



## **GUIDE D:**

### **APPLICATION FOR DIPLOMA IN ADLERIAN COUNSELLING & PSYCHOTHERAPY** *For applicants who commenced their Diploma training in or after Sept 2017*

#### **Criteria and Application Guidelines**

##### **1.0 Purpose of the ASIIP Diploma**

The ASIIP Diploma indicates that an individual has demonstrated effective Adlerian counselling skills in conformance with the BACP Ethical Framework. Specifically it indicates that a recently trained counsellor:

- 1.1 has mastered and demonstrated the use of basic Adlerian and BACP principles of good practice in their counselling work with several clients.
- 1.2 effectively uses Adlerian approaches in their work with clients.
- 1.3 receives regular Adlerian supervision that supports them in their work with clients and encourages them to develop as an ethical and effective Adlerian Counsellor.
- 1.4 continues to develop personally and professionally.

##### **2.0 Significance and Value of the ASIIP Diploma to Award Holders**

The ASIIP Diploma offers real benefits to award holders by:

- 2.1 providing proof of a trained and competent Adlerian Counsellor.
- 2.2 being a pre-requisite for identifying oneself as a qualified Adlerian Counsellor.
- 2.3 being a pre-requisite for Adlerian and future BACP Accreditation.

##### **3.0 Criteria and Procedure for Diploma**

Applicants must hold membership of ASIIP throughout their training, and:

- 3.1 have earned the ASIIP Advanced Certificate in Adlerian Theory and Practice within the past four years (for special cases, see clause 3.10).
- 3.2 have undergone a minimum of 450 hours of Adlerian training in theory, skills and personal development recognised by ASIIP.
- 3.3 have completed at least 100 clients counselling hours for which they provide details regarding the current use of Adlerian counselling (number and types of problems) under formal Adlerian supervision at a minimum rate of 1½ hours per month, with at least six different clients (this may include one case of family or couples counselling, and may be up to 50 hours of counselling children and young people under the age of 16). **NB:** BACP requires one hour of supervision for every eight hours of client contact for individual accreditation. The above requirement should read as meaning 100 sessions of 60 minutes, or 120 sessions of 50 minutes. It is understood that these counselling hours must relate to face-to-face sessions (rather than telephone or email counselling).

- 3.4 have had their own Life Style Assessment completed by an experienced Adlerian Counsellor or by a trainee under supervision by an Adlerian Supervisor.
- 3.5 submit an application form, a satisfactory Trainer's Report and a satisfactory Adlerian Supervisor's Report with **3 extra copies** of the Trainer's and Supervisor's Evaluation of the applicant's training and counselling work.
- 3.6 submit **4 copies** of a satisfactory Case Study of an individual client aged 16 years or above, of between 2000 and 3000 words (excluding Early Recollections and appendices).
- 3.7 have undergone a minimum of 40 hours of personal counselling or psychotherapy.
- 3.8 pay the required **£180** administration processing fee.
- 3.9 inform the Registrar if the applicant's supervisor is non-Adlerian trained; the Registrar will consult with the Training Committee, and a special application might then be made, as follows:

An applicant with a non-Adlerian trained supervisor must submit:

- a completed application form, which has been signed by the applicant's regular supervisor;
  - **4 copies** of a satisfactory client Case Study of between 2000 and 3000 words (excluding Early Recollections and appendices), which has been presented in person to an experienced Adlerian Supervisor or an Accredited Adlerian Counsellor, who completes and signs an Assessing Supervisor's Report form as part of a successful 2-hour assessment;
  - the signed Regular Supervisor's Report form;
  - **3 extra copies** of (a) the Trainer's evaluation of the applicant's training, and (b) the regular non-Adlerian supervisor's evaluation of the applicant's counselling work.
- 3.10 Special cases:
- 3.10.1 Applications for an IIP Diploma in Adlerian Counselling must be made within four years after gaining an IIP Advanced Certificate in Adlerian Theory and Practice and the supervised counselling hours of practice need to be completed within two years of finishing the IIP Diploma training, with the possibility of an extension in mitigating circumstances, each of these individual special cases to be considered on their merits by the Training Committee.
- 3.10.2 Applications by individuals who have completed a non-Adlerian Certificate training course and wish to join an IIP Adlerian Diploma training will have to show evidence of having recently undergone an intensive training, by producing a special IIP Certificate after completing a fast-track course (Intensive Introduction to Adlerian Counselling of a minimum of 30 hours and evidence of Continuous Professional Development linked to Adlerian Counselling and Psychology).
- 3.10.3 The above requirement also applies to individuals who have completed their IIP Advanced Certificate training course in Adlerian Theory and Practice more than two years previously and who wish to pursue an IIP Adlerian Diploma training.

#### **4.0 Structure and Content of a Case Study**

A case study submitted for the Diploma should include:

- 4.1 an introduction to the client – first name or pseudonym, age, ethnic/cultural background, religion.
- 4.2 client's current social, living and work situations and relationships.
- 4.3 number of sessions to date and whether counselling is continuing or is completed.

- 4.4 the client's presenting problem, including any medical problems and history of mental health problems.
- 4.5 an account of the counselling contract, goals and process, including number and frequency of sessions, and use of assignments and their effectiveness, any particular difficulties the client presented for the counsellor, and other evidence of the counsellor's creativity, flexibility, encouragement and responsiveness to the client.
- 4.6 a brief description of the establishment and development of the counselling relationship and boundaries.
- 4.7 use of supervision in gaining insight into work with the client, including how often the client has been taken to supervision, and evidence of awareness of Life Style dynamics between client and counsellor.
- 4.8 client's Life Tasks and Social Interest.
- 4.9 client's background, including family constellation (genograms may be used) and childhood circumstances which may include, as appropriate: schooling, sports, sexual development, childhood fears, childhood recurrent dreams, childhood ambitions, family values, family atmosphere, family mottoes, gender guiding lines, siblings relationships between them and with parents, parents relationships between them and with the neighbourhood.
- 4.10 analysis of Early Recollections (a minimum of 3) should include identified strengths, and outstanding moment, associated feelings and beliefs, Private Logic and Life Style (the individual's hidden convictions about self, others and the world, and the resulting behavioural strategies).
- 4.11 when appropriate, any other other relevant information, e.g. dreams and their analysis.
- 4.12 reference to how the client's data has been used and interpreted:
  - 4.12.1 how the data relates to the presenting problem and the here-and-now, in particular the extent to which the client has been helped to gain insight through collaborative work;
  - 4.12.2 how the client has been enabled to become re-oriented from useless to useful behaviour;
  - 4.12.3 how the client has been helped to increase their social interest with regard to the life tasks.
- 4.13 demonstration of awareness of issues of difference and equality.

### **Content of the Supervisor's Report**

The following areas should be addressed by the supervisor and form the basis of the supervisor's written evaluation of the applicant's counselling.

- 5.1 *Assessment and Planning*: including understanding the client's private logic, isolating the long-term goal, setting a goal, making a counselling contract.
- 5.2 *Counselling Relationship*: including establishing and maintaining an appropriate and effective counselling relationship.
- 5.3 *Strategies and Interventions*: including use of *Adlerian* techniques such as Life Style and willingness to confront.

- 5.4 *Parallel Process and Biased Apperception* (Transference/Countertransference): including awareness of their part in the counselling dynamic and awareness of how to use self as monitor.
- 5.5 *Ethics and Practice*: including setting and maintaining boundaries, awareness of their own ethical deliberations, criteria for possible referral and willingness to refer on.
- 5.6 Applicant's main strengths and awareness of their present limitations in counselling skills, and supervisor's recommendations for future personal and professional development.

## **6.0 Application Process**

- 6.1 *Submission*: The applicant sends their signed application, the Trainer's Report and Supervisor's Report forms, together with the original and three copies of the written Case Study and the Trainer's and Supervisor's Evaluation of the applicant's training and counselling work plus a cheque made payable to 'ASIIIP' for the non-refundable assessment processing fee of £180, to the Registrar at the above address. An SAE should be included if notice of receipt is desired other than by email. NB: The case study and all reports must be typed (not handwritten) and printed on standard white paper using both sides, and stapled at the top left corner only. Comb-binding or plastic covers should not be used for the case study.
- 6.2 *Evaluation by Assessors*: The Registrar sends anonymous copies of the Case Study and of the Trainer's and Supervisor's Evaluation of the applicant's training and counselling work to 3 different Assessors for evaluation, requesting their individual decisions regarding whether or not to grant the award (i.e. recommended without reservation; recommended with reservation and reasons; not recommended and reasons).
- 6.3 *Award to successful applicant*: When at least two of the three Assessors have returned an unreserved recommendation, the Registrar prepares a formal awarding letter (a copy of which is sent to the trainer and supervisor) and the Diploma certificate.
- 6.4 *Denial of award*: When two or more of the Assessors either recommend with reservations or do not recommend the applicant for the award, their reasons and suggestions for improvement are summarised in a letter from the Registrar to the applicant, a copy of which is sent to the trainer and supervisor.
- 6.5 *Length of assessment procedure*: it will generally take no more than 8 weeks from receipt of the application by the Registrar to receipt of the signed Diploma certificate by the applicant. If after 6 weeks it appears that there will be a delay, the Registrar will inform the applicant.
- 6.6 If an application is unsuccessful, there are guidelines for Re-Application, Re-Submission or Appeal obtainable from the Registrar.