



CHELMSFORD  
COUNSELLING  
FOUNDATION

# Psychodynamic Counselling

## Training Programme

## Prospectus

**2026/27**

**bacp** | Accredited  
Course

Course Reference 00100510

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## 1. Introduction

Are you:

- potentially interested in a career in counselling or psychotherapy, but not sure it is for you and wanting to understand more about what counselling training involves?
- wanting to gain a deeper understanding of yourself, your personal relationships and how you interact with others?
- in a profession or helping role where listening and communication skills are important, and you want to enhance these?
- in a management role and wish to develop your professional potential using counselling skills in the workplace?
- hoping to gain a greater understanding of group dynamics and your own position within a group?
- interested in exploring counselling skills from the perspective of people's life experiences and how it has impacted them?

Chelmsford Counselling Foundation ("CCF"), a member of the [National Counselling Network](#), was established in 1974 under the former name of Writtle Pastoral Foundation. Now a charitable company based in central Chelmsford, the Foundation has a high reputation in Essex and beyond for its counselling work and in the training of counsellors. Our training programme has been in operation since inception of the Foundation and is an integral part of our work, standing equal with our counselling service in our constitution.

Being a counsellor is a position of responsibility, and we believe in providing high quality and thorough training to prepare students for this role and to be equipped to work competently and safely with clients.

We are delighted to be able to offer a clear path and a full programme of modularised training, whether you wish to gain a greater understanding of yourself and your relationships within a personal and professional environment, or you aim to gain a professional qualification as a counsellor.

Our [Certificate in Counselling Skills](#) course offers an introduction into the world of counselling and a chance to explore your own personal development. For many this forms the start of their journey to becoming a fully trained psychodynamic counsellor.

Formal professional counselling training continues with our [Diploma in Counselling Skills](#), that progresses into our accredited [Diploma in Psychodynamic Counselling](#). Unlike some other training providers, our Diploma in Psychodynamic Counselling course provides you with a comprehensive and integrated training package - we provide you with an in-house clinical placement, regular in-house supervision as well as support and pastoral care. For those with busy lives, this extra level of support has proved to be highly valued.

The route to becoming a counsellor can present a great many options and choices, some of which you may not be aware of at the outset. We offer all our trainees a free consultation to openly discuss our training, and potential applicants' hopes, concerns and questions, in a confidential environment.

## 2. Training Programme Rationale and Philosophy

Psychodynamic counselling focuses on understanding and working with the root causes of emotional or mental health difficulties or distress that can often stem from or be influenced by early experiences; and stresses the importance of past experience in shaping current ways of behaving and feeling. Working psychodynamically can be an intensive and rewarding experience for both client and counsellor.

At Chelmsford Counselling Foundation, we believe that counselling underpinned by psychodynamic principles and values can be an extremely effective form of therapy for a wide range of emotional issues, founded on a belief that such difficulties or distress can be alleviated when patterns of behaviour that have previously been unconscious are brought into consciousness, leading to increased self-awareness and opportunities for long-lasting and sustained change.

In working psychodynamically, counsellors use concepts including free association – encouraging clients to talk freely about whatever comes to mind, without fear of judgement; and the interpretation of transference, where feelings or patterns experienced in previous significant relationships can be repeated with the counsellor. The idea of psychodynamic counselling is that in the trust that is essential in the counselling relationship and the 'here and now' of that relationship, these past unconscious patterns of thinking and relating to others, and defence mechanisms that are employed to manage difficult feelings can be brought into awareness and current difficulties linked with past experiences. This helps the client gain a better understanding of their past, including patterns of behaviour which may have been learnt from an early age, increased self-awareness about the choices that are made today and an opportunity for a change in thinking and sustained relief from symptoms that cause clients to seek help. The focus is on helping the client to make the right choices for themselves, rather than giving advice or direction.

Our counselling training programme delivers an in-depth practitioner training in psychodynamic theory and practice. It draws upon original psychoanalytic theory through to more modern psychodynamic thinking.

We teach students the skills needed to build an accepting, collaborative and trusting relationship, working ethically and safely with clients, providing encouragement to talk about their early relationships with parents, caregivers, and other significant people as well as present relationships in all aspects of their lives, personal and professional; to explore and make links between past and present experiences.

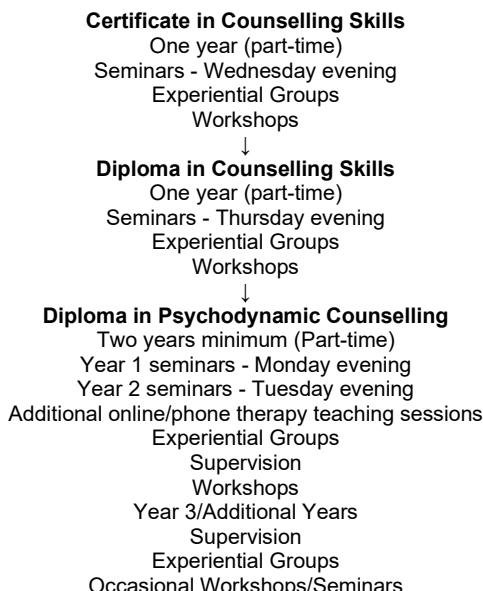
Our courses reflect the working model of Chelmsford Counselling Foundation, based upon a culture of reflection and group learning in a collaborative and supportive environment, and our teaching is delivered in group situations. Particular emphasis is placed on exploring the relationship between psychodynamic theory and practice, and our delivery methods are designed to reflect the nature of the work of therapy – sharing and exploring in a collaborative way to develop insight and self-awareness. Our training emphasises the need to, and provides opportunities to, integrate thinking, feeling and behaviours with an awareness of the social and cultural factors, as well as the connections between physical and psychological health and wellbeing.

Our training is also based on the idea that counselling is open to people irrespective of their race, religion, beliefs, political views, disability, gender, gender identity or sexual orientation. The training also looks to explore issues of difference and diversity and the impact they can have on the counselling relationship.

Whilst sharing many elements in common with other therapeutic approaches, the depth of working psychodynamically can draw heavily on the practitioner's personal resources and emotional capacity for responses. The course recognises this and therefore an important aspect of our counsellor training is placed upon student personal development and self-awareness, which is seen as key throughout all elements of our training, so you will be required to reflect on your own experiences and relationships in academic seminars, training groups and in personal therapy.

### 3. Training Programme Structure

Our overall course programme is run in three stages over a four-year period and can lead to a professional practitioner qualification at the end of this time, although in some cases, dependent on student progress, this can sometimes extend into a fifth year. The courses we provide range from a Certificate in Counselling Skills to a Diploma in Psychodynamic Counselling and taken together form a BACP-accredited training. These course modules can be taken individually, and many applicants do so to enhance their communication skills within their current profession. However, when taken together, they form a cohesive and supported training journey to becoming a qualified psychodynamic counsellor:



Year			Total Teaching Hours	Remote Teaching Hours	Duration	Course Commitment
1	Certificate in Counselling Skills		108	0	1 year, September to July	30 Wednesday evening 1.5 hour academic seminars and 1.5 hour experiential groups, 4 workshops (3 of 5 hours each, 1 of 3 hours)
2	Diploma in Counselling Skills		129.5	0	1 year, September to July	30 Thursday evening 2.25 hour academic seminars and 1.5 hour experiential groups, 3 workshops (2 of 6 hours each, 1 of 5 hours)
3	Diploma in Psychodynamic Counselling		126.5	12	Minimum 2 years, September to July	30 Monday evening 2.75 hour academic seminars, 12 1.5 hour experiential groups, 3 workshops (1 of 3 hours, 1 of 5 hours, 1 of 6 hours) 5 OPT workshops (1 of 4 hours, 4 of 2 hours each) 42 weeks of 1.5 hours' supervision
4	Diploma in Psychodynamic Counselling	Year 2	120.5	6		30 Tuesday evening 2.75 hour academic seminars, 12 1.5 hour experiential groups, 3 workshops (1 of 3 hours, 1 of 5 hours, 1 of 6 hours) 2 OPT workshops (2 hours each) 42 weeks of 1.5 hours' supervision
5 (if required)		Year 3	30	0		12 1.5 hour experiential groups, 12 hours certificated CPD 42 weeks of 1.5 hours' supervision
	Total		484.5 – 514.5	18		

The majority of the courses take place in the room but there will be times when the course will be delivered remotely. Please refer to above diagram for further information on time commitments. You must ensure that you have good internet connection and the technical ability to work online. We also ask that you have appropriate technology/devices available to allow you to work remotely, and that you consider what alternative(s) you will use should one method fail. You must also ensure that when working from home remotely that you have a suitable private space from which to provide online counselling sessions to clients and while attending supervision, training sessions and online meetings.

This private space must be free from interruptions, and you must be able to speak freely within it, without being overheard. Headphones should be used in order to reduce the amount of sound which might be audible to others outside the room and are advised particularly when facilitating or attending supervision or process groups remotely, as sensitive material relating to your own and others' clients will be discussed, and this must be protected in order to ensure confidentiality. If it is not possible for you to ensure that a suitable space is available, then the remote counselling rooms available at Cedar Avenue must be used instead.

As well as formal teaching time, additional private study time is expected for reading, research and assignments (and personal therapy for students in, or wishing to progress onto, our Diploma in Psychodynamic Counselling). Our Diploma in Psychodynamic Counselling programme includes in-house client placement, weekly group or individual supervision and professional indemnity insurance. Counsellors in training are responsible for personal therapy and individual BACP Student Membership costs. <https://www.bacp.co.uk/membership/student-membership/>

#### 4. Course Fee and Payment Options

COURSE	FEES
Certificate in Counselling Skills	£1,850 (or £1,900 by instalments) Non-refundable deposit of £500 due 2 weeks after offer. Having paid the deposit, the options for payment for the remaining fees are: (a) Full payment £1,350 due 31 <sup>st</sup> July 2026, or (b) 2 x £700 due 31 <sup>st</sup> July 2026 and 1 <sup>st</sup> January 2027
Diploma in Counselling Skills	£2,995 (or £3,045 by instalments) Non-refundable deposit of £500 due 2 weeks after offer. Having paid the deposit, the options for payment for the remaining fees are: (a) Full payment £2,495 due 31 <sup>st</sup> July 2026, or (b) 2 x £1,272.50 due 31 <sup>st</sup> July 2026 and 1 <sup>st</sup> January 2027
Diploma in Psychodynamic Counselling Year 1	£4,650 (or £4,700 by instalments) (a) Full payment £4,650 due 31 <sup>st</sup> July 2026, or (b) 3 x £1,566.67 due 31 <sup>st</sup> July 2026, 1 <sup>st</sup> January 2027 and 31 <sup>st</sup> March 2027
Diploma in Psychodynamic Counselling Year 2	£4,575 (or £4,625 by instalments) (a) Full payment £4,575 due 31 <sup>st</sup> July 2026, or (b) 3 x £1,541.67 due 31 <sup>st</sup> July 2026, 1 <sup>st</sup> January 2027 and 31 <sup>st</sup> March 2027
Diploma in Psychodynamic Counselling additional year(s)	Dependent on student numbers

## 5. Certificate in Counselling Skills

There are many different types of counselling, often known as modalities. Prior to embarking on a professional Diploma level training course, it is important to have identified the right modality.

Our **Certificate in Counselling Skills** will assist you in making this decision. The introductory course is designed to provide students with the core skills to understand, develop and apply the basic concepts of counselling together with the skills and knowledge required to develop a relationship using role plays. The course provides an excellent grounding in counselling skills and is of value to those who work with people, for example in social work, teaching or health care, and is of value by itself to gain counselling skills and as a first step to further training leading to a professional qualification as a counsellor.

### Aims

The course aims to help students to:

- Gain knowledge of theory based on psychodynamic principles and practice and explore broader concepts of human development
- To develop and practice counselling skills
- Acquire an understanding of the different stages of human development
- Develop greater sensitivity to human relationships
- Improve their communication skills
- Become more self-aware.

### Objectives

This training places a great emphasis on reflection, the giving and receiving of feedback and challenges as well as open and constructive dialogue. The primary objective of this course is to develop the potential in students for effective listening and responding, and to use these skills in a way which is informed by theoretical understanding, and which is helpful to themselves and others. The course is largely experiential and involves:

- Thinking about what you would like to get out of the training
- Examining and reflecting on attitudes and beliefs
- Developing self-awareness through sharing experiences with others
- Practicing new ways of relating to other group members and receiving feedback

### Outcomes

At the end of the course, successful applicants should be able to:

- demonstrate basic listening and responding skills
- demonstrate an understanding of counselling concepts and theory
- be sensitive to issues arising from discrimination and oppression, and understand the basics of working within an ethical framework
- identify and understand counselling concepts and skills helpful to the student's personal and work situations
- demonstrate greater self-awareness and self-development and show openness to change

## Course Structure

This is a part-time course running from September to July, comprising three terms each of ten weeks in duration, and the timetable is run in conjunction with the local authority school term and holiday dates.

The course runs on Wednesday evenings at Chelmsford Counselling Foundation premises from 6.30pm until 9.50pm – academic seminars from 6.30pm to 8pm, and experiential process groups from 8.20pm to 9.50pm.

Academic seminars are led by qualified and experienced counsellors and include presentations, discussion and exercises to enhance self-awareness, skills practice and continual peer and self-assessment. Counselling skills are developed and practiced in role plays, including listening, reflecting feelings, empathy, sensitively challenging the client and recognising patterns of behaviour and dealing with strong emotions. A variety of themes are covered in academic seminars focusing on listening skills and appropriate responses, with experiential exercises to link theory to practice; with topics including:

- Introduction to the counselling process, including client assessment and supervision, as well as the concepts of triangular relationships
- Introduction and practice of basic counselling and communication skills in the wider theoretical and work context, with particular reference to the psychodynamic approach to counselling
- Stages of human development and patterns of personality, drawing and reflecting on the works and thinking of Alfred Adler, Wilfred Bion, John Bowlby, Erik Erikson, Carl Gustav Jung, Melanie Klein, Michael Foulkes and Sigmund Freud; and reflecting on the spectrum of mental health issues
- Patterns of personality
- Sociological, cultural and political perspectives, including prejudice and difference
- Ethical and professional issues

Students are offered access to an academic tutor once per term.

The experiential group forms a mandatory and integral part of the training, and is an opportunity to promote communication skills, self-awareness, awareness of others and experience of group processes. This form of group is non-directive and led by an experienced facilitator who helps the group understand the dynamics that operate in groups and on the feelings that arise in the process. Contributions to the group are confidential and not shared outside of the group. This form of learning can be challenging and emotionally demanding.

There is assigned reading and assignments, including presentations, essays and mandatory workshops; and we require students to read widely around taught subjects. We suggest a minimum of 2-3 hours a week for private study.

### Term Dates 2026/27

Induction	Wednesday 9 <sup>th</sup> September 2026
Term 1	Wednesday 16 <sup>th</sup> September to Wednesday 25 <sup>th</sup> November 2026
Half Term	Week commencing 26 <sup>th</sup> October 2026
Term 2	Wednesday 6 <sup>th</sup> January to Wednesday 17 <sup>th</sup> March 2027
Half Term	Week commencing 15 <sup>th</sup> February 2027
Term 3	Wednesday 21st April 2027 to Wednesday 30 <sup>th</sup> June 2027
Half Term	Week commencing 31st May 2027

## Course fees 2026/27

£1,850 (this includes a £500 non-returnable deposit)

## Assessment

We emphasize that we provide a training in counselling, not a course of instruction. This means that our Assessment Committee must be satisfied that the trainee has reached the required standard, which is not just a matter of completing hours and assignments, before awarding a qualification.

A commitment of 100% attendance is expected and at least 80% attendance of seminars and experiential groups is required each term, plus attendance of all mandatory course workshops. All fees must be paid, and course work must be completed to a satisfactory standard. Written work must be submitted according to required deadlines and assessed work must achieve a pass mark. Essay topics are set to enable students to demonstrate their increasing knowledge of psychodynamic theory as well as to reflect on, and demonstrate, their own self-development.

Continuous assessment is used throughout with self, peer, seminar and group leader elements. Students need to demonstrate some development in self-awareness and an understanding of the impact of their behaviour and attitudes on other people; this includes an understanding of the impact of prejudice and the development of anti-discriminatory awareness. They must also show an understanding of the concepts within the BACP Ethical Framework for the Counselling Professions as a basis for all counselling interactions.

## Award

Successful completion of all aspects of the course leads to a Certificate in Counselling Skills.

A natural next step following this course is our Diploma in Counselling Skills that provides more in-depth skills training for anyone considering a career in counselling or to enhance their skills in a community role or in the workplace. It is important to stress that completion of this Certificate in Counselling Skills course is not a license to practice as a counsellor and that progression to the next level of training with us is not automatic but dependent on our assessment process.

## Certificate in Counselling Skills Entry Requirements

There are no formal entry requirements, although applicants would usually be at least 21 years old. Former clients of CCF wishing to train as counsellors cannot do so here until at least five years after their last counselling session with us.

## Certificate in Counselling Skills Application process

Selection is by means of application form and interview, to assess applicants' personal attributes and their intellectual and emotional capacity as well as their readiness to work with the content of the course. To apply, please complete an application form, equality and diversity monitoring form and view our privacy statement. All are available via our website [www.chelmsfordcounselling.org.uk](http://www.chelmsfordcounselling.org.uk), via our office by emailing [lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk) or by telephoning 01245 284890.

Applications should be sent by email to [lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk) or by post to Lucy Ansell, Training Co-Ordinator, Chelmsford Counselling Foundation, 42 Cedar Avenue, Chelmsford, Essex CM1 2QH.

#### Certificate in Counselling Skills Application Deadline

Whilst there is no closing date for applications, early application and offers will give applicants certainty as to their place on the course. The Certificate in Counselling Skills application process closes when we have filled our maximum 20 allocated places.

## 6. Diploma in Counselling Skills

Our **Diploma in Counselling Skills** is designed to enable students to develop their own use of counselling skills as well as their knowledge and understanding of psychodynamic theory. The course is suitable for those who are perhaps considering completing a Diploma in Psychodynamic Counselling, or for those wishing to improve their knowledge and skills based in this modality.

### Aims

The course aims to help students to:

- Develop greater self-awareness and awareness of others
- Learn to work sensitively and facilitate the growth of others
- Link learning on the course to the outside world
- Gain familiarity with the roots of psychodynamic theory
- Establish a sound base upon which to develop skills as a counsellor.

### Objectives

Given that a strong, trusting relationship is the foundation of all counselling, whichever approach is followed, this course is centered on how to create and use a relationship to best support another; the course objectives are to:

- provide a framework for ethical counselling practice
- learn about the importance of the working alliance and boundary-setting within counselling and other helping activities.
- learning basic counselling techniques and the skills of active listening in order to facilitate the client's own problem solving and development
- offer opportunities for the development of self-awareness, empathy and other qualities that will facilitate growth as active listeners and counsellors.

### Outcomes

At the end of the course, successful participants should be able to:

- demonstrate good listening and responding skills
- show an understanding of human development and the nature of unconscious processes
- evidence an ability to integrate counselling skills with psychodynamic counselling theory
- show sufficient self-awareness to know the main ways in which a counsellor's personality can interfere with or enhance their use of counselling skills
- display greater self-awareness within the dynamics of a group and open-ness to change.

### Course Structure

This is a part-time course running from September to July, comprising three terms each of ten weeks in duration, and the timetable is run in conjunction with the local authority school term and holiday dates.

The course runs on Thursday evenings at Chelmsford Counselling Foundation premises from 6.00pm until 10.00pm – academic seminars from 6.00pm to 8.15pm, and experiential process groups from 8.30pm to 10.00pm.

Academic seminars are led by qualified and experienced counsellors, and focus on linking theory and practice, preparing students for working psychodynamically with clients through the exploration of theoretical concepts, by discussion of papers, by practicing the use of counselling skills and attitudes in skills practice, practical exercises and discussions on seminar papers and video material and developing study skills. This training places a great emphasis on reflection, the giving and receiving of feedback and challenges as well as open and constructive dialogue.

A wide range of topics are explored, including:

- the foundations of psychodynamic thinking, drawing on the works of and theoretical concepts developed by John Bowlby, Sigmund Freud, Melanie Klein, Donald Winnicott
- the interplay of conscious and unconscious processes when using counselling skills
- the connection between inner world and wider social, cultural, racial and familial experience
- the therapeutic alliance and the counselling relationship
- values and ethics in counselling
- working with difference, diversity and intersectionality
- beginnings, breaks and endings
- time limited work
- use of supervision
- group dynamics.

Students are offered access to an academic tutor once per term.

The experiential group forms a mandatory and integral part of the training, and is an opportunity to promote communication skills, self-awareness, awareness of others and experience of group processes. This form of group is non-directive and led by an experienced facilitator who helps the group understand the dynamics that operate in groups and on the feelings that arise in the process. Contributions to the group are confidential and not shared outside of the group. This form of learning can be challenging and emotionally demanding.

There is assigned reading and assignments, including presentations, essays, mandatory workshops and a research project; and we require students to read widely around subjects.

We suggest an average of 3-4 hours a week for private study.

#### Term Dates 2026/27

Induction	Thursday 10 <sup>th</sup> September 2026
Term 1	Thursday 17 <sup>th</sup> September to Thursday 26 <sup>th</sup> November 2026
Half Term	Week commencing 26 <sup>th</sup> October 2026
Term 2	Thursday 7 <sup>th</sup> January to Thursday 18 <sup>th</sup> March 2027
Half Term	Week commencing 15 <sup>th</sup> February 2027
Term 3	Thursday 22nd April 2027 to Thursday 1 <sup>st</sup> July 2027
Half Term	Week commencing 31st May 2027

#### Fees 2026/27

£2,995 (this includes a £500 non-returnable deposit)

## Assessment

We emphasize that we provide a training in counselling, not a course of instruction. This means that our Assessment Committee must be satisfied that the trainee has reached the required standard, which is not just a matter of completing hours and assignments, before awarding a qualification.

A commitment of 100% attendance is expected and at least 80% attendance of seminars and experiential groups is required each term, plus attendance of all mandatory course workshops. All fees must be paid and course work must be completed to a satisfactory standard. Written work must be submitted according to required deadlines and assessed work must achieve a pass mark. Essay topics are set to enable students to demonstrate their increasing knowledge of psychodynamic theory as well as to reflect on, and demonstrate, their own self-development.

Continuous assessment is used throughout with self, peer, seminar and group leader elements. Students need to demonstrate some development in self-awareness and an understanding of the impact of their behaviour and attitudes on other people; this includes an understanding of the impact of prejudice and the development of anti-discriminatory awareness. They must also show an understanding of the concepts within the BACP Ethical Framework for the Counselling Professions as a basis for all counselling interactions.

## Award

Successful completion of all aspects of the course leads to a Diploma in Counselling Skills.

Students successfully completing the Diploma in Counselling Skills course may wish to further their studies by progressing to our Diploma in Psychodynamic Counselling, that is a professional qualification that provides theoretical and clinical training to become a psychodynamic counsellor. It is important to stress that completion of this Diploma in Counselling Skills course is not a licence to practice as a counsellor and that progression is not automatic but dependent on our assessment process.

If it is your ambition to progress through our entire training programme and graduate with a Diploma in Psychodynamic Counselling, it is important that you read material relating to all the courses so that you are aware of the time commitment, therapy requirements and fees/costs. It should also be noted that students who wish to potentially progress onto our Diploma in Psychodynamic Counselling course must have been in continuous weekly personal therapy with a Chelmsford Counselling Foundation approved therapist for at least six months before starting the Diploma in Psychodynamic Counselling training. In practical terms this means that students should commence therapy by March during the year they are undertaking the Diploma in Counselling Skills (or equivalent) training.

## Diploma in Counselling Skills Entry Requirements

There are no formal entry requirements, although applicants would usually be at least 21 years old and have completed our Certificate in Counselling Skills course, or an equivalent training. Former clients of CCF wishing to train as counsellors cannot do so here until at least five years after their last counselling session with us.

## Diploma in Counselling Skills Application Process

Selection is by means of application form and interview, to assess applicants' personal attributes and their intellectual and emotional capacity as well as their readiness to work with the content of the course. To apply, please complete an application form, equality and diversity monitoring form and view our privacy statement. All are available via our website

[www.chelmsfordcounselling.org.uk](http://www.chelmsfordcounselling.org.uk), via our office by emailing [lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk) or by telephoning 01245 284890.

Applications should be sent by email to [lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk) or by post to Lucy Ansell, Training Co-Ordinator, Chelmsford Counselling Foundation, 42 Cedar Avenue, Chelmsford, Essex CM1 2QH.

#### Diploma in Counselling Skills Application Deadline

The deadline for applications for Diploma in Counselling applications is 30th April 2026. Early application and offers will give applicants certainty as to their place on the course.

However, if you wish to apply after the 30<sup>th</sup> April, please contact us as we may still have space available.

## 7. Diploma in Psychodynamic Counselling

Our **Diploma in Psychodynamic Counselling** course is a well-established programme that provides high quality professional training, including an in-house placement, for those who wish to train in psychodynamic counselling and to work as a professional counsellor; and with post qualification training and experience, to be able to gain professional accreditation as a counsellor. Chelmsford Counselling Foundation's Diploma in Psychodynamic Counselling provides clinical practice via a placement within our own counselling service, where trainees are valued members of our team. Regular weekly group or individual supervision is included, with a potential mix of in-the-room telephone and video delivery, offering unique support and avoiding the need for trainees having to find their own suitable client placements and supervisors.

### Aims

This course aims to train students to:

- assist in the development of sufficient self-awareness to work as a counsellor, separating their own feelings from those of their clients'
- develop the skills to be able to listen acutely to clients' communications at all levels, conscious and unconscious
- establish and sustain a counselling relationship
- integrate psychodynamic principles and theories into clinical practice
- gain skills to work effectively, safely and ethically as psychodynamic counsellors
- reflect on their work and use supervision to inform and illuminate this process
- provide the formal training foundation to enable a student to work towards individual accreditation from BACP once they have accumulated sufficient experience

### Objectives

The objective of this programme of training is to provide:

- a professional training and qualification, which is accredited and incorporates the essential theoretical and practical training.
- training that has a sound theoretical base and which is underpinned by an application of psychodynamic theory and thinking.
- training that places strong emphasis on the value of regular supervision and the personal and professional development that comes from experiential learning and personal therapy.
- direct experience of clinical practice in a long standing and accredited agency setting.
- an environment with which trainees develop an appropriate value and belief system and their ability to demonstrate values that are relevant to anti-discriminatory practice and inclusive practice.
- transferable skills that are relevant to practitioners working with clients across a range of professional contexts.

### Outcomes

On graduation from this module, a student will gain a professional qualification, underpinned with experience in the process of counselling, both as a counsellor and a client; have undertaken an extensive practical placement working with Chelmsford Counselling Foundation clients, and be adequately prepared to:

- work as a qualified Psychodynamic Counsellor in an agency setting
- engage in safe, ethical counselling practice with adults on a once weekly basis under regular supervision
- work to open-ended client contracts
- 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.

Trainees who successfully complete the Diploma in Psychodynamic Counselling training are eligible to apply to remain with the Foundation as an Associate Counsellor for up to three years. This voluntary position assists newly graduated counsellors in gaining hours towards the minimum 450 required to apply for personal BACP accreditation.

## **Course Commitment**

Trainees on the Diploma in Psychodynamic Counselling make a substantial commitment to their training. In addition to the scheduled teaching and experiential group time, trainees need to set aside time for:

- Preparation and reading time required for the weekly theory seminars.
- Essay and case study writing. Students are offered 30-minute, one-to-one, academic tutorials with the Clinical Academic Tutor in terms 1 and 2. Tutorial dates are provided in advance by the Academic Tutor. Additional tutorials may be available, subject to prior approval with the Head of Training and Course Development.
- Clinical client work, including reflection and session notes. First year trainees are expected to see at least one client per week, building to three per week in the second and potentially third years, when considered appropriate by their clinical supervisor. There is the possibility of increasing to four clients per week towards the end of training/placement at the discretion of the clinical supervisor and Head of Counselling.
- Weekly group or individual supervision for a minimum of 42 weeks a year.
- Personal therapy.

## **Course structure**

This is a part-time course running from September to July, comprising three terms, each of ten weeks' duration, and the overall timetable is run in conjunction with the local authority school term and holiday dates.

Years 1 and 2 include academic seminars, experiential groups and workshops, together with an in-house supervised clinical placement. A wide range of topics are explored in academic seminars and workshops, giving students the opportunity to deepen their knowledge of psychodynamic theory and integrate theory and practice in their in-house clinical placement. Year 1 academic seminars take place on Monday evenings at Chelmsford Counselling Foundation premises from 6.00pm to 8.45pm. Year 2 academic seminars take place on Tuesday evenings at Chelmsford Counselling Foundation premises from 6pm to 8:45pm.

Experiential groups take place on six Saturdays each academic year, two groups on each Saturday. The groups comprise a mix of all Diploma in Psychodynamic Counselling year groups.

Academic seminars are led by qualified and experienced counsellors, and focus on linking theory and practice, preparing students for working psychodynamically with clients through the exploration of theoretical concepts, by discussion of papers, by practicing the use of counselling skills and attitudes in skills practice, practical exercises and discussions on seminar papers and video material and developing study skills. This training places a great emphasis on reflection, the giving and receiving of feedback and challenges as well as open and constructive dialogue. A wide range of topics are explored, including:

- the therapeutic relationship
- psychodynamic concepts including attachment, transference, countertransference, defences
- group and organisational dynamics
- psychopathology and mental health diagnoses/medications
- client assessment

- qualitative research
- endings in practice

Students are offered access to an academic tutor in terms 1 and 2.

The experiential group forms an integral part of the training, and is an opportunity to promote communication skills, self awareness, awareness of others and experience of group processes. This form of group is non-directive and led by an experienced facilitator who helps the group understand the dynamics that operate in groups and on the feelings that arise in the group process. Contributions to the group are confidential and not shared outside of the group. This form of learning can be challenging and emotionally demanding.

This course includes an in-house clinical placement as well as academic and personal development activities; and involves much self-reflection and understanding. These will all touch the trainee's own difficult experiences and challenge deeply held personal beliefs and attitudes. For this reason, all counsellors in training are required to be in at least weekly personal therapy for the entire duration of the Diploma in Psychodynamic Counselling course, and students are required to have been in continuous weekly personal therapy for at least six months before starting to see clients as part of the clinical placement on the Diploma in Psychodynamic Counselling course. The Chelmsford Counselling Foundation Therapy Advisor holds a register of approved therapists and assists trainees to find a suitable therapist. In practical terms this means that students commence therapy whilst undertaking the Diploma in Counselling Skills (or equivalent) training. It is important that the theoretical orientation of a trainee's therapist is congruent with the training, and to note that personal therapy is an additional tool for learning from the client's perspective as well as for personal insight, development and growth. The cost of the therapy is borne by the trainee.

All counsellors in training are required to attend the weekly supervision from the start of the course. The group meets weekly for 1.5 hours for a minimum of 42 weeks a year. Individual supervision may also be provided. Clients are allocated to trainees by the clinical supervisor depending on student readiness and client presenting issue. Availability of clients cannot be guaranteed.

The course takes a minimum of two years to complete and students' progress in achieving the required practice hours is monitored throughout the academic year – in weekly supervision, in termly Course Management and Supervisors' meetings as well as in mid-term and end of term appraisals with Training Supervisors.

In the event that the student does not achieve the required practice hours by 31<sup>st</sup> July of the Diploma in Psychodynamic Counselling academic year or fails to meet any other assessment criteria for the award of the Diploma in Psychodynamic Counselling, the student will be invited to extend their training, and in-house placement, for a further full academic year. This further year has no formal academic component, and the following is provided:

- Continued experiential groups.
- Continued weekly group clinical supervision.
- Continued mid-year and end-of-year self-appraisal and appraisal with the Training Supervisor.
- The student can attend the Case Study Workshop for a second time, if wished.
- Access to the Head of Training and Course Development and/or the Case Study Workshop Leader, if required, to advise on the Case Study if this was not completed in their second year of study.
- Pastoral support is offered by the Head of Training and Course Development or Head of Counselling.

Students who will be continuing into a further year to accrue the minimum clinical hours for graduation, or any other reason, and for some, to write their case study, there is an additional

requirement to undertake at least 12 hours of certificated CPD during the academic year. There is an additional option of writing a piece of reflective practice work - demonstrating continued linking of theory to clinical practice - that can be submitted for review but is not an assessed piece of work.

### Dates 2026/27 (Year 1)

Induction	Saturday 5 <sup>th</sup> September 2026 10am - 4.00pm
First group supervision session	Week commencing 7 <sup>th</sup> September 2026
Term 1	Monday 14 <sup>th</sup> September to Monday 23rd November 2026
Half Term	Week commencing 26 <sup>th</sup> October 2026
Term 2	Monday 4 <sup>th</sup> January to Monday 15 <sup>th</sup> March 2027
Half Term	Week commencing 15 <sup>th</sup> February 2027
Term 3	Monday 19 <sup>th</sup> April 2027 to Monday 28 <sup>th</sup> June 2027
Half Term	Week commencing 31st May 2027
Clinical interviews	May/June 2026, dates to be confirmed
Bank Holidays:	3rd & 31st May 2027 – no class

### Fees 2026/27

External Assessment	£120, non-refundable, payable before assessment interview
Year 1	£4,650
Year 2	£4,575
Subsequent years (if applicable)	£ dependent on student numbers

### Assessment

We emphasize that we provide a training in counselling, not a course of instruction. This means that our Assessment Committee must be satisfied that the trainee has reached the required standard, which is not just a matter of completing hours and assignments, before awarding a qualification.

A commitment of 100% attendance is expected and at least 80% attendance of seminars and experiential groups is required each term, plus attendance of all mandatory course workshops. All fees must be paid and course work must be completed to a satisfactory standard. Written work must be submitted according to required deadlines and assessed work must achieve a pass mark of at least 50%. Essay topics are set to enable students to demonstrate their increasing knowledge of psychodynamic theory and its integration with their clinical practice as well as to reflect on, and demonstrate, their own self-development.

Assessment is continuous throughout this training, with many elements including:

- Peer and self-assessment
- Assessment by seminar, workshop leaders, group facilitator and training supervisor
- Written assignments – essays and case study
- Research project (year 1)
- Seminar presentations, discussions and role plays
- Client work.

Students need to demonstrate some development in self-awareness and an understanding of the impact of their behaviour and attitudes on other people; this includes an understanding of the impact of prejudice and the development of anti-discriminatory awareness. They must also show an understanding of the concepts within the BACP Ethical Framework for the Counselling Professions as a basis for all counselling interactions.

CCF address the assessment of readiness by submitting a collection of all of the assessed activities and reports to the Assessment Panel whose task is to assess student performance and standard of practice. The Panel can reserve the right to meet with a student face-to-face or seek direct input from course staff to discuss any concerns. It should be emphasised that the Assessment Panel is the final arbiter of readiness for award of the Diploma and forms a view of student readiness to qualify which is informed, but not bound, by the following elements:

- Seminar assessments.
- Essays and case study.
- Self-assessment reports, twice yearly.
- Training Supervisor's reports, twice yearly.
- Experiential Group Facilitator reports, twice yearly.
- Attainment of a minimum of 150 client sessions by the end of July of the second clinical year in, order to qualify in that year (or by the end of July in subsequent clinical year(s), in order to qualify).
- Demonstrate that you have been able to hold three clients concurrently, excluding DNA's for a minimum of six weeks. However, trainees will not be penalised if this is not achieved for reasons outside of the therapeutic process and all other graduation criteria are met.
- Have experience of at least two different training supervisors during their training.
- Compliance with all requirements of the training and placement.
- Respect for the boundaries of the training including payment of all fees.
- All marks received by trainees throughout the academic year are conditional and will be reviewed and may be subject to revision by the end of the year Assessment Committee, usually held in July.

Notwithstanding all the above, CCF will be as flexible as appropriate and possible in assisting trainees to successfully complete their Diploma in Psychodynamic Counselling training and graduate as qualified counsellors.

#### Diploma in Psychodynamic Counselling Entry Requirements

At the time of making an application, applicants are required to:

- Have successfully completed, or be about to complete, a Diploma in Counselling Skills of not less than one year's duration, either undertaken at Chelmsford Counselling Foundation or training elsewhere which meets similar criteria. (See Accreditation of Prior Learning (APL) Policy)
- Have been in therapy with an approved therapist six months prior to application
- Be personally suitable to train as therapists and to work with clients at Chelmsford Counselling Foundation
- Have the potential and capacity to work at Diploma level.

#### Diploma in Psychodynamic Counselling Application Process

Selection is by means of application form and interview, to assess applicants' prior learning, their personal attributes and intellectual and emotional capacity as well as their readiness to work with the content of the course. There is also an interview with our independent external psychotherapist.

To apply, please complete an application form, equality and diversity monitoring form and view our privacy statement. All are available via our website [www.chelmsfordcounselling.org.uk](http://www.chelmsfordcounselling.org.uk), via our office by emailing [lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk) or by telephoning 01245 284890.

Applications should be sent by email to [lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk) or by post to Lucy Ansell, Training Co-Ordinator, Chelmsford Counselling Foundation, 42 Cedar Avenue, Chelmsford, Essex CM1 2QH.

Diploma in Psychodynamic Counselling Application deadline

We ask applicants to submit their application by 30<sup>th</sup> April 2026 in order to attend interviews and external assessment during May/June with ratification of all offers by CCF's Assessment Committee during July 2026.

## 8. Training Programme Assignments

Whilst our courses have a formal structure, our approach is non-directive, experiential and reflective, and our teaching style encourages creativity, constructive challenge and reflective practice. We encourage students to assume responsibility for their own self-learning and management of the tasks required to meet course deliveries and deadlines.

We provide guidance and support to students returning to study through provision of workshops on learning and developing, essay writing and insight and awareness. Our academic seminars are led by an academic tutor who is supported by a co-leader who provides pastoral support throughout the training. Students are offered regular support through access to the relevant course co-leader and are formally assessed academically each term by the course tutor and twice yearly by the experiential group facilitator.

Our training covers theory, professional practice, professional skills and personal development. These areas of learning and development underpin our entire training programme, with both continuous assessment and feedback, and formal assessment throughout via essays, personal journal summaries, tutor/group facilitator feedback and a case study in the final year of training.

<b>Written Work</b>			
<b>Stage</b>	<b>Assignment</b>	<b>Word Count</b>	<b>Formally Assessed?</b>
Certificate in Counselling Skills	Term 1 Essay	2,000	N
	Term 1 Journal Summary	600	N
	Term 2 Essay	2,000	Y
	Term 2 Journal Summary	600	N
	Term 3 Essay	2,000	Y
	Term 3 Journal Summary	600	N
Diploma in Counselling Skills	Term 1 Essay	2,000	Y
	Term 1 Journal Summary	600	N
	Term 2 Essay	2,000	Y
	Term 2 Journal Summary	600	N
	Term 3 Essay	2,000	Y
	Term 3 Journal Summary	600	N
Diploma in Psychodynamic Counselling:			
Year 1	Term 1 Essay	3,000	Y
	Term 2 Essay	3,000	Y
	Term 3 Essay	3,000	N
Year 2	Term 1 Essay	3,000	Y
	Term 2 Essay	3,000	Y
	Term 3 Essay	3,000	N
	Case Study	4,000	Y
Year 3 (if applicable)	Case Study (if not completed in Year 2)	4,000	Y

## 9. Admissions Policy

Chelmsford Counselling Foundation is committed to providing excellent psychodynamic Counsellor training that complies with the requirements of the British Association for Counselling and Psychotherapy's Ethical Framework for the Counselling Professions. This policy should be read in conjunction with our Equality and Diversity Policy.

We aim to create a high-quality training environment with high quality teaching and resources that supports the personal and professional development of trainee counsellors. Three counselling training courses are offered, each separate but forming a succession of milestones towards a recognised qualification as a psychodynamic counsellor. All three courses taken together form a BACP Accredited training programme:

- Certificate in Counselling Skills
- Diploma in Counselling Skills
- Diploma in Psychodynamic Counselling

Selection for courses is by application form and interview; for the non-clinical courses, applicants are interviewed by the seminar leader and/or co-leader. For the clinical course there are interviews with the Head of Counselling and Head of Training, as well as in-depth interview with an external assessor. Applications are considered by Chelmsford Counselling Foundation's Assessment Committee who decide whether places can be offered.

### Responsibility for admissions

The responsibility for recruitment, selection and admission lies with the Head of Training, Seminar leaders, co-leaders and Training co-ordinator, who work closely together to provide effective and fair admissions services and processes.

### Criteria for admission

The following are assessed by application form and interview at all levels:

- Motivation and commitment to learning and self-development
- Ability to reflect on personal experiences and their impact
- Ability to identify strengths and areas of difficulty
- Ability to cope with the academic and experiential aspects of the course
- Ability to engage in experiential learning
- Personal readiness for the demands of the training
- Openness to forming and maintaining therapeutic relationships with others
- Openness to feedback from peers and tutors
- Ability to demonstrate awareness of issues of difference, equality, prejudice and oppression

### Entry Requirements

The Certificate in Counselling Skills and Diploma in Counselling Skills are open to all applicants. Diploma in Counselling Skills applicants must have completed the Certificate course or an equivalent. APL procedures are in place.

## Application Process

Applications are invited for all programmes from January prior to the commencement of the training, and forms can be downloaded from our website. Places are allocated on a first come first served basis so early applications are encouraged. Applications are assessed by the Head of Training and the relevant Seminar Leader in relation to entry and assessment criteria to decide if an applicant should be invited to interview.

### Interviews for Certificate in Counselling Skills and Diploma in Counselling Skills courses

All candidates are invited to participate in the interview process unless there are very strong contra-indications and will be encouraged to ask questions about the course and its requirements. They will be made aware of the emotional impact of the training programme and the demands on time, inner resources and money. If the candidate has successfully completed a course deemed equivalent to the Certificate in Counselling Skills, both in content and in seminar contact time then they may be suitable for the Diploma in Counselling Skills. They will be invited to interview for this course and should be asked to provide as much detail as possible about the previous course. The final decision about its acceptability will be made by the Head of Training in collaboration with the assessment committee and a place may be offered on the Certificate or the Diploma in Counselling Skills. The candidate's previous exposure to therapy and their plans and expectations of therapy as a trainee will be explored and the role of therapy advisor discussed even though there is no therapy requirement in the pre-clinical part of the course. If they intend to apply for the Diploma in Psychodynamic Counselling, they will need to begin their counselling with a therapist from our approved list at least six months in advance of starting the training, although progression is not guaranteed. If there is reason for the candidate to change from their current therapist (because they have been seeing a therapist who would not be suitable for our approved list or a boundary issue, for example), then this will be discussed, and the candidate appraised of the implications both for the therapy and the application. They may need to make a choice.

### Interviews for the Diploma in Psychodynamic Counselling training

The assessment process is designed to give time for the candidate to reflect on the nature of the course and the training, to ask practical questions about the course and to ascertain whether they are ready to progress to clinical training.

All candidates are invited to participate in the interview process unless there are very strong contra-indications. The initial interview will last up to 60 minutes and is normally with the Head of Training. No fee is charged for this first interview, which is not intended to test the candidates' emotional or psychological suitability for training although inevitably the interviewer will form some opinion about this. The objectives of this interview are:

- to provide information about the clinical training course, including its supervised placement
- to establish that the applicant is a realistic candidate for the course,
- to assess their intellectual suitability for the training,
- to assess their personal support systems
- to discuss practical issues such as the time commitment, and ability to pay the fees
- to attempt to filter out those whose primary need is for therapy

The second interview is with a psychotherapist who has no direct role in teaching the course or connection with Chelmsford Counselling Foundation and will last up to 90 minutes. This is a searching and in-depth assessment that attempts to understand and assess the candidate's emotional readiness and suitability to undertake a clinical psychodynamic counsellor training. The primary task is to determine whether the potential counsellor in training is ready to begin clinical practice prior to starting work with clients.

Candidates will receive a written report following this assessment and have an opportunity to reflect with their personal therapist. In all cases, the Assessment Committee decides whether a place will be offered, and applicants will be informed of the decision in writing. The Assessment Committee's decision is final, and candidates are offered feedback from the Head of Training if requested.

## 10. Accreditation of Prior Learning (APL) Policy

Outside applicants and past Chelmsford Counselling Foundation applicants who have had a break from training can apply to join our training programme at Diploma in Counselling Skills or Diploma in Psychodynamic Counselling levels. Applications for APL must be made prior to commencement of the academic year and are not permitted once the training programme is under way.

Chelmsford Counselling Foundation recognises the importance of maintaining consistency within its training programme. Students must have completed a similar training that includes the same elements of seminars and experiential groups if they are to be accepted under APL. The hours that can be admitted by APL will not exceed 150 hours or a third of the programme, whichever is the greater number of hours. The maximum percentage of students possible to APL onto the programme in any cohort is 25%.

We may accept a previous qualification as meeting the learning outcomes (or covering the syllabus) for a course so they can begin our training at the next level. For credit to be awarded for prior learning, students must have completed a syllabus of similar level and depth, normally within the previous five years.

Evidence of learning must be shown in three areas:

- Counselling theory
- Psychodynamic counselling skills
- Self-development.

In addition, applicants will need to demonstrate:

- Suitability for the stage of training applied for
- Ability to demonstrate the qualities of a reflective practitioner
- Ability to form a working alliance with the course team and current student cohort.

Where recognition of prior learning is permitted, we will only consider prior **certificated** learning. This is learning which has been formally assessed by a recognised academic institution or professional body and for which students have been awarded a resulting qualification. Students may, additionally, be requested to complete a written assignment.

If a student has completed an equivalent Certificate and Diploma in Counselling Skills as part of an equivalent BACP Accredited psychodynamic counselling training and wish to apply for direct entry into the Diploma in Psychodynamic Counselling, they must, in addition to meeting the APL requirements, have been in continuous weekly personal therapy with one of the therapists from Chelmsford Counselling Foundation's approved list, or an equivalent, for at least six months before commencing the Diploma in Psychodynamic Counselling.

Only students who APL'd onto a course via a BACP approved APL route can claim to have done an accredited course. Students who APL'd via a non-BACP approved route, cannot be issued with a certificate or letter saying that they graduated from an accredited course.

## 11. Course Validation and Completion

**British Association for Counselling and Psychotherapists (“BACP”)** is the leading independent accreditation body for training courses in counselling and psychotherapy as well as individual counsellors/psychotherapists.

In order to apply to become a BACP accredited individual member, you must have completed and graduated from a BACP accredited course, or professional counselling or psychotherapy training that:

- included at least 450 hours of tutor contact hours
- lasted at least two years (part-time) or one year (full-time)
- included a supervised placement as an integral part of the training
- covered theory, skills, professional issues and personal development
- required an assessment of your competence at the end.

You must also be in practice when you apply for individual accreditation. You must also have:

- been in practice for more than three years (these do not have to be consecutive years)
- completed at least 450 hours of supervised practice, accumulated over three to six years (which don't have to be consecutive). At least 150 of these hours must have been after successfully completing your practitioner training.
- been supervised for at least 1.5 hours a month throughout this period of practice

Chelmsford Counselling Foundation's Diploma in Psychodynamic Counselling is a BACP accredited course programme.

Students who successfully complete the Diploma in Psychodynamic Counselling will have completed a minimum of 150 hours of clinical work and can be offered the opportunity to remain with the Foundation for a further three years as an Associate Counsellor. This assists newly qualified counsellors in gaining hours towards the 450 minimum required to apply for individual BACP accreditation.



For further information on accreditation follow this link

<https://www.bacp.co.uk/membership/accreditation/> or contact BACP at 15 St. John's Business Park, Lutterworth, LE17 4HB, telephone 01455 883300 or email [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)

## **12. Cultural Diversity and Equal Opportunities**

Chelmsford Counselling Foundation values a diverse student population and the contribution each individual makes. We are committed to promoting inclusivity, equality and diversity in our policies, practices and procedures, that apply to our dealings with all counsellors, staff and students as well as others engaged by or who work with the foundation including, for example, clients, job applicants and other third parties.

We believe in treating everyone equally and with the same attention, courtesy and respect regardless of their age, disability, gender reassignment, marriage/civil partnership, pregnancy/maternity, race, religion or belief, sex and sexual orientation.

Our premises cater for those who experience impaired mobility.

### 13. Core Training Programme Staff Summary

#### **Certificate in Counselling Skills**

Academic Seminar Leader	Caroline Scott
Co-Leader	Jo Cooke
Experiential Group Facilitators	Megan Crouchman
	Irene Ellina

#### **Diploma in Counselling Skills**

Academic Seminar Leader	Emilie Halligan
Co-Leader	Chloe Gooder
Experiential Group Facilitator	Irene Ellina

#### **Diploma in Psychodynamic Counselling Year 1**

Academic Seminar Leader	John Lee
Co-Leader	Eleanor Bacon

#### **Diploma in Psychodynamic Counselling Year 2**

Academic Seminar Leader	Debs Ramsey
Co-Leader	Charlotte Turner

#### **Diploma in Psychodynamic Counselling**

Experiential Group Facilitators	Majken Blaker Megan Crouchman
Training Supervisors	Denny Stranders Sophie Atkinson

## 14. Core Training Programme Staff Qualifications and Experience

### Academic Seminar Leaders

#### **Caroline Scott**

Caroline is the Seminar Leader for the Certificate in Counselling Skills course

She trained and qualified as a psychodynamic counsellor at CCF and is an accredited member of the BACP.

Caroline works as a counsellor at CCF and has also gained experience working in a children's mental health charity, supporting the parents and carers of children referred to the service.

In addition to her role as seminar leader for the CiCS course, she is involved in running CCF's 'Introduction to Counselling Skills' course and a variety of one-off workshops with CCF counsellor trainees across the training years.

#### **Emilie Halligan**

Emilie is the Seminar Leader for the Diploma in Counselling Skills course.

She is a BACP registered Counsellor and works as a Psychodynamic Counsellor for Chelmsford Counselling Foundation.

Emilie is also the Seminar Co-Leader for the Diploma in Psychodynamic Counselling Skills course. She has previously worked in Private Practice and most recently consulted on the design and development of the course 'Introduction to Counselling: Understanding Yourself and Others'.

#### **John Lee**

John is the Seminar Leader for Year One of the Diploma in Psychodynamic Counselling course.

John is a BACP Accredited Counsellor who trained at Chelmsford Counselling Foundation. He has also trained in group work at the Institute of Group Analysis. John works as a counsellor at Chelmsford Counselling Foundation and has various roles in private practice.

## **Deborah Ramsay**

Deborah is the Diploma in Psychodynamic Counselling Year Two Seminar Leader.

She graduated from the Chelmsford Counselling Foundation Diploma in Psychodynamic Counselling programme in 2010, and is employed by the organisation, counselling individual clients and couples.

Outside of Chelmsford Counselling Foundation, Deborah runs her own private practice and has prior experience of working in acute in-patient mental health services, providing IAPT High Intensity Therapy, delivering long and short term individual therapy and facilitating groups.

She is a registered member of BACP.

## **Seminar Co-Leaders**

### **Jo Cooke**

Jo is the Seminar Co-leader for the Certificate in Counselling Skills.

She is a BACP registered Counsellor and works as a Psychodynamic Counsellor for Chelmsford Counselling Foundation. She works with individuals and couples. Jo is also part of the client intake team here.

Outside of CCF Jo runs her own Private Practice providing psychodynamic counselling to individuals and couples.

### **Chloe Gooder**

Chloe is the Seminar Co- Leader for the Diploma in Counselling Skills Course

She is a BACP registered Counsellor and works as a Psychodynamic Counsellor for Chelmsford Counselling Foundation.

**Eleanor Bacon**

Eleanor is the Seminar Co-leader for the Diploma in Psychodynamic Counselling Year One.

She is a BACP Accredited Counsellor and works as a Psychodynamic Counsellor in private practice.

**Charlotte Turner**

Charlotte is the Seminar Co-leader for the Diploma in Psychodynamic Counselling Year Two.

She is a BACP registered Counsellor and works as a Psychodynamic Counsellor for Chelmsford Counselling Foundation.

**Experiential Group Facilitators****Majken Blaker**

Majken is a Diploma in Psychodynamic Counselling experiential group facilitator.

She qualified as a counsellor from CCF and went on to gain further experience within a NHS setting working as an honorary psychotherapist and has her own private practice offering long-term counselling. Majken has completed a Short Groupwork Skills Course from Group Analysis North.

Majken is also a clinical supervisor working with both trainees and qualified counsellors

Majken is an accredited registered member of BACP.

## **Megan Crouchman**

Megan is a Diploma in Counselling Skills and Diploma in Psychodynamic Counselling Experiential Group Facilitator. She joined the training team in 2020, having previously graduated from CCF. Megan also completed a Diploma in Groupwork Practice from the Institute of Group Analysis.

She works as a counsellor at CCF, as well as working within her own private practice and within a healthcare setting. Megan has many years of experience in health and social care roles where she also offered supervision, training and service development.

Megan is an accredited registered member of BACP, and SWE. And an associate member of the IGA.

## **Irene Ellina**

Irene is a Certificate and Diploma in Counselling Skills experiential group facilitator. She joined the training team in 2023, having previously graduated from CCF. Irene has completed her training at the Institute of Group Analysis.

Irene works as a counsellor at CCF and outside of this is employed in a local charity offering short-term psychodynamic individual counselling, couples counselling and group facilitation. Irene also has private practice and specialises in working with anticipatory grief and bereavement. Irene also has many years of facilitating reminiscence and storytelling work with people who have life-limiting illnesses.

Irene is currently undertaking her accreditation for the BACP.

## **Training Supervisors**

### **Denny Stranders**

Denny trained in Psychodynamic counselling from 2005 - 2009 and gained level 5 Foundation degree qualification.

In 2014 she qualified as a Clinical Supervisor (Level 6) and in 2015 undertook the BACP Therapist2Coach programme (Level 6).

In 2018 she gained qualification in Couples and Relationship counselling (again, level 6 Post Grad).

Denny has been an accredited BACP member since 2014.

She currently works as an open-ended Therapist in private practice and with various EAP organisations mainly providing Solution Focused short term intervention.

Her work as a supervisor is varied across organisational settings and private practice. She provides supervision to both individuals and groups and to both trainees and qualified Supervisee's.

Until recently Denny was a Mental Health Assessor for 7 years including work for the NHS.

### **Sophie Atkinson**

Sophie has degree in BSc Psychology from LGU and a Diploma in Psychodynamic Counselling from WPF. She also has a Certificate in Post Cult Counselling and a Post Qualification Certificate in Supervision.

She has her own private practice, providing psychodynamic therapy and post cult counselling to adults and couples. She supervises trainee and qualified counsellors.

Sophie is a registered member of the BACP.



**CHELMSFORD  
COUNSELLING  
FOUNDATION**

## **15. Main Contacts**

Training Co-Ordinator:

Lucy Ansell email: [lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk)

Chelmsford Counselling Foundation  
42 Cedar Avenue  
CHELMSFORD  
Essex CM1 2QH

Tel: 01245 284890

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



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