



# Course for Counselling Children and Young People CPCAB accredited Level 5

**Venue: Hartpury House, Hartpury College,  
Gloucestershire, GL19 3BE**

## **Overall Purpose/Aim of Training:**

- To prepare already qualified counsellors to work therapeutically with children and young people.
- To adhere to the BACP Humanistic Competences framework for counselling Children and Young People.



## Entry Requirements

- Counselling qualification at diploma level or above
- You must be a registered member of an appropriate professional body, i.e. BACP
- If you want to do a placement with TIC+;
  - i. Two References (one must be from your counselling employer or clinical supervisor)
  - ii. Enhanced children young people and vulnerable adult DBS check. This can be arranged for a fee of £55 if not already in place.

## Dates

The course will run over 7 months on the following dates:

- Seminar 1: 12/13 September 2020
- Seminar 2: 17/18 October 2020
- Seminar 3: 28/29 November 2020
- Seminar 4: 9/10 January 2021
- Seminar 5: 20/21 February 2021
- Seminar 6: 20/21 March 2021

## Course Directors

**Lorraine Sherman** - MBACP Snr Accred Lead clinical supervisor for CYP in Carmarthenshire and Ceredigion. Lecturer in Counselling and Counselling CYP. MA in consultative supervision. Author of "Skills in Counselling Children and Young People".

**Lawrence Railton** - MBACP Snr Accred Experienced Counsellor of CYP. Lecturer in Counselling Trinity St. David. PD Dip(Dist) Counselling CYP. MA Counselling CYP.

## Tutors

Delivered by TIC+ tutors with many years' experience working with children and young people:

### Senior Tutor:

**Sue Cook** (MBACP) - Sue has a Masters (MSc) in Counselling Psychology and a Post Graduate Diploma in Enhanced Evidence Based Practice for Working with Children and Young People with Depression and Anxiety. She is Counselling Services Manager and a Senior Counsellor at TIC+. She also works in private practice with adults and young people.

## Objectives

- Explore and define skills and knowledge participants already have.
- Contextualise therapeutic work with young people in the UK.
- Examine developmental theories and current neuro-science research, particularly research on the 'teenage brain'.
- Equip therapists with the therapeutic skills needed to work with young people.
- Educate therapists in regard to the legal position and the specific ethical considerations of working with young people.

- Identify approaches to contracting, confidentiality and assessment.
- Develop a toolkit of creative and cognitive strategies specifically aimed at this age group.
- Encourage a proactive humanistic integrative approach towards their work with young people.
- Integrate counsellors' initial therapeutic model with skills of young people counselling
- Examine the need for self-care and identify types of support available.

## Structure

The course follows the BACP Curriculum for Working with Young People

- The course consists of 152 hours of training made up of:
  - 60 hours (12 days) taught modules
  - 42 hours self-directed learning, e.g. reading, writing assignments and preparing for group activities
  - 50 hours supervised placement working therapeutically with young people (9-17 years)
- Each taught day will be made up of a mixture of theory, experience and reflection encouraging thorough engagement with the material.
- Use of peer support groups as part of the learning process will be included.

## Assessment

- An assessment requirement including:
  - a reflective journal
  - a research project
  - an observed skills assessment
  - a case study.
- A requirement for further reading and reflection between classes (the 42 hours self-directed element of the course).
- 50 hours supervised counselling placement with young people. You will be expected to provide your own placement or a limited number of placements are available through TIC+.
- 100% attendance is expected to successfully complete the training programme. Exceptional circumstances will be considered.

## Course Cost

£1699 including CPCAB registration & certificate or £1520 without.

## Applications

Email [training@ticplus.org.uk](mailto:training@ticplus.org.uk) for an application pack. For further details/queries contact Sue Cook on 01594 372078



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## What students have said about the course:

“ Counselling Children and Young People Advanced Specialist Training has much to offer. Stopping, stepping back, reflecting, being curious, working creatively, learning from experience, transferring learning into actual practice.

The quality of the course was very high and the material was delivered with enormous energy, passion and enthusiasm.

There were ample opportunities to interact with tutors and learn from other students, whilst putting into practice the concepts of the course.

This has been the best training that I have participated in throughout my working life, as it recognises that holding our clients' traumas and needs is serious work but counterbalances this with a light energy to help maintain resilience and vitality for our practice and refresh our spirits. ”

“ The CYP course offers vital insights into a young person's processes, their developmental stages as well as giving an understanding of how to make connections and build the therapeutic relationship. There is a good balance of teaching, personal exploration and practical learning. ”

“ As an entry into working with CYP I found the course invaluable. It was an excellent mixture of theoretical and practical learning from experienced tutors and a range of experience from other students.

The course gave plenty of opportunity for reading, research, reflection and practical application with useful feedback. ”

“ I was expecting to learn ways of working with young people that would be different from the skills I use counselling adults. I expected there to be skills practice and assignments that would support the learning with reference to relevant theory. I expected to learn more creative ways of working that would resonate with children and young people.

I was not expecting the course to expand and challenge my way of thinking in quite the way it did. It was a very experiential course and was facilitated with great care, warmth and support that made it was a safe place to explore my own thoughts and experiences and to open myself to new ways of doing things.

The course far exceeded my expectations and my mind has been stretched in so many different ways to take on board new ideas and ways of working. I have gained a huge amount of self-awareness. Having now completed the course I feel much more confident and competent to work with children and young people. The course has empowered and motivated me to continue to work in this field and to consolidate and continue my learning. ”

“ The best thing about this course for me was the interactive learning and relaxed style of teaching. ”