

Foundation Certificate in
Counselling Skills

Course dates

Mode 4 (July 2020 start)
Mode 1 (October 2020 start)
Mode 3 (January 2021 start)
Mode 2 (August 2021 start)
POSTPONED TO 2021

Programme Manager
Kate Trench

Venue

WPF Therapy Limited, 23
Magdalen Street, London SE1 2EN

Fees

Selection fee: £45
Fee: £2,400 (2020/2021)
Registration fee: £300 (due on
acceptance)
Discounted fee: £2,300 (if paid in
full before course start)
Selection fee: £45

More information

Training Administration
training@wpf.org.uk

Course content and approach

The course is taught in seminars and experiential group sessions.

Seminars

Seminars take an experiential approach. Skills are learned through linking theory with practice in exercises, role play and discussion. Relevant theory is taught and some background reading expected. There is little formal teaching but students are expected to fulfill reading and two written assignments to enhance their learning on the course. Non-discriminatory attitudes are addressed and promoted throughout.

Experiential groups

These provide a place to explore feelings and relationships with other course members in a non-directive setting. This process enables participants to learn about individual and group dynamics in the 'here-and-now' of the group. This is a challenging but extremely rewarding experience.

In addition students are given the opportunity to attend a variety of lectures and seminars on topics related to their learning, including group theory and further training options.

Experiential learning

The course is experiential. What this means is that there are no formal lectures; instead the course consists of activities designed for experiential learning such as role plays, exercises, journal-writing, student presentations and discussion in different group formats.

This is a general guide. Each tutor has a personal style and special skills which influence the focus and direction of the course. Generally, students will need to spend two to three hours a week study and reading time in addition to attending the course at WPF Therapy.

Assessment

Assessment is continuous throughout the course. The course actively encourages self-assessment and feedback from peers, seminar leader and group conductor. For award of the Certificate all learning outcomes must be satisfactorily met along with the successful completion of two written assignments of 1500 words each.

100% attendance is required for the award of the Certificate. If a student has between 80%-100% attendance they may be asked to complete a further assessment to be eligible for the Certificate.

Teaching staff

All our seminar leaders and group conductors are fully qualified practitioners and experienced at supporting personal learning and development. They practice in a wide variety of settings and bring a depth of experience in counselling and psychotherapy practice.

Course aims

1. To give participants the opportunity to learn and practice basic counselling skills such as active listening, reflection, clarifying and challenging
2. To offer the opportunity for self-development
3. To introduce participants to basic theories of counselling
4. To give participants the opportunity to understand and practice boundary setting
5. To foster an understanding and appreciation of difference and diversity
6. To foster an awareness of ethical issues in counselling

Learning outcomes

At the end of the course students are expected to:

1. have learned basic counselling skills
2. know how to recognise unconscious patterns of behaviour
3. have undertaken self-exploration and development
4. have learned some basic theories about the use of counselling skills and human growth and development
5. have learned the importance of boundary setting when using counselling skills
6. have developed an understanding of the difference between using counselling skills and other helping activities
7. be aware of working and living in a multicultural society where difference is acknowledged and assumptions are challenged
8. understand ethical issues in the use of counselling skills and how to work within the BACP Ethical Framework

Course structure

There are four options for enrolment onto the course, in October, January, April and July. The formats are as follows:

October start (Wednesday 7th October 2020)

The course runs from October to July. There are 30 weekly sessions divided into terms of 10 weeks each with a mid-term reading week. There are two intakes, on a Wednesday morning and a Wednesday evening. Please state your preferred intake on the application form. We

try to meet applicants' first preference but early application is recommended.

Wednesday morning

Seminar 9.30am – 11.00am Experiential group 11.20am
– 12.45pm

Wednesday evening

Seminar 6.30pm – 7.55pm

Experiential group 8.10pm – 9.30pm

January start (begins on Tuesday 14th January 2020 and Friday 17th January 2020)

The course runs from January to July with 22 weekly sessions and 4 Saturdays (10am – 4pm). There are two intakes, on a Tuesday evening and a Friday morning.

Tuesday evening

Seminar 6.30pm – 7.55pm

Experiential group 8.10pm – 9.30pm

Friday morning

Seminar 9.30am – 11.00am

Experiential group 11.15am – 12.45pm

Saturday 8th February 2020

Saturday 21st March 2020

Saturday 2nd May 2020

Saturday 4th July 2020

April start

Mode 4 requires weekly attendance from April 2020 to March 2021. This route takes place on Monday evenings, 6.30pm – 9.30pm, consists of 30 sessions and begins on Monday 20th April 2020

Term 1: Monday 20th April 2019– Monday 29th June 2020

Reading week: Monday 25th May – Friday 29th May

Term 2: Monday 7th September 2020 – 30th November 2020

Reading week: Monday 26th October – Friday 30th October

Term 3: Monday 11th January 2021 – Monday 1st March 2021

August start (dates and details for August 2020 intake to follow shortly)

This intake begins with 2 weeks full time (non-residential) followed by 3 weekend modules. The weekend modules take place on Friday evenings (5pm – 8.15pm) and all day Saturday (9.30am – 5pm). All weekend modules must be taken within one academic year.

Two weeks

Monday 5th August – Friday 16th August 2019, 9.30am – 5pm

Three weekend modules (Friday 5pm to 8.15pm and Saturday 9.30am to 5pm)

Module 1: Friday 11th October & Saturday 12th October 2019

Module 2: Friday 6th December & Saturday 7th December 2019

Module 3: Friday 31st January & Saturday 1st February 2020

Attendance

Attendance must be 100% for award of the Certificate. Students whose attendance is between 80% and 100% are eligible for the Certificate but may be asked to complete an additional assessment. If attendance is below 80% the Certificate will not be awarded. Students are asked to arrange their holidays outside course time.

Qualification

A Certificate in Counselling Skills will be awarded to those who meet all assessment requirements. The Certificate is a recognised prerequisite for professional counselling training.

Pre-course reading recommendations

Howard, S. (2017) Skills in Psychodynamic Counselling & Psychotherapy (2nd edition), Sage

Jacobs, M (2017) Psychodynamic Counselling in Action (5th edition), Sage

Selection criteria

- No formal prior qualifications are required but candidates need to be able to fulfil the standards of written work.
- Candidates should demonstrate self-awareness.
- Candidates should be emotionally ready to engage in and benefit from the training.
- Candidates do not have to be in personal therapy during the Foundation Certificate course, but this is a requirement if you decide to pursue further training. Please note that you cannot be in therapy at WPF and on a course at WPF at the same time.
- Early application is advisable.

Applicants are offered an individual interview at WPF Therapy. There is

an interview fee of £40 for the selection process.

Please note all applicants must be fluent in written and spoken English. These are the qualifications in English regarded by WPF as an acceptable minimum level of competence:

- GCSE grade C
- Cambridge Proficiency Certificate grade C
- Cambridge Advanced Certificate grade C (with no less than 'weak' in any band)
- Level 2 Functional Skills (English) with a pass grade (Not for Primary Education).
- Key Skills Level 2 in Communication with a pass grade (Not for Primary Education).
- British Council IELTS at 6.0 overall with no less than 5.5 in any band (see www.ielts.org).

WPF Therapy may ask to see evidence of this qualification prior to the offer of a place.

Course fee

The fee for 2020 – 2021 is £2,300 if paid in full prior to the start of the course, or £2,400 if paid in three termly instalments. This is made up of £300 non-refundable/non-transferable registration fee payable in response to the offer of a place. The balance is payable either as a lump sum before the course starts or in instalments by standing order or debit/credit card prior to the start of each term. In addition there is a non-returnable fee of £45.00 for the selection process.

Applicants should note that in the event of their withdrawal for any reason they remain liable for the whole course fee.

All fees are revised annually. As our current fee list is published a year in advance, WPF Therapy reserves the right to revise the fees at any point prior to the first day of term.

Meet the staff and find out more

We hold regular information sessions in the form of Open Evenings and Taster Sessions

[Open Evenings](#)

Friday, 4 September 2020, 6.30pm – 8.30pm

[Taster Sessions](#)

Saturday 20th June 2020, 10am-4pm