



Diploma in Psychodynamic Counselling

Course Content

Theory and academic study

Year 1

1. Each study evening consists of a theoretical seminar followed by an experiential group
2. The theoretical seminars cover technique and practice and developmental psychology
3. There will also be weekend workshops on social perspectives and endings
4. The experiential group offers trainees the opportunity to learn about themselves and others in a group setting

Year 2

1. There will be two theoretical seminars per evening, each 90 minutes long. These will cover developmental psychology, clinical concepts, psychopathology and group work
2. There will also be an additional Saturday seminars on 'endings' and the 'social perspectives module' may continue into the second year
3. There is usually a different seminar leader for each module
4. All teachers are experienced, highly qualified psychodynamic counsellors or psychoanalytic psychotherapists

Written Work

You will be required to write five papers over the course of the two years. There are two readers for each paper.

There is an External Examiner who moderates the marking.

Practical Components

Experiential Group

During the first year of training the seminars are followed by an experiential group of 90 minutes. The purpose of the group is to explore what is of concern to individual members and the group as a whole.

It is part of the group's task to identify these concerns and discover how to work with them, with the help of the group conductor.

This work provides a source of learning about oneself and about group dynamics and will inform the seminars during the second year on group work.

Client Work

Clients are seen on a once a week basis and over the two years trainees work towards seeing three clients each week; a minimum of two clients per week is necessary to fulfil course requirements.

Clients are seen within the counselling centre at Enfield so there is no need to obtain an external placement.

Trainees need to have completed 120 hours with clients. It should be noted that, because of this requirement, client work may continue beyond the two academic years.

Supervision

In their supervision groups trainees explore the dynamics of the client/counsellor relationship and learn in a supportive setting, the applied use of theory and technique.

To meet BACP standards for supervision, trainees will meet in supervision groups, with a maximum of 4 to a group.

Supervision days and times offered are dependent on supervisors' schedules, group numbers and room availability.

The supervision group continues until the required number of client hours have been completed and for as long as clients are seen.

Personal Therapy

Personal therapy is a requirement of the course and applicants need to have this in place at least four months prior to seeing clients.

It is a vital component of the training, as personal therapy becomes a model for trainee's own work with clients. It also develops a level of self-awareness that enables trainees to work effectively and ethically with those who seek their help.

You will need to be with a WPF approved psychodynamic counsellor or psychoanalytic psychotherapist.

If you are seeking a therapist prior to applying for the Diploma course it is recommended that you contact the training coordinator: John Goodchild, email ecs@onetel.com who will provide you with our therapy adviser's details. You will be required to remain in personal therapy throughout the training and for a period post qualification.

Fees

£1950 per year – this includes the cost of supervision. It can be paid in three installments. In addition to this you will need to fund your personal therapy.

How to Apply

Diploma in Psychodynamic Counselling application form [print-friendly version]

Return your completed application form, by post or email, ecs@onetel.com to Brett Morris, Training coordinator, together with a brief report from your Counselling Skills course tutor.

Where the requirements have been met, the applicant will then have two interviews.

First interview

This is conducted in two parts. The first part is a case discussion. The applicant will be given a case to consider for discussion with the Counselling and Training coordinators, either individually or as part of a group with other applicants. The second part is an interview with the Training coordinator. There is a fee of £40 for the first interview.

Second interview

This will be with our external assessor to whom a fee of £55 is to be paid. Applicants may be asked to attend a third interview. The decision to offer a place will be based on the outcome of all the interviews and the fulfillment of the above requirements. If you have any queries or would like to discuss anything in more detail do contact:

Brett Morris, Training Coordinator on telephone: (0) 208 367 8910, email: ecs@onetel.com

Please note: Enfield Counselling Service reserves the right to cancel or change the contents of all courses.