingstoke Counselling Service or another approved placement centre and weekly group supervision for client work, both of which are included in the course fee.

## ENTRY REQUIREMENTS

To apply, you need to have completed a Level 3 counselling skills training with a minimum of 90 taught hours. This should have had a psychodynamic element or you would need to have knowledge of the psychodynamic model. Experience of an experiential group would be preferred although not essential.

## COURSE DURATION

Training takes place on Fridays during term time (dates can be found on our website), with four Saturday workshops throughout each year. Our training takes place over three years.

# APPLY

## THE DIPLOMA APPLICATION PROCESS

### **Stage 1**

To apply, you will need to submit an application form, which includes a written personal statement. This is to demonstrate your suitability and aptitude to undertake the Diploma training. Details of referees will be required.

A non-refundable registration fee applies at this stage and will need to be paid in order for your application to be considered. Following the application deadline, the interview panel will review all applications and invite suitable candidates to attend a selection interview.

### **Stage 2**

If you progress through Stage 1:

- you will be asked to attend an assessment with an external assessor (see further information below)
- we will follow up with your referees
- you will be asked to undertake a DBS check (BCS will arrange this).

The external assessment is an extension of our interview process to further assess suitability to undertake the Diploma training and determine robustness to work psychodynamically with clients. All external assessors are appropriately qualified and experienced psychodynamic therapists who hold professional membership with BACP or other appropriate professional bodies. External assessments will be reviewed by the interview panel. If you are offered a place on our course, and accept this, these will also be made available to members of the Diploma Training Team to review, such that they can offer individualised support to each trainee.

Candidates who successfully complete this stage will receive an offer of a place on the course.

The course's application process is rigorous in nature, as potential trainees need to demonstrate the propensity to manage the depth of engagement required in psychodynamic training on all levels i.e. academic, clinical, professional, and personal.

## TRAINEE DEFERRAL

All deferring applicants who have been accepted onto the Diploma course but would like to defer their place will need to consider the following:

- A place on the Diploma the following year is not guaranteed.
- The course fees may increase for the following year.
- Additional application stages will need to be completed involving:
  - Submitting an addendum to the original application
  - Attending an interview with two members of the BCS Team, after which it would be decided if a second external assessment is needed to establish the applicant's suitability for the course.
  - If the second external assessment is deemed necessary, the applicant would be required to cover the cost of the external assessor's fee.

During the course, deferring for a year is also an option that is available to trainees who believe that they would benefit from time out of the course or where the diploma team believe that this is the most appropriate course of action for a trainee. Full details of this process can be found by clicking the link below.

[Trainee Deferral During the Diploma Course](#)

# COURSE STRUCTURE

## SEMINARS, WORKSHOPS & EXPERIENTIAL GROUP

Our Diploma course takes place over three years on a part-time basis; there are three terms per academic year. Seminars, skills workshops, supervision and the experiential group take place during the day on a Friday and workshops will take place on four Saturdays throughout each year.

All seminars throughout the three-year training programme are taught on both a theoretical and experiential level. In Year 1, weekly skills sessions are also held.

The experiential group provides a setting in which to develop insight and self-awareness, to explore relationships and to experience group dynamics, in the presence of an experienced facilitator.

There is a reading week each term that coincides with Hampshire County Council schools' half-term breaks when you will not be required to attend the course.

See the tables in the Course Content section for a more detailed breakdown of each year.

## CLIENT COUNSELLING & SUPERVISION

In addition to the taught seminars and workshops, you will be expected to attend weekly supervision for a minimum of 42 weeks per year. Supervision out of term time is delivered online. In addition, once clinical work has begun, you are expected to counsel clients on a weekly basis for a minimum of 42 weeks per year.

You will be required to gradually develop your client load up to four clients, in discussion with your Clinical Supervisor. You will start seeing clients from the second term of Year 1.

## WRITTEN WORK

There are three written academic assignments, which are a combination of academic and reflective writing, in the first and the second year.

In the third year, you are required to undertake a research project in Term 1 and complete a clinical case study in Term 3.

Each year, in Term 3, you will undergo a clinical assessment, which has a written component to it, as well as a video-recorded role-play.

A personal journal is kept throughout the training and you will be required to draw on it when completing a self-evaluation questionnaire at the end of each year.

## READING

In addition to the written work, you are expected to read extensively for your own learning and development purposes as well as in preparation for seminars. A reading list will be provided.

## TUTORIALS

You will attend regular tutorials with your personal tutor.

## TRAINING STAFF

All of our training staff are qualified, practicing Counsellors/Psychotherapists and are registered with either BACP or UKCP and work within their governing bodies' ethical framework. They are all engaged in ongoing professional development. They have substantial knowledge and experience in all aspects of counselling/psychotherapy and bring their particular expertise to the training programme in either a supervisory, teaching or group facilitative capacity.



# COURSE CONTENT

## YEAR ONE

Thirty-six weekly sessions and four Saturday workshops spread over three twelve-week terms.

	<b>Session 1 (1hr 30 mins)</b>	<b>Session 2 (1hr 30 mins)</b>	<b>Session 3 (1hr 30 mins)</b>	<b>Session 4 (1hr 30 mins)</b>
<b>Term 1</b>	Seminar: The practice of counselling	Skills practise or supervision (group is split)	Skills practise or supervision (group is split)	Experiential group
<b>Term 2</b>	Seminar: The practice of psychodynamic counselling	Skills practise or supervision (group is split)	Skills practise or supervision (group is split)	Experiential group
<b>Term 3</b>	Seminar: Human development	Skills practise or supervision (group is split)	Skills practise or supervision (group is split)	Experiential group

## WORKSHOPS

### **Term 1**

How to write an essay (morning only workshop)

Working with unconscious process (full day workshop)

### **Term 2**

Looking after yourself as a therapist (full day workshop)

### **Term 3**

Working with difference and diversity (full day workshop)

# COURSE CONTENT

## YEAR TWO

Thirty-six weekly sessions and four Saturday workshops spread over three twelve-week terms.

	<b>Session 1 (1hr 30 mins)</b>	<b>Session 2 (1hr 30 mins)</b>	<b>Session 3 (1hr 30 mins)</b>	<b>Session 4 (1hr 30 mins)</b>
<b>Term 1</b>	Seminar: Psychodynamic concepts	Seminar: Psychopathology 1	Experiential group	Supervision
<b>Term 2</b>	Seminar: Ontology	Seminar: Psychopathology 2	Experiential group	Supervision
<b>Term 3</b>	Seminar: The clinical practice of psychodynamic counselling	Seminar: Trauma	Experiential group	Supervision

## WORKSHOPS

### Term 1

Working with risk (full day workshop)

### Term 2

Clinical skills in brief therapy, part 1 (full day workshop)

### Term 3

Clinical skills in brief therapy, part 2 (full day workshop)

How to write a research project (morning only workshop)

# COURSE CONTENT

## YEAR THREE

Thirty-six weekly sessions and four Saturday workshops spread over three twelve-week terms.

	<b>Session 1 (1hr 30 mins)</b>	<b>Session 2 (1hr 30 mins)</b>	<b>Session 3 (1hr 30 mins)</b>	<b>Session 4 (1hr 30 mins)</b>
<b>Term 1</b>	Experiential group	Relationship counselling I	Supervision	Research
<b>Term 2</b>	Experiential group	Counselling in Context	Supervision	Relationship counselling 2
<b>Term 3</b>	Experiential group	Complex presentations	Supervision	Further practice of counselling, reflections and endings

## WORKSHOPS

### **Term 1**

Relationship counselling I (full day workshop)

How to write a case study (morning only workshop)

### **Term 2**

Relationship counselling 2 (full day workshop)

### **Term 3**

Working with endings through sandplay (full day workshop)

# ASSESSMENT

## HOW YOU ARE EVALUATED

Assessment is continuous throughout the three years and takes place through a variety of methods:

- self and peer evaluation throughout all aspects of the training
- assessment by seminar and workshop leaders
- assessment by Clinical Supervisor
- assessment by Course Tutor
- assessment of written assignments, including research project and case study
- assessment of class presentations
- counselling skills assessment at the end of each academic year.

The Diploma Training Team meets on a regular basis and considers all aspects of your development as a counsellor and advises on progression throughout the course.

An external assessor assesses our trainees' work and development at the end of each academic year.

Complaints and Appeals procedures are available in the Training section of the Service Handbook and the relevant policies details can also be found here:

**[Appeals Procedure](#)**

**[Training Complaints Procedure](#)**

**[Training Quality Assurance Enhancement Policy](#)**

# CONDITIONS

## CONDITIONS OF PARTICIPATION

In addition to the taught elements of the course there is a requirement for trainees to complete the following elements of the course.

### PERSONAL THERAPY

All of our trainees are required to be in weekly, ongoing psychodynamic counselling/therapy in person for the entire three years of the Diploma. The counsellor/psychotherapist must meet the requirements provided by BCS. This is not a term-time only commitment but is ongoing except for holidays planned by the trainee or their counsellor/psychotherapist (course requirement is a minimum of 32 sessions in Year 1 and 42 sessions in Years 2 and 3).

Therapy is a tool both for learning from the client's perspective and for personal growth and development. The cost of this is not covered by the course fees and is your responsibility. We require all our trainees to have undertaken a minimum of six months of personal therapy with a qualified psychodynamic counsellor/psychotherapist before being allocated clients. As such some trainees choose to commence their personal therapy upon acceptance of a place on the course.

You are continuously assessed throughout the course. If the Diploma Training Team feel that you require additional support with your personal development, then you may be required to enter twice-weekly therapy in order to progress on the course. This will be for a period of time appropriate to your needs and will be kept under review.

### COUNSELLING EXPERIENCE & SUPERVISION

You are required to attend a supervision group from the beginning of the course. Supervision of counselling practice is an essential tool of learning and development and is part of the professional commitment for all counselling work. The group meets weekly for one and a half hours for a minimum of 42 weeks of the year and attendance is in addition to seminar and group work. The cost of supervision is included in the course fees.

You are required to complete 150 hours of supervised counselling practice; a counselling placement within Basingstoke Counselling Service or approved placement centre forms part of the training. Clients will be allocated depending on the suitability of the presenting issue. Basingstoke Counselling Service is unable to guarantee 150 client hours within the three years as it will depend on the availability of clients and skills level of the trainee.

Provision for trainees to complete their 150 client hours, if not achieved within three years, is in place and takes the form of a fourth year. This provision incurs a separate cost which is in addition to the Diploma fee.

# FEEES

## COURSE FEES

Please note that our fees are reviewed every year and the up-to-date information regarding the course fees, application cost and the deposit can be found on our website.

Course fees include the costs of supervision and the in-house placement, but not personal therapy.

There is also a non-refundable application fee, please see our website for details, which is in addition to the course fees.

If you are successful at interview stage, an additional fee is required for the external assessment and reference and DBS checks. Applicants cannot progress further without completing this part of the process.

Upon acceptance of a place on the Diploma, a financial contract with Basingstoke Counselling Service is entered into. This involves the following:

- Payment of a non-refundable deposit, which acts to secure your place on the training
- A commitment to pay the fees in full for the academic year in which you are enrolled, regardless of whether you complete that year.

Should you withdraw from the Diploma, having accepted a place but prior to the course commencing, BCS will make every effort to fill your place, however, if this is not possible, your commitment to pay the full fees for the academic year remains. If BCS is successful in filling the place, no further financial commitment will be required.

Fees can be paid in full at the beginning of each academic year or in monthly instalments by Direct Debit (at no additional cost).

## PERSONAL THERAPY COSTS

In addition to course fees, you are required to pay for individual personal therapy (see Conditions of Participation). Cost per weekly session can range from £40 to £80. As noted in the Conditions of Participation section above, in some circumstances you may be required to enter twice weekly therapy. Although not the typical situation, the possibility of this should be considered at this stage.

## PAYMENT OF APPLICATION FEE

The application fee can be paid either by PayPal or bank transfer.

### **Paypal**

Please use [info@basingstokecounselling.org.uk](mailto:info@basingstokecounselling.org.uk) as the email address of the person you wish you pay.

So that we can match your payment on our PayPal account, we would appreciate it if you would email either the transaction ID or a copy of your PayPal receipt to [training@basingstokecounselling.org.uk](mailto:training@basingstokecounselling.org.uk)

### **Bank Transfer**

Please use the bank details below:

Account Name: Basingstoke Counselling Service

Sort code: 40-52-40

Account Number: 00036316

Please use your surname as the reference.

So that we can match your payment in our account, please email [training@basingstokecounselling.org.uk](mailto:training@basingstokecounselling.org.uk) with the date you made payment, the amount paid and the reference you used.

## LOANS AND BURSARIES

We recognise that the costs associated with this course may be prohibitive for some. Unfortunately, trainees on our courses are not eligible to apply for a loan from the Student Loan Company and we are therefore looking at alternative options.

We are also hoping to secure some bursary funding to further support trainees whose financial means are not sufficient to undertake this course.

If you are interested in further details of loans or bursaries, please let us know and we can keep you updated as we get more information.

# DIPLOMA AWARD

## ADDITIONAL INFO

In addition to achieving satisfactory standards in all course requirements and assessed areas of learning, conditions for the award of the Diploma are:

- satisfactory completion of 150 hours of supervised psychodynamic counselling within Basingstoke Counselling Service or approved placement centre
- satisfactory demonstration of an ability to work psychodynamically with clients
- attendance and participation in seminars, workshops, groups and tutorials
- satisfactory completion of all written work
- attendance of once weekly personal therapy for a minimum of 42 weeks per year for the duration of the course
- payment of all fees in full
- recommendation for the award by the assessment panel and external assessor.

100% attendance is expected, a minimum of 90% attendance is required.

## BACP ACCREDITATION

This course is accredited by the British Association for Counselling and Psychotherapy (BACP).

## POST-DIPLOMA

On completion of the Diploma, counsellors may be offered a non-trainee placement at Basingstoke Counselling Service.

Currently, 450 hours of counselling practice is required for BACP individual accreditation and it is usual for counsellors to work towards the additional hours upon completion of the Diploma.

Having gained the Diploma in Psychodynamic Counselling, further training opportunities are available; this often takes the route of a Postgraduate Diploma or MA (not currently available at Basingstoke Counselling Service).

## RIGHTS

Basingstoke Counselling Service reserves the right to modify its training courses in-line with BACP requirements.

In the unlikely event that unforeseen circumstances arise and we have to cancel this course, a full refund will be given.

# NOT JUST A COURSE...

## WHAT OUR STUDENTS SAY

The training provided by BCS is one that has taken me on an extraordinary journey. I hoped it would provide me with the opportunity to rethink my career, but it has done so much more than that. The weekly seminars have enriched so many aspects of my life, expanding and challenging my thinking in so many different ways. As well as helping me to gain the necessary skills to qualify as a counsellor, the course has honed skills that have powerfully impacted my personal and professional life. The course is challenging, but the tutors provided invaluable support along the way. I can't recommend it enough for anyone wanting a rigorous and in-depth training to become a counsellor.

**Charlotte, 2021 Graduate**

This Diploma is more than just a course! A transformative experience in many ways.

**Federica, 2021 Graduate**

Attending the Diploma in Psychodynamic Counselling has been life-changing for me. Even if I never practise as a counsellor (though I intend to), what I have gained personally from the course is priceless. It has allowed me to explore and think differently about all aspects of my life.

Sue, 2024 Graduate



## CONTACT US

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