



Specialist Certificate in Counselling Children and Young People

May 18th – November 16th 2024

Grove House, Uddingston.

For trained counsellors, this short course provides an excellent bridge into adapting your counselling approach to working therapeutically with children and teenagers. The content of the course has been drawn from an existing two-year diploma which has almost completed the process of accreditation with BACP and CPCAB. It focuses on supporting the psychological resilience of the young person and the forward-looking elements of Positive Psychology as core principles of the approach. The methodology is designed to help young people develop the resources needed to deal with present life challenges and feel confident about managing similar challenges in the future. The interventions may extend to psycho-education, social-guidance as well as counselling, with a view to empowering the young person and promoting their self-actualisation processes.

This 10-month programme comprises of two modules, each consisting of five days:

Module 1 Theoretical Orientation & Principles

Weekend: Saturday May 18th and Sunday May 19th (9.30 – 4.30)

Weekend: Saturday June 1st and Sunday June 2nd (9.30-4.30)

Study Day: Saturday June 22nd (9.30-4.30)

Module 2: Case Work and Learning from Experience

Weekend: Saturday August 24th and Sunday 25th (9.30-4.30)

Study Day: Saturday September 21st (9.30-4.30)

Study Day: Saturday October 19th (9.30-4.30)

Study Day: Saturday November 16th (9.30-4.30)

The programme is designed around three key areas:

- **Theoretical understanding:** key theoretical concepts, their relevance and integration for working with children and young people
- **Professional and clinical competence:** the therapeutic conditions, therapeutic processes and ethical practice
- **Personal development:** the development of self-awareness and self-reflection as a counselling practitioner

The programme is informed by the BACP Counselling Children and Young People training curriculum (4-18 years) and is designed to provide a comprehensive professional training in counselling for young people aged 10-18 years. Academically, the programme will focus on examining key theoretical frameworks which are relevant for working therapeutically with children and young people. The philosophical approach of the programme offers an integration of an evidence-based Resilience Framework and the therapeutic conditions hypothesised by Carl Rogers (1957), (Rogers, C. R. (1957) Journal of Consulting Psychology, vol. 21, No 2,)

Course Assessments:

The programme has a blend of formative and summative assessment processes structured to provide ongoing support for the participants developments.

Module 1: A presentation of learning and development with reference to theory and application of theory to practice: June 22nd

Module 2: A written Case Study describing the therapeutic process with one child/young person (5000 words)

Clinical Practicum: Participants are required to complete a minimum of 30 hours of counselling with children/young people (4-18 yrs) and have completed at least 5 episodes of counselling (+4 sessions) with five clients.

Entry Requirements:

Applications are invited from counsellors and psychotherapists who are seeking to extend their practice to include children and young people, either in private practice or in an educational setting. In order to be eligible for the programme, candidates need to have completed a recognised counselling qualification at diploma level or the equivalent, and gained a minimum of 50 hours of practice, post qualification, have membership of a professional association (e.g. BACP/COSCA), and be in regular clinical supervision. Candidates will also require to be registered with the PVG scheme.

Application Process:

Applicants are required to submit an application form and attend an interview with the one of the training team. Interviews will be online and will begin in March. Closing date for applications is Monday April 15th 2024.

Programme Costs:

The cost of the training programme is £1200.00. An initial deposit of £250 is required to secure a place on the programme. Fees are required to be paid in advance at the beginning of each module. Please note: The course is not SAAS funded.

Additional Costs: once participants have started their clinical practicum in August, they are required to be in monthly supervision with a supervisor who has experience of working with children and/or young people.