

DIPLOMA IN RELATIONALLY-CENTRED COUNSELLING

A Humanistic – Dynamic Approach

Course Leader – Pete Lavender

What is Relational Counselling?

Relational Centred Counselling is at the leading edge of professional counselling training in the UK and Europe. It is supported by research into what works in therapy, and draws upon contemporary developments in psychoanalytic, psychodynamic and humanistic theories. Of crucial importance to this approach to counselling is the therapeutic relationship as a co-creation, involving both client and therapist. Therefore trainees will develop as reflexive practitioners, able to reflect on the client, themselves as therapist and the process between. This is underpinned by developing a sound working knowledge of the dynamics of relating, including transference phenomena. Of particular interest will be the insights that have emerged from a range of theories of child and adult development. It is a professional requirement, as well as a moral obligation, that trainees undergo their own personal therapy which is indispensable to an understanding of human relationships.

Who is the course aimed at?

This course is aimed at attracting entrants from the caring/helping professions; nurses, doctors, social workers, teachers, voluntary sector workers. It provides an excellent basis for anyone wanting to move into counselling in primary care, and/or wishing to develop their own private practice. Acceptance for training is based on a selection process comprising written application, interview and references.

Course requirements:

- Successful completion of interview
- Attendance at training sessions
- Prescribed reading and written assignments
- Completion of Case-study and transcript detailing work with a client

Curriculum

Spread over three years, the course contains 24 stand-alone workshops that together provide a comprehensive introduction to the world of relationship in counselling. Strong emphasis is placed on core ethical, moral and philosophical values - as well as the actual skills needed to be a counselor - which appear again and again throughout the training.

Optional Workshops

Each year a series of workshops are available, attendance at which is optional. These may include – working with dreams, defensiveness and shame, self harm, eating disorders, the transpersonal and research in counselling.

Supervision

Following successful completion of the first year, students will be expected to find a training placement to further enhance their skills in a real-life environment. It is a mandatory, and essential requirement that students arrange for supervision of this work with a suitably qualified, UKCP supervisor. Students will be expected to complete 40 hours of supervision in both the second and third years. To reduce the cost and encourage mutual learning, this will normally take place in a group format. The cost of the supervision is not included in the course fees.

Personal therapy

All participants of the course will be expected to undertake their own personal therapy from the start of training and for the duration of the course. The choice of a suitable therapist is, of course, a very personal thing, however, the therapist must be either fully qualified and accredited, or in advanced training with an accredited Training Institute. The course is deemed to have ended upon successful completion of the diploma. The fees for the therapy will be the responsibility of the student. A personal learning journal will be kept from the start of therapy.

Assessment

Assessment of knowledge and skills development is an ongoing part of the course, and will comprise self, peer and tutor assessment via written projects, case study, training log and technical demonstrations. A training log must be kept from the start of training for this purpose.

Award of Advanced Diploma in Relational Counselling

Successful candidates will be awarded the Advanced Diploma in Relational Counselling following successful completion of coursework assignments, and an end of training case study and tape transcript. In addition, candidates must have attended all training workshops and met the clinical obligations, including, client hours, supervision and personal therapy.

Course structure

There will be eight three day workshops during each year of the course, run over weekends, (Fri – Sun). Each day will be divided into sections that focus on the four fundamentals of counselling training, namely: group process; theory; supervised skills practice in small groups; and supervision. The training day will normally start at 9:00am and end at 5:00pm, with a morning and afternoon break and 1 hour 15 minutes for lunch. There is an ample supply of accommodation available in this seaside resort, at very reasonable prices. Information on B&B accommodation is available from the SCPTI office.

Course Leader

The course leader is Peter Lavender who is a UKCP registered psychotherapist. Peter has been party to the course design, and teaching of, the Certificate and Advanced Certificate of Counselling at the University of Nottingham. He has been practicing as a relational counsellor in primary care and private practice for over fifteen years. He works with adults, couples and groups and also provides clinical supervision.

Other tutors are available as required, from the teaching staff of the Scarborough Counselling & Psychotherapy Training Institute.

Applications

If you wish to arrange an informal interview with Peter Lavender, please contact him on Nottingham 0115 920 0186. Application forms can be obtained from the SCPTI office: mail@scpti.co.uk. Tel: 01723 376 246, or go to our application page on this website.

Fees

The annual training fee is set each year (please contact us for details or see relevant page on website), but it will then generally apply for the whole of an individual trainee's progress through this training. Our aim is that our fees are set at a highly competitive rate and that they should represent excellent value for money. Fees may be paid in a lump sum or by standing order over twelve months (there is a small administrative fee for the paying in instalments).

Accreditation

The course is accredited by the Psychotherapeutic Counselling & Intersubjective Psychotherapy College (PCIPC) of the United Kingdom Council for Psychotherapy (UKCP).