



BOTTISHAM, BURWELL & SOHAM
ADULT EDUCATION

Counselling Training



at

**Bottisham Village College
Adult Education Provision**

Accredited via the Adlerian Society & the Open College Network



Page 2 - Introduction

Page 3 - Introduction to Counselling

This 20 hour course sets out a counselling framework and introduces basic counselling skills. This course, or one similar, is a pre-requisite to enter the *Certificate* level.

Page 4 - Certificate in Adlerian Counselling

This two year, part-time course (250 hours) provides a foundation in counselling theory, skills and personal development, using an integrative approach underpinned by Adlerian theory and practice.

Page 6 - Intensive Introduction to Adlerian Counselling

This is for those who have completed 220 hours counselling training and who wish to attend the *Adlerian Diploma* course. Its intensive input will qualify participants to begin the two year *Diploma in Adlerian Counselling* programme.

Page 7 - Diploma in Adlerian Counselling

After completion of the *Certificate in Adlerian Counselling*, or its equivalent, students may enter the two year *Diploma* programme (a further 200 hours training) plus clinical placement under supervision.

Page 9 - Advanced Certificate in Counselling Studies

This assessed modular training (75 or 100 hours) offers experienced practitioners and advanced students an opportunity to extend their professional development whilst building further training hours.

Page 11 - Continuing Professional Development

One and two day workshops, facilitated by internationally renowned practitioners are held regularly each term. These are open to all experienced practitioners and advanced students of counselling.

Page 12 – Training Style

Page 13 – Tutors

Page 14 – Application Process

Page 15 – Course fees

Page 16 – Further information



Introduction

Bottisham Village College Adult Education has been running professionally accredited counselling training since 1986. The courses presently include a range of training, from introductory to advanced courses for experienced practitioners. All training programmes subscribe to the Ethical Framework for Good Practice of the British Association for Counselling and Psychotherapy (BACP).

The Adlerian Approach

Adlerian Counselling derives from the work of the Viennese psychiatrist, Alfred Adler (1870-1937). Adler developed many key concepts and practices that have now been absorbed into other systems. The evolving theories and practice of humanistic, cognitive and psychodynamic approaches all move close to a position adopted by Adlerian practitioners, identifying its integrative nature.

It is a depth psychology that is socially based, practical and optimistic. A great deal of importance is placed on creating a counselling relationship that is equal, co-operative, empathic and encouraging. To facilitate insight and movement, Adlerian counsellors frequently work with early recollections, dreams and metaphor and may use creative approaches such as art therapy, psychodrama and written exercises alongside the 'talking therapy'.

Adler particularly emphasised the importance of community, and of family and teacher education, promoting a democratic approach to living with a practical focus on encouraging children.

The Library

Students have free access to the Adlerian Society's library of specialised books and journals housed at Bottisham Village College Adult Education Department.

Equal Opportunities

Bottisham Village College Adult Education is committed to an Equal Opportunities Policy, and applications are welcome from all, regardless of age, social and cultural background, colour, gender, disability, employment status, ethnic origin, nationality, political or religious belief or sexual orientation. As such, Bottisham Adult Education aims, whenever possible, to provide additional resources where further support to students may be required.



Introduction to Counselling Course – level 2

This course of 20 hours introduces the basic counselling skills of active listening, responding, summarising and an understanding of non-verbal communication. It also explores the importance of confidentiality within a counselling context, and sets out a counselling framework, leading to an understanding of the various stages of a counselling relationship.

An element of personal work is included in the course to enable participants to:

- Develop their self awareness
- Explore their strengths and weakness and how these affect their relationships
- Identify their own attitudes and values
- Understand the need for setting personal boundaries
- Evaluate their own performance and set personal goals

This course is designed as a 'taster' for anyone considering pursuing further counselling training and meets the pre-entry requirement for the Certificate programme. It will also be of interest to those wishing to extend their listening and communication skills in everyday life.

Timing

Ten weekly evening meetings of 2 hours are run during term times

Entry requirements

Open Entry

Tutor

Camilla Ghazala and Anne Rutland



Certificate in Adlerian Counselling – level 3

This well established two year part-time course of 250 hours provides a firm foundation in counselling theory, skills and personal development, using an integrative approach underpinned by the theory and practice formulated by Alfred Adler, whose thinking has influenced psychodynamic, cognitive and humanistic approaches.

Adlerian counselling takes an holistic view of the person in his or her social setting, exploring the purpose of the behaviour. It emphasises a counselling relationship based on equality, respect and encouragement.

The course presents both the theory and practice of counselling with an emphasis on experiential work and personal development. Students are required to have their own personal counselling during the course.

Timing

Two year programme over six terms, September – July, with new student entry every two years (next intake September 2008). Ten weekly evening meetings (6.30pm-9.30pm) each term, plus 9 full day workshops at the weekends over the two years. There is an expectation of at least 5 hours study a week in addition to the training sessions.

Accreditation

This course is accredited by the Open College Network and the Adlerian Society of the UK.

Entry Requirements

Minimum age: 21 years

Students are required to have received a minimum of 15 hours introductory counselling skills training prior to beginning the course. Acceptance on the course is subject to satisfactory interview. An openness and capacity for learning and a readiness for ongoing personal development may prove more important than past academic achievement.



Modules

Year One

- Core Counselling Skills
- Fundamentals of Adlerian Psychology
- Lifestyle Assessment
- Lifestyle Assessment – Case Study
- Grief and Loss
- Personal Development 1

Year Two

- Advanced Counselling Skills
- Introduction to Other Models of Counselling
- Introduction to Family and Couples Counselling
- Lifestyle Assessment – Case Study 2
- Working with Difference
- Special Interest Topic
- Personal Development 2

Core Tutors

Anthea Millar and Camilla Ghazala

The two core tutors are present at all training sessions. Other visiting specialist trainers present workshops and some evening sessions.



Intensive Introduction to Adlerian Counselling

The Course is for qualified counsellors who would like to learn about Adlerian theory, and those who have already completed a minimum of 220 hours counselling training in a non Adlerian approach and who are interested in attending the Adlerian Diploma course. It offers an intensive input in Adlerian theory and practice that will qualify participants to begin the two year Diploma in Adlerian Counselling programme in October 2008, at Bottisham Village College.

Course Description

The course offers 30 guided learning hours and in addition requires a minimum of 3 hours Lifestyle Analysis and 3-6 hours of working with peers outside the course time. At least 30 hours of private study will also be necessary.

Timing

The course will run between April 12th – July 8th 2008 and on some evenings (15.4.08, 29.4.08, 13.5.08, 10.6.08 & 8.7.08) and Saturdays (12.4.08 & 14.6.08).

Assessment

Students will be assessed on theoretical understanding, skills development and personal awareness and development. Assessment will be carried out through marked written assignments, observation of skills and assessment of ongoing personal development and awareness of own private logic. In order for those students wanting to continue onto the *Diploma* programme, all criteria for assessment need to be met. As this is an intensive course, students wishing to go on to the *Diploma* will be expected to have 100% attendance, except in exceptional circumstances.

Accreditation

The course is run by the Cambridge Adlerian Society and accredited by the Adlerian Society UK

Entry requirements

Previous counselling qualification or satisfactory completion of a minimum of 220 hours training in any counselling approach and a short interview.

Tutors

Camilla Ghazala, Kim Lee-Own and Margaret Nimmo-Smith



Diploma in Adlerian Counselling

Following satisfactory completion of the *Certificate in Adlerian Counselling*, students are eligible to work towards the *Diploma in Adlerian Counselling*.

This involves a further 200 hours of training, which, with the *Certificate*, totals 450 hours of theory and skills, alongside ongoing personal development and a minimum of 100 hours supervised clinical practice. The *Diploma* equips students with the additional skills necessary to practise counselling on a professional basis.

The curriculum covers:

- Advanced Counselling Skills
- Clinical Issues and Psychotherapy
- Advanced Adlerian Approaches
- Creative Approaches in Counselling
- Comparative Approaches
- Social and Cultural Issues
- Ethical Practice

Internationally renowned trainers from the USA, Canada, Israel, Germany and the UK present the weekend workshops, as well as other specialists being invited to facilitate many of the evening sessions.

Timing

Two year programme over six terms, October – July, with new student entry every two years (next intake October 2008). There are five fortnightly evening meetings of three hours with the core tutor, plus three full day workshops at the weekends each term. In relation to their clinical placement, students are also required to receive fortnightly training supervision sessions of one and a half hours throughout the two year training period.

Accreditation

This course is accredited by the Adlerian Society of the UK, an organisational member of the BACP.

Entry requirements

Satisfactory completion of the *Certificate in Adlerian Counselling*. Evidence of equivalent training will also be considered.



Modules

- Advanced Counselling Skills
- Social Issues 1
- Social Issues 2
- Comparative Approaches
- Creative Approaches
- Clinical Issues and Psychopathology

Each term, there are three day workshops facilitated by practitioners well known in their field. Examples of workshops include: Brief Counselling, Counselling Adolescents and their Families, Comparative Approaches in Therapy, Art Therapy, Psychodrama, Clinical Issues, Referral Issues, Medication and Counselling, Couples Counselling.

Clinical Placement and Clinical Supervision

Students receive guidance regarding appropriate clinical placements, and there are a number of agencies that offer placements for Bottisham students following satisfactory interview. Supervision is provided fortnightly in dyads with a training supervisor appointed by the course, and is a crucial part of the programme. Students are required to complete a minimum of 100 hours satisfactory clinical practice.

Core Tutor

Margaret Nimmo-Smith

Co-ordinating Training Supervisor

Julia Herrick

Many other specialist and experienced presenters contribute to the training.



Advanced Certificate in Counselling Studies

This 75 or 100 hour assessed modular training will be of interest to both experienced counsellors and advanced trainees who wish to extend their professional development and also build their training hours in relation to accreditation requirements.

Internationally renowned practitioners from the USA, Canada, Germany, Israel and the UK are invited to present advanced training workshops. Students make a choice of modules, totalling 12 or 16 days, out of a wide choice of modules on offer, tailoring the workshops to their own interests. Adlerian psychology underpins many of the workshops, offering an integrative approach that is relevant to practitioners coming from a range of theoretical trainings.

Timing

Modules last one or two days, held at weekends, usually during term times. This is a rolling programme and students may join at any time, selecting modules totalling 12 or 16 days in order to achieve 75 or 100 hours of training. This includes three hours of one-to-one tutorials, arranged at the mutual convenience of tutor and student.

Accreditation

The course is accredited by the Adlerian Society of the UK, an organisational member of the BACP.

Assessment

Set assignments include a written analysis after each module, journal summaries and a mini-dissertation. The core tutor will provide regular tutorials, assessment and guidance.

Entry requirements

Students are required to have undergone a minimum of 250 hours' counselling training prior to attending these courses, and to complete an application providing two referees.

Core Tutor

Anthea Millar



Modules

The modules are repeated approximately every two years. They are subject to alteration and expansion as new opportunities arise. Full details from the Administrator.

Some examples of the wide choice of modules include:

CREATIVE CLINICAL INTERVENTIONS

Marion Balla, MED, MSW RSW - Psychotherapist; Ottawa, Canada

PSYCHOPATHOLOGY & COUNSELLING

Gerhard Baumer, - Psychotherapist; Berlin, Germany

EARLY RECOLLECTIONS, THERAPEUTIC ALLIANCE & CLIENT GROWTH

Dr Roy Kern - Psychologist, Consultant; USA

COUPLES COUNSELLING

Dr Betty-Lou Bettner PhD - Couples and Family Therapist; USA

ATTACHMENT THEORY AND COUNSELLING

Alison Still - Counsellor and trainer; Cambridge, UK

COUNSELLING ADOLESCENTS AND THEIR FAMILIES

Dr Frank Walton PhD - Psychologist & Consultant; USA

ADDICTIONS AND CREATIVITY

Dr Rachel Shifron PhD - Psychotherapist; Tel Aviv, Israel

PRESCRIBED MEDICATION & COUNSELLING

Dr Peter Bailey - General Practitioner; Cambridge, UK



Continuing Professional Development

All the modules offered on the *Advanced Certificate in Counselling Studies* Programme are also available, and will be of interest to experienced practitioners wishing to meet the Continuing Professional Development requirements of bodies such as the BACP or the UKCP. Participants may apply to attend any of the modules advertised, and will receive a CPD certificate of attendance. Full details from the Administrator, Adult Education Office, Bottisham Village College.

Training style

The central aim of the training method for all the programmes is on a blending of theory, practice and personal development. Each session aims to introduce theoretical concepts alongside experiential work in order to bring the theory alive. Use of group discussion, small group work and counselling skills practice are used as a fundamental part of the training.

There is an expectation for students to maintain regular reading of set texts and articles and keep up to date with assignments. Students are welcome to work together on assignments and the tutors are available to offer support and guidance. Challenges to the concepts and processes presented are encouraged. Each student on the assessed programmes is assigned a core tutor, with whom he or she has regular one-to-one tutorials as well as working in smaller tutor groups.

Personal Counselling Requirements

Due to the large amount of experiential work, there is an expectation for students to work at a personal level from the outset of the course. To support this personal development, students are required to receive personal counselling from recommended experienced counsellors. These costs are not included in the course fees and need to be budgeted for separately.

Assessment procedures

Assessment of each student's theoretical understanding, skills and personal development is ongoing throughout the course, students needing to meet the learning outcomes for each year before moving on the next. Self-assessment and peer evaluation are encouraged, alongside the tutors' evaluation of written and practical assignments.

If students are having difficulty, we aim for ongoing open and clear discussion to enable a mutually agreed decision regarding the student continuing the course. Procedures are available for students should they wish to make a complaint regarding any aspect of the course.



Programme Co-ordinator - Anthea Millar BA (Hons), MA, MBACP (Snr Accred), UKRC., Dip.IIP, Cert in Family Counselling, Cert in Supervision.

Anthea has been training counsellors since 1986. She has a Master's degree specialising in Counselling training and Supervision, and is an active member of the Adlerian Society. She is co-founder of Cambridge Supervision training and also works as a counsellor and supervisor in independent practice. She is on the Board and faculty of ICASSI, an Adlerian international summer school and is regularly invited to give training in the UK and abroad.

Camilla Ghazala MBACP (Accred), Dip IIP, Cert Supervision.

Camilla has been running a private counselling practice since 2002 after completing the *Adlerian Diploma* at Bottisham. She has also trained as a supervisor and specialised in anger management. She works for the NHS as a Consultant and Counsellor. Camilla has experience as a training tutor working for Bottisham Village College, Mind, HMP Highpoint, Chrysalis, NHS and The Adlerian Society.

Julia Herrick MBACP (Snr Accred) UKRC., Dip. IIP

Julia Herrick is a BACP Senior Accredited counsellor and works within the NHS and in independent practice as a counsellor, supervisor and trainer. Julia was a core tutor on the Bottisham counselling programme for 14 years and now coordinates the training placements and supervision for the *Diploma* and is a national assessor for the *Diploma* candidates for the Adlerian Training Institute. She is also an associate tutor for Cambridge Supervision Training.

Kim Lee-Own Dip IIP, Cert Adl Supervision

Kim joined the training team in 2004. Since then, she has been training students on the *Certificate in Adlerian Counselling* programme. She also works as a counsellor and supervisor in independent practice and agency settings and as a tutor in Parent Education. Her particular interest in young people has resulted in her working with agencies such as Centre 33 and one of the Cambridge University colleges.

Margaret Nimmo-Smith BA (Hons) Accred and Dip IIP, UKCP Reg (CCPE), Cert in Family Counselling, Cert and Dip in Supervision, Adv. Diploma in Transpersonal Psychotherapy.

For the last 10 years Margaret has tutored the *Diploma* Course and been a trainer and supervisor with Cambridge CRUSE Bereavement Care. She is part of the Adlerian Summer School team and has been invited to give workshops both locally and abroad, especially on Bereavement. She works as a counsellor within the NHS and has a private counselling and supervision practice.

Anne Rutland MA, Dip.IIP

Anne trained in counselling after more than 20 years experience of team working and management responsibilities in industry in both small and large organisations. She has a private counselling practice. Anne trained and qualified at Bottisham, being awarded her *Diploma in Adlerian Psychology and Counselling* in 2002. She has also worked with the Drug and Alcohol Service.



Application process

The Open Evening will be held on **Wednesday March 5th 2008 at 7.30pm**, at Bottisham Village College. This optional structured session will enable prospective students to find out more about the courses, meet the tutors and talk to current students.

The Introductory Courses are open entry. Please enquire at the Adult Education Office for enrolment details.

The Certificate Programme runs every two years (Next intake September 2008) and requires completion of the application form, two full written references and evidence of 15 hours minimum prior counselling skills training. Applications should be submitted by early June 2008. Formal interviews for those shortlisted take place in June/July.

Intensive Introduction to Adlerian Counselling runs every two years. The next intake is in April 2008, and requires evidence of a minimum of 220 hours foundation counselling training. Entry is by interview in late March 2008. Application needs to be made directly to Kim Lee-Own (not to Bottisham) email: kim.lee-own@virgin.net Tel: 01638 721072

The Diploma Programme runs every two years (Next intake October 2008 and requires evidence of satisfactory completion of the *Certificate Programme*, *Intensive Introduction to Adlerian Counselling* or equivalent. For those entering from other programmes, completion of an application plus references, and an interview, similar to the *Certificate* programme, is arranged.

The Advanced Certificate in Counselling Studies is a rolling programme and students may join at any time with evidence of a minimum of 250 hours prior counselling training plus completion of the application form and two references.

Continuing Professional Development

All the workshops of the *Advanced Certificate in Counselling Studies* Programme are open to experienced counselling practitioners and advanced trainees.

Interviews for the *Certificate* and *Diploma* programmes are conducted by two tutors, plus an external interviewer. Areas explored include:

- relevant practical, professional and personal experience
- how you plan to make use of the course
- your strengths and weaknesses
- what implications the course may have on you and people around you



Course Fees

Concessionary fees are available for all courses, and arrangements can be made to spread the payments over the period of the course. Fees quoted for the *Certificate* and *Diploma* include all tuition, weekend workshops and tutorials. Personal counselling and clinical supervision costs are additional.

Introduction to Counselling

10 week courses – run most terms at Bottisham Tuesday evenings 18.45-20.45 and at Soham Village College Monday evenings 18.45-20.45.

Fee: £88 (£66 concessionary)

Intensive Introduction to Adlerian Counselling - from April 2008

Fee: £500 (£400 concessionary)

To book: Email - kim.lee-own@virgin.net Tel - 01638 721072

Certificate in Adlerian Counselling

From 25th September 2008 – July 2010

Thursday evenings 18.30 – 21.30 during 10 session term (none at half term)

Plus: *Saturday (occasionally Sunday) one day workshops: 4-5 per year*

Plus: *personal counselling (minimum 30 hours over the 2 years)*

Fee: £945 per year (£755 concessionary)

(Required personal counselling needs to be budgeted for separately)

Diploma in Adlerian Counselling

From October 2008 – July 2010

Tuesday evenings 18.30 – 21.30 - 5 session term:

Plus: *Saturday/Sunday one and two day workshops – 3 days each term*

Plus: *Weekly Clinical placement throughout each year*

Plus: *Fortnightly training supervision throughout each year*

Plus: *Personal counselling (minimum 30 hours over the 2 years)*

Fee: £1220 per year (£975 concessionary)

(Personal counselling & training supervision needs to be budgeted for separately)

Advanced Certificate in Counselling Studies

Ongoing rolling programme of assessed modules chosen from a programme of one and two day workshops on Saturdays and Sundays during term time. 75 hour and 100 hour options available.

Fee: 75 hour option: £830 (conc. £665) 100 hour option: £1090 (conc. £875)

Continuing Professional Development

Ongoing programme of one and two day workshops on Saturdays and Sundays during term time.



Further information

Further information, application forms and fee details available from:

Rachel Levitt

Adult Education Assistant
Bottisham Adult Education Office
Bottisham Village College
Lode Road
Bottisham
CB25 9DL

Tel: 01223 811372

Fax: 01223 813015

Email: Rachel.Levitt@cambridgeshire.gov.uk

Office Hours:

Monday-Friday 9am – 2pm

Tuesday & Thursday evenings 7pm-9pm

Further course information

If you wish to have an informal discussion regarding any aspect of the courses, please contact:

Anthea Millar Programme Co-ordinator

Tel: 01223 314827

Email: antheam@ntlworld.com