



# Diploma in Psychodynamic Counselling



Chelmsford Counselling Foundation

42 Cedar Avenue, Chelmsford, Essex, CM1 2QH



A qualification  
to further your  
counselling career

For counselling or to discuss  
how to become a counsellor  
call us on:

**01245 284890**

[www.chelmsfordcounselling.org.uk](http://www.chelmsfordcounselling.org.uk)

Registered Charity No. 1088283

A part-time BACP accredited  
course for those wishing to train  
as psychodynamic counsellors  
Clinical part of BACP Accredited  
course. No. 12958



# Chelmsford Counselling Foundation

## Diploma in Psychodynamic Counselling

This course is for those who want to train as psychodynamic counsellors. It is the second and final part of our BACP accredited course of counsellor training. The course provides the essential elements of theoretical knowledge, the development of self-awareness and the start of clinical practice. It is a comprehensive training which takes place in the safe environment of a counselling agency.

### Aims

- to train students to work effectively, safely and ethically as counsellors
- to provide the formal training base necessary for a student to seek individual accreditation from BACP, once they have accumulated sufficient experience
- to monitor and assist in the development of sufficient self-awareness for work as a counsellor to help trainees use psychodynamic theory to inform their practice.

### Objectives

At the end of the course the successful participant should be able to:

- listen acutely to the client's communication at all levels
- manage their feelings and keep themselves and the client separate
- establish, sustain and develop a counselling relationship
- tolerate not-knowing and not-doing and to work within boundaries
- reflect upon their work and use supervision to illuminate this process
- integrate psychodynamic theory and practice
- understand the role of the unconscious processes at work in relationships and to work with the transference.

### Application

As well as those who are completing our BACP accredited training we invite applications from those who have already completed a comprehensive psychodynamic pre-clinical course and are seeking a safe environment in which to undertake their clinical training. Application is made in the first instance by submission of the completed application form. All applicants must be established in at least once-weekly therapy with an approved counsellor or therapist before they start their training or at the latest 6 months before they see their first client. External candidates may be able to submit an APL/APEL portfolio, which may enable them to obtain the BACP accredited course certificate.

## Course structure

The course consists of weekly seminars and supervision, weekly process groups in the first year and 3 x 1 day workshops each year.

### Seminars: (30 x 1½ hours in year 1; 30 x 2 x 1½ hours in year 2)

The main themes will be the psychology of development, practical considerations in managing a counselling relationship, clinical concepts relating to individuals and groups and psychodynamic theory of normal and dysfunctional behaviour.

### Process Groups: (30 x 1½ hours in year 1 only)

Students will participate in a non-directive weekly dynamic group in the first year to help with the development of self-awareness and in containing the feelings which arise at the start of clinical practice. Contributions to the group are confidential to the group and are not shared outside the group.

### Workshops: (3 x 1 day workshops per year)

These will take place on Saturdays and will focus on specific topics in the development of the counsellor's training. Dates and topics to be announced.

### Supervision (42 x 1½ hour sessions per year)

Supervision is provided in small groups by an experienced supervisor. It underpins the good practice of casework and additionally provides a vital aspect of teaching. The process involves regular presentation and discussion of casework.

## Assessment

The basic criteria are:

- regular attendance of all elements of the course
- satisfactory continuous assessment of coursework and especially casework
- the ability to work psychodynamically with clients
- completion of at least 120 hours of supervised casework
- achievement of a pass grade in all written assignments
- summary report of the course journal which is to be written weekly
- payment of all fees.

The Foundation uses continuous assessment and may advise students at any time that a break from training is needed, that they need to extend their period of supervised casework, or that it is not appropriate for them to continue training. The assessment committee will decide when a student is ready to receive the award.

## Award

Successful completion of the course leads to the Diploma in Psychodynamic Counselling awarded by WFC Counselling. Trainees who have also completed our Diploma in Counselling Skills will have completed a BACP Accredited Training and will be awarded an additional Certificate to this effect. External candidates may qualify under the APL/APEL route.

