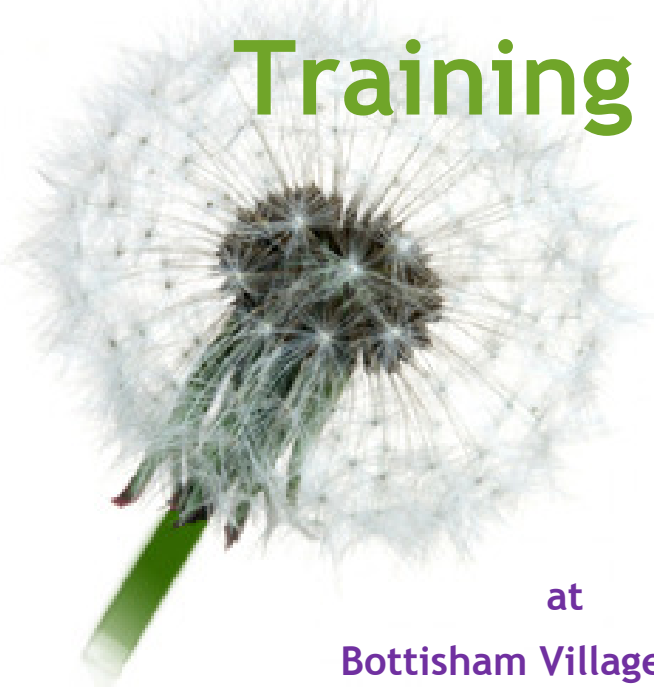


# Counselling Training



at

**Bottisham Village College  
Adult Learning**

Accredited via the Adlerian Society & the Open College Network



## Page 2 - Introduction

## Page 3 - Introduction to Counselling

This 20 hour course sets out a counselling framework and introduces basic counselling skills. This course, or one similar, is a pre-requisite to enter the *Certificate* level.

## Page 4 - Certificate in Adlerian Counselling

This two year, part-time course (250 hours) provides a foundation in counselling theory, skills and personal development, using an integrative approach underpinned by Adlerian theory and practice.

## Page 6 - Diploma in Adlerian Counselling

After completion of the *Certificate in Adlerian Counselling*, or its equivalent, students may enter the two year *Diploma* programme (a further 219 hours training) plus clinical placement under supervision.

## Page 8 - Advanced Certificate in Counselling Studies

This assessed modular training (75 or 100 hours) offers experienced practitioners and advanced students an opportunity to extend their professional development whilst building further training hours.

## Page 10 - Continuing Professional Development

One and two day workshops, facilitated by internationally renowned practitioners are held regularly each term. These are open to all experienced practitioners and advanced students of counselling.

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## Introduction

Bottisham Village College Adult Learning has been running professionally accredited counselling training since 1986. The courses presently include a range of training, from introductory to advanced courses for experienced practitioners. All training programmes subscribe to the Ethical Framework for Good Practice of the British Association for Counselling and Psychotherapy (BACP).

### The Adlerian Approach

Adlerian Counselling derives from the work of the Viennese psychiatrist, Alfred Adler (1870-1937). Adler developed many key concepts and practices that have now been absorbed into other systems. The evolving theories and practice of humanistic, cognitive and psychodynamic approaches all move close to a position adopted by Adlerian practitioners, identifying its integrative nature.

It is a depth psychology that is socially based, practical and optimistic. A great deal of importance is placed on creating a counselling relationship that is equal, co-operative, empathic and encouraging. To facilitate insight and movement, Adlerian counsellors frequently work with early recollections, dreams and metaphor and may use creative approaches such as art therapy, psychodrama and written exercises alongside the 'talking therapy'.

Adler particularly emphasised the importance of community, and of family and teacher education, promoting a democratic approach to living with a practical focus on encouraging children.

### The Library

Students have free access to the Adlerian Society's library of specialised books and journals housed at Bottisham Village College's Community Office.

### Equal Opportunities

Bottisham Village College Adult Learning is committed to an Equal Opportunities Policy, and applications are welcome from all, regardless of age, social and cultural background, colour, gender, disability, employment status, ethnic origin, nationality, political or religious belief or sexual orientation. As such, Bottisham Village College Adult Learning aims, whenever possible, to provide additional resources where further support to students may be required.



## Introduction to Counselling Course - Level 2

This course of 20 hours introduces the basic counselling skills of active listening, responding, summarising and an understanding of non-verbal communication. It also explores the importance of confidentiality within a counselling context, and sets out a counselling framework, leading to an understanding of the various stages of a counselling relationship.

An element of personal work is included in the course to enable participants to:

- Develop their self awareness
- Explore their strengths and weakness and how these affect their relationships
- Identify their own attitudes and values
- Understand the need for setting personal boundaries
- Evaluate their own performance and set personal goals

This course is designed as a ‘taster’ for anyone considering pursuing further counselling training and meets the pre-entry requirement for the Certificate programme. It will also be of interest to those wishing to extend their listening and communication skills in everyday life.

### Timing

Ten weekly evening meetings of 2 hours are run during term times

### Entry Requirements

Open Entry

### Tutors

Mike Nicolson



## Certificate in Adlerian Counselling - Level 3

This well established two year part-time course of 250 hours provides a firm foundation in counselling theory, skills and personal development, using an integrative approach underpinned by the theory and practice formulated by Alfred Adler, whose thinking has influenced psychodynamic, cognitive and humanistic approaches.

Adlerian counselling takes an holistic view of the person in his or her social setting, exploring the purpose of the behaviour. It emphasises a counselling relationship based on equality, respect and encouragement.

The course presents both the theory and practice of counselling with an emphasis on experiential work and personal development. Students are required to have their own personal counselling during the course.

### Timing

Two year programme over six terms, September - July, with new student entry every two years (next intake commences Thursday 20 September 2012). Ten weekly evening meetings (6.30pm-9.30pm) each term, plus 9 full day workshops at the weekends over the two years. There is an expectation of at least 5 hours study a week in addition to the training sessions.

### Accreditation

This course is accredited by the Open College Network and the Adlerian Society of the UK.

### Entry Requirements

Minimum age: 21 years

Students are required to have received a minimum of 15 hours introductory counselling skills training prior to beginning the course. Acceptance on the course is subject to satisfactory interview. An openness and capacity for learning and a readiness for ongoing personal development may prove more important than past academic achievement.



# Modules

## Year One

- Core Counselling Skills
- Fundamentals of Adlerian Psychology
- Lifestyle Assessment
- Lifestyle Assessment - Case Study
- Grief and Loss
- Personal Development 1

## Year Two

- Advanced Counselling Skills
- Introduction to Other Models of Counselling
- Introduction to Family and Couples Counselling
- Lifestyle Assessment - Case Study 2
- Working with Difference
- Special Interest Topic
- Personal Development 2

Two tutors are present at all training sessions. Other visiting specialist trainers present workshops and some evening sessions.

## Tutors

Bruce Tate (Core Tutor), Fiona Broadhurst



## Diploma in Adlerian Counselling

Following satisfactory completion of the *Certificate in Adlerian Counselling*, students are eligible to work towards the *Diploma in Adlerian Counselling*.

This involves a further 219 hours of training, which, with the *Certificate*, totals 450 hours of theory and skills, alongside ongoing personal development and a minimum of 100 hours supervised clinical practice. The *Diploma* equips students with the additional skills necessary to practise counselling on a professional basis.

The curriculum covers:

- Advanced Counselling Skills
- Clinical Issues and Psychotherapy
- Advanced Adlerian Approaches
- Creative Approaches in Counselling
- Comparative Approaches
- Social and Cultural Issues
- Ethical Practice

Internationally renowned trainers from the USA, Canada, Israel, Germany and the UK present the weekend workshops, as well as other specialists being invited to facilitate many of the evening sessions.

### Timing

Two year programme over six terms, October - July, with new student entry every two years (next intake October 2012). There are five fortnightly evening meetings of three hours with the core tutor, plus three full day workshops at the weekends each term. In relation to their clinical placement, students are also required to receive fortnightly training supervision sessions of one and a half hours throughout the two year training period.

### Accreditation

This course is accredited by the Adlerian Society of the UK, an organisational member of the BACP.

### Entry Requirements

Satisfactory completion of the *Certificate in Adlerian Counselling* (*within the past 4 years*). Evidence of equivalent training will also be considered and students will need to complete an Intensive Introduction to Adlerian Counselling. Contact the College if you would like further details.



## Modules

- Advanced Counselling Skills
- Social Issues 1
- Social Issues 2
- Comparative Approaches
- Creative Approaches
- Clinical Issues and Psychopathology

Each term, there are three day workshops facilitated by practitioners well known in their field. Examples of workshops include: Brief Counselling, Counselling Adolescents and their Families, Comparative Approaches in Therapy, Art Therapy, Psychodrama, Clinical Issues, Referral Issues, Medication and Counselling, Couples Counselling.

### Clinical Placement and Clinical Supervision

Students receive guidance regarding appropriate clinical placements, and there are a number of agencies that offer placements for Bottisham students following satisfactory interview. Supervision is provided fortnightly in dyads with a training supervisor appointed by the course, and is a crucial part of the programme. Students are required to complete a minimum of 150 hours satisfactory clinical practice.

### Tutor

Camilla Ghazala (Core Tutor)

### Training Supervisor Co-ordinator

Margaret Nimmo-Smith

Many other specialist and experienced presenters contribute to the training.



## Advanced Certificate in Counselling Studies

This 75 or 100 hour assessed modular training will be of interest to both experienced counsellors and advanced trainees who wish to extend their professional development and also build their training hours in relation to accreditation requirements.

Internationally renowned practitioners from the USA, Canada, Germany, Israel and the UK are invited to present advanced training workshops. Students make a choice of modules, totalling 12 or 16 days, out of a wide choice of modules on offer, tailoring the workshops to their own interests. Adlerian psychology underpins many of the workshops, offering an integrative approach that is relevant to practitioners coming from a range of theoretical trainings.

### Timing

Modules last one or two days, held at weekends, usually during term times. This is a rolling programme and students may join at any time, selecting modules totalling 12 or 16 days in order to achieve 75 or 100 hours of training. This includes three hours of one-to-one tutorials, arranged at the mutual convenience of tutor and student.

### Accreditation

The course is accredited by the Adlerian Society of the UK, an organisational member of the BACP.

### Assessment

Set assignments include a written analysis after each module, journal summaries and a mini-dissertation. The core tutor will provide regular tutorials, assessment and guidance.

### Entry Requirements

Students are required to have undergone a minimum of 250 hours' counselling training prior to attending these courses, and to complete an application providing two referees.



## Modules

The modules are repeated approximately every two years. They are subject to alteration and expansion as new opportunities arise. Full details from the College.

Some recent examples of the wide choice of modules include:

### **PSYCHOPATHOLOGY & COUNSELLING**

Dr Karen John - Therapist, supervisor, educator and trainer, Bath

### **GROUPWORK**

Gerard Baumer - Psychotherapist, Berlin

### **CREATIVE WORK WITH DREAMS**

Jill Reynolds – Adlerian therapist and trainer, Buckingham

### **WORKING WITH COUPLES**

Sam Schürer - Adlerian therapist and trainer, Riga, Latvia

### **TRAUMA AND RECOVERY**

Anthea Millar - Adlerian therapist, supervisor and trainer, Cambridge

### **PRESCRIBED MEDICATION & COUNSELLING**

Dr Peter Bailey - General Practitioner, Cambridge

### **WORKING WITH CHILDHOOD SEXUAL ABUSE**

Jan Hawkins - therapist, supervisor and trainer, London



## Continuing Professional Development

All the modules offered on the *Advanced Certificate in Counselling Studies* Programme are also available, and will be of interest to experienced practitioners wishing to meet the Continuing Professional Development requirements of bodies such as the BACP or the UKCP. Participants may apply to attend any of the modules advertised, and will receive a CPD certificate of attendance. Full details from the Community Office, Bottisham Village College.

### Training Style

The central aim of the training method for all the programmes is on a blending of theory, practice and personal development. Each session aims to introduce theoretical concepts alongside experiential work in order to bring the theory alive. Use of group discussion, small group work and counselling skills practice are used as a fundamental part of the training.

There is an expectation for students to maintain regular reading of set texts and articles and keep up to date with assignments. Students are welcome to work together on assignments and the tutors are available to offer support and guidance. Challenges to the concepts and processes presented are encouraged. Each student on the assessed programmes is assigned a core tutor, with whom he or she has regular one-to-one tutorials as well as working in smaller tutor groups.

### Personal Counselling Requirements

Due to the large amount of experiential work, there is an expectation for students to work at a personal level from the outset of the course. To support this personal development, students are required to receive personal counselling from recommended experienced counsellors. These costs are not included in the course fees and need to be budgeted for separately.

### Assessment Procedures

Assessment of each student's theoretical understanding, skills and personal development is ongoing throughout the course, students needing to meet the learning outcomes for each year before moving on the next. Self-assessment and peer evaluation are encouraged, alongside the tutors' evaluation of written and practical assignments.

If students are having difficulty, we aim for continuing, open and clear discussion to enable a mutually agreed decision regarding the student continuing the course. Procedures are available for students should they wish to make a complaint regarding any aspect of the course.



### Fiona Broadhurst Bsc Hons, MBACP, Dip IIP

Fiona gained her Adlerian Diploma in 2007. Since then she has worked as a Counsellor in GP Surgeries and for a local agency, Cogwheel Trust. Currently she works as an Employment Adviser at the Richmond Fellowship in Cambridge on the Retain/Regain project which provides employment support to clients referred under the Improving Access to Psychological Therapies service. Fiona is developing a personal practice.

### Camilla Ghazala MBACP (Accred), Dip IIP, Cert Supervision, Cert Ed

Camilla has practised as a therapist since 2002, after completing the Adlerian Diploma at Bottisham. She has trained as a supervisor and runs a private practice as well as working for the NHS in local GP surgeries. Camilla is a highly experienced tutor and personal development facilitator working in many organisations including: Bottisham Village College, Mind, HMP Highpoint, SMHP, Suffolk Constabulary, PCT and The Adlerian Society.

### Mike Nicolson MA, Dip in Counselling Skills and Theory

Mike has extensive experience as a trainer and tutor. He has developed and taught counselling courses at Cambridge Regional College. His experience as a counsellor encompasses work in a secondary school and independent practice.

### Bruce Tate BA Hons, MBACP, Dip IIP

Bruce started training as a counsellor after more than 10 years' experience of working in personnel. He has experience in secondary care and currently works as a counsellor in primary care (GP surgery) NHS and in independent practice. Bruce plays an active role in the Cambridge Adlerian Society, has served on ASIIP Council and is currently a member of the ASIIP Training Committee.



## Application Process

**The Open Evening** will be held on **9<sup>th</sup> November 2011**, at Bottisham Village College. This optional structured session will enable prospective students to find out more about the courses, meet the tutors and talk to current students.

**The Introductory Courses** are open entry. Please enquire at the Community Office, Bottisham Village College for enrolment details.

**The Certificate Programme** runs every two years (**next intake September 2012**) and requires completion of the application form, two full written references and evidence of 15 hours minimum prior counselling skills training. Applications should be submitted by 1 June 2012. Formal interviews for those shortlisted take place in June/July.

**The Diploma Programme** runs every two years (**next intake October 2012**) and requires evidence of satisfactory completion of the *Certificate Programme*, *Intensive Introduction to Adlerian Counselling* or equivalent plus evidence of Adlerian CPD and personal development.

**The Advanced Certificate in Counselling Studies** is a rolling programme and students may join at any time with evidence of a minimum of 250 hours prior counselling training plus completion of the application form and two references.

### Continuing Professional Development

All the workshops of the *Advanced Certificate in Counselling Studies* Programme are open to experienced counselling practitioners and advanced trainees.

**Interviews** for the *Certificate* and *Diploma* programmes are conducted by two tutors, plus an external interviewer. Areas explored include:

- relevant practical, professional and personal experience
- how you plan to make use of the course
- your strengths and weaknesses
- what implications the course may have on you and people around you



## Course Fees

Concessionary fees are available for all courses, and arrangements can be made to spread the payments over the period of the course. Fees quoted for the *Certificate* and *Diploma* include all tuition, weekend workshops and tutorials. Personal counselling and clinical supervision costs are additional.

### Introduction to Counselling

10 week courses - run most terms at Bottisham. Tuesday evenings 19.00 - 21.00.  
Fee: £130 (£98 concessionary)

### Certificate in Adlerian Counselling

From **September 2012 - July 2014**

Thursday evenings 18.30 - 21.30 during 10 session term (none at half term)

*Plus: Saturday (occasionally Sunday) one day workshops: 4-5 per year*

*Plus: personal counselling (minimum 30 hours over the 2 years)*

Fee: £945 per year (£755 concessionary)\* \* Fees currently under review  
(Required personal counselling needs to be budgeted for separately)

### Diploma in Adlerian Counselling

From **October 2012 - July 2014**

Thursday evenings 18.30 - 21.30 - 5 session term:

*Plus: Saturday/Sunday one and two day workshops - 3 days each term*

*Plus: Weekly clinical placement throughout each year*

*Plus: Fortnightly training supervision throughout each year*

*Plus: Personal counselling (minimum 30 hours over the 2 years)*

Fee: £1500 per year (£1200 concessionary)\* \* Fees currently under review  
(Personal counselling and training supervision needs to be budgeted for separately)

### Advanced Certificate in Counselling Studies

Ongoing rolling programme of assessed modules chosen from a programme of one and two day workshops on Saturdays and Sundays during term time. 75 hour and 100 hour options available.

Fee: 75 hour option: £995 (conc. £795)\* 100 hour option: £1300 (conc. £1040)\*

### Continuing Professional Development

Rolling 1 and 2 day workshops over term time weekends. Fees (2010/12):

1 day workshop: £100 (£80) 2 day workshop: £160 (£128)



## Additional Continuous Professional Development Modules

We offer a range of personal and professional continued development workshops including

Adlerian Therapy - The Basics  
Anger Management  
Anxiety Management  
Basics of CBT  
Depression Management  
Emotional Management  
Food and Mood  
How to survive teenagers

Mindfulness  
MBCT (Mindfulness based Cognitive Therapy)  
Parenting  
Personal Development  
Self Esteem and Confidence Growth  
Stress Management



## Further information

Further information, application forms and fee details available from:

The Community Office  
Bottisham Village College  
Lode Road  
Bottisham  
Cambridge  
CB25 9DL

Tel: 01223 811372

Email: [commed@bottishamvc.org](mailto:commed@bottishamvc.org)

### Office Hours:

Monday -Thursday 9am - 2pm

Tuesday & Thursday evenings 7pm-9pm

[www.bottishamvc.org/commed](http://www.bottishamvc.org/commed)

### Further Course Information

If you wish to have an informal discussion regarding any aspect of these courses, please contact:

[Adleriantraining@googlemail.com](mailto:Adleriantraining@googlemail.com)