

NORTHERN GUILD PSYCHOTHERAPY AND COUNSELLING  
*Established 1983*

# PROSPECTUS

## 2018/19



# Welcome

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## Northern Guild Psychotherapy and Counselling

As one of the leading UK training schools for Psychotherapists and Counsellors the Northern Guild is a professional training organisation that provides qualification routes onto the following Professional Registers:

- United Kingdom Council for Psychotherapy (UKCP)
- British Association for Counselling and Psychotherapy (BACP)

**Our Masters (MSc) programme provides a route to gaining an academic degree and can be taken alongside our professional training leading to professional qualification.**

If you are looking to develop or enhance a successful career in Counselling or Psychotherapy, the Northern Guild offers a wide range of dynamic and creative courses, overseen by leading practitioners in the field.

With over 30 years in the profession and with affiliations with major governing bodies, placement opportunities and internships, we are confident that our training will provide you with the opportunity to develop a truly satisfying and rewarding career within the profession.

### Key Features of Northern Guild Training:

- Vocational
- Professionally Accredited
- Flexible – we recognise that some students need Individual Learning Plans and we can develop bespoke training programmes for them. We also support those who may need a break in their studies at some point.
- Community based learning in a friendly, supportive and comfortable environment
- Provided by highly qualified experienced professionals
- Training is offered at weekends or weekday evenings to help fit in with your existing arrangements.
- Theoretical knowledge, research and practical skills are developed alongside direct experience of working with clients, supported by the supervision process
- The course structure allows you to develop at your own pace
- Accreditation of Prior Learning (APL) enables you to enter training at the right level for you
- Arts based Creative Methods Training
- Cost effective – we offer additional qualification options where you are able to obtain two or more qualifications for a much reduced price.
- Interest free finance options are available.

Please visit our website at [www.northernguild.org](http://www.northernguild.org) for further information or call 0191 209 8383.

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## Open Evenings

There's no better way to find out about our training and study programmes in counselling and psychotherapy than to come and visit us on one of our Open Evenings.

Northern Guild Open Evenings give you the opportunity to meet with current students, tutors and some of the leading professionals within the field of psychotherapy and counselling. To register your place, please contact us.

- Experience the atmosphere and ambience of the Northern Guild
- Meet our training team
- Talk with current students
- Find out about the latest course developments
- Receive advice on the best training route for you
- Speak to our Finance Manager for advice on costs and funding
- Get answers to any other questions that you may have

## About our Courses

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The Northern Guild's professional training carries a reputation for excellence and as such is highly regarded. We specialise in training for a new career that targets Accreditation and Registration with the relevant professional bodies on qualification. Our courses are designed to meet a range of vocational needs.

We provide structured in-depth training modules that couple vocational learning with academic rigour and clinical skills, taught in a supportive environment that facilitates personal and professional development. Graduates are equipped and appropriately qualified to embark on a career path in the field of psychological therapies to work at the highest level appropriate to the qualification.

The curriculum is regularly updated to keep pace with developments in the field. The latest research findings – in areas such as neuroscience, emotions and behaviour, child development and human interaction – are integrated into the taught material so that you can be assured of current and informed training, at the cutting edge of the integration of the humanities, art and science.

The teaching and supervision of clinical skills and clinical practice is based on well-evidenced best practice and Northern Guild therapists and supervisors are experienced in a diverse range of fields and therapeutic modalities. We also offer a wide range of short courses and workshops that can be used to widen your skills base, for personal development and to meet the requirements of continuing professional development (CPD).

When you choose to train at the Northern Guild you can expect to embark on not just a rigorous professional training but also on a profound personal journey of self-discovery.

## About our Courses

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### Training Routes

Here at the Northern Guild we offer flexible training to ensure that you are able to gain the necessary professional qualifications and skills needed to work as a fully registered counsellor or psychotherapist in your chosen field of application.

There are a number of possible pathways to registration and you can discuss the various options with us if you need further information about these.

Each course that we offer runs with some flexibility and there is room for building on your own interests or previous learning and experience. Most of our Diploma courses lead to professional registration, once the course has been successfully completed and all professional requirements met.

The two main routes are Counselling and Psychotherapy, which can be taken separately, or combined by Dual Registering. Within these routes, there is also the option to undertake training on an Adult or Child and Adolescent specialism route.

Once you have successfully completed your training and are a practicing counsellor or psychotherapist, the learning doesn't just stop there. As well as meeting on-going Professional Development requirements, you may wish to expand your skill base and qualifications further. With all the courses and Continuing Professional Development (CPD) opportunities we offer at the Northern Guild, you will always be able to find something to challenge and interest you.

### More than a training course

We also have a stimulating social aspect within Northern Guild, not just for students but also for colleagues and friends of Northern Guild. From a regular book club and seminars held in Freudz Café at our Jesmond Road Training Centre, to an annual end of term graduation followed by summer party. Events are constantly being updated, so check the website for details or contact us to be added to the mailing list.

### Aims of training

The aims of our training are:

- To provide quality in-depth training leading to professional registration
- To train to a standard that equips you to work competently as a fully qualified professional
- To facilitate personal and professional development
- To offer arts based creative methods training
- To develop an understanding of research and cutting edge theory
- To provide community based learning in a friendly supportive environment
- To develop opportunities to specialise in a range of areas of work

Career satisfaction and the desire to help others are often quoted as the key reasons why individuals choose to train as a counsellor or psychotherapist. It is important to us that our aims are aligned to meetings these objectives.

## About our Courses

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### Entry Requirements

There are no specific entry requirements for our **Counselling** Diploma courses. Those who enter our training have a desire for personal development and an aim to help improve the lives of others.

To be well-suited for our training you should have:

- Suitable personal qualities and a genuine interest in working with people
- A personal value system in keeping with the philosophy of the training, including an open attitude towards all people
- Personal and emotional resilience, the ability to respond to and cope with challenges
- An ability to study at a higher educational level. This may take the form of a vocational or academic qualification in a related field, and/or equivalent life and work experience
- A willingness to undergo an enhanced DBS check and any other statutory checks required by your placement providers

There are more specific entry requirements for the Diploma in **Psychotherapy** and MSc training routes and full details of these are available upon request.

We have a policy of flexibility and will be pleased to discuss with candidates how they can meet our entry requirements. Northern Guild has an equality and diversity policy available on request.

### Foundation Course: Counselling and Psychotherapy

The first year of all of our training courses is the Foundation Year. However, we also offer a one year Foundation course which is very similar to the Foundation Year.

This training course enables you to familiarise yourself with the theory and practice of counselling and psychotherapy. It also enables you to **make an informed choice about which route and course of training is the best fit to meet your needs and chosen career pathway**. The Foundation Course does not require that you begin a supervised clinical placement. The syllabus does specify that you need to complete 35 hours of training therapy during the year.

Successful completion of this course results in the award of the Foundation Certificate in Counselling and the offer of a place, to suitable candidates, onto year 2 of the full professional training route.

### Recognition and accreditation of prior learning (APL)

We welcome candidates who have undertaken training elsewhere or who are already practicing as a non-accredited counsellor / psychotherapist. You may be exempted from some of the taught part of one of our UKCP accredited training courses. This will mean that the cost of your training is significantly reduced. If you think that your previous learning may qualify you for APL then please contact us.

### How to Apply

Applications for our courses can be made online via our website or by completing a paper application form. Interviews are held throughout the academic year. There's no set deadline for applying, as long as we have space on a course. As we allocate places to successful candidates as soon after interview as possible, courses do fill up throughout the year so early application is recommended. If you are thinking of applying later in the year, please do get in touch by sending an email to [courses@northernguild.org](mailto:courses@northernguild.org) - we may still have space on your chosen course.

## Counselling and Psychotherapy with Adults

# Diploma in Psychotherapeutic Counselling (DPC Evening route)

The Diploma in Psychotherapeutic Counselling (DPC) is a cost effective training course which runs over weekday evenings and is designed for those seeking to become professionally accredited counsellors. It is also relevant for individuals who may wish to develop and expand advanced counselling skills within either work or vocational settings. You may also apply to progress on to the Diploma in Psychotherapy training programme at the relevant point.

### BACP Accredited Course



On successful completion of this course you will be awarded the BACP accredited Diploma in Psychotherapeutic Counselling.

### UKCP Accredited Course



A further year of supervised practice and CPD (Continuing Professional Development) can lead to registration as a UKCP Registered Psychotherapeutic Counsellor. To be eligible for UKCP registration the Counsellor must have completed 450 hours of supervised clinical practice in line with UKCP training requirements.

### Further Course Information

- Weekday evening training • 5.00pm – 9.00 pm • Some weekend workshops
- Two year taught course • Choose either our Newcastle or Teesside Centre

#### **This course aims to:**

- Provide quality, in-depth Psychotherapeutic Counsellor training leading to professional registration
- Provide community based learning in a supportive and comfortable environment
- Train students to a standard that equips them to work competently as a fully qualified professional Psychotherapeutic Counsellor
- Facilitate personal and professional development
- Develop an understanding of research
- Develop opportunities to specialise in a range of work areas

#### **Course Requirements:**

- Attendance at all training sessions
- Prescribed reading & written assignments



## Counselling and Psychotherapy with Adults

- Attend the workshops (specialist modules):
  - TA101 (3 days)
  - Using Therapeutic Imagery (3 days)
  - DPC Intensive Module 1 (3 days)
  - Researching Counselling & Psychotherapy (3 days)
  - Legal, Ethical and Protection Issues in Therapeutic Work (3 days)
  - Advanced Reflective Practice Module (3 days)
  - DPC Intensive Module 2 (3 days)
  
- Complete a minimum of 150 hours supervised Counselling Practice (BACP); *there are additional requirements for UKCP registration.*
- Counselling supervision requirement throughout training; this is expected to be a minimum of 45 hours.
- Ongoing Therapy requirement throughout training; a minimum of 35 hours per year is required until qualification.
- Maintenance of a personal and professional journal, including client/supervision log
- Final Oral Assessment undertaken after all practical requirements have been satisfactorily completed.
- Final Written Assessment.

### **Fees**

Please refer to our Tuition Fees Guide for full details. This can be downloaded from our website or emailed to you upon request.

### **Syllabus**

Details of the syllabus will be available upon request following your interview.

### **Progression**

At the end of this training you may apply to join the Diploma in Psychotherapy (DiP) course. To do this you can Dual Register toward the end of your second year. Students then join a Bridging year group (year 3) in order to build up their practice hours and be better prepared to enter their final year of formal training (year 4).

### **Entry onto the United Kingdom Council for Psychotherapy (UKCP) Register**

Twelve months following satisfactory completion of this DPC course, graduates may be eligible for entry on to the UKCP Register as a Psychotherapeutic Counsellor. In order to do so they must have a minimum of 450 hours of counselling practice supervised by Northern Guild.

## Counselling and Psychotherapy with Adults

### **Diploma in Psychotherapeutic Counselling (DPC Weekend Training Route - Newcastle)**

The Diploma in Psychotherapeutic Counselling (DPC) course is a cost effective, manageable training route which is designed for those seeking to become professionally accredited counsellors. It is also relevant for individuals who may wish to develop and expand advanced counselling skills within either work or vocational settings. Trainees who meet the entry criteria may progress to the Diploma in Psychotherapy training programme at the appropriate point.

#### **BACP Accredited Course**



On successful completion of this weekend training route you will be awarded the BACP accredited Diploma in Psychotherapeutic Counselling.

#### **UKCP Accredited Course**



This course is also **accredited** by UKCP and can lead to registration as a UKCP Registered Psychotherapeutic Counsellor. To be eligible for UKCP registration the trainee must meet specific requirements, including 450 hours of supervised clinical practice.

#### **Further Course Information**

Three-year taught course • Monthly weekend training • 10 months per year plus workshops

#### **This course aims to:**

- Provide quality, in-depth Psychotherapeutic Counsellor training leading to professional registration
- Provide community based learning in a supportive and comfortable environment
- Train students to a standard that equips them to work competently as a fully qualified professional Psychotherapeutic Counsellor
- Facilitate personal and professional development
- Develop an understanding of research and cutting edge theory
- Develop opportunities to specialise in a range of areas of work

#### **Course Requirements:**

- Attendance at all training sessions
- Prescribed reading & written assignments

## Counselling and Psychotherapy with Adults

- Attend the workshops (modules):
  - TA101 (3 days)
  - Legal, Ethical and Protection Issues in Therapeutic Work (3 days)
  - Imagery and Active Imagination (3 days)
  - Researching Counselling & Psychotherapy (3 days)
- 150 hours of supervised Counselling Practice (BACP) or 450 hours of supervised counselling practice (UKCP)
- Continuing supervised counselling work with clients
- Counselling supervision requirement throughout training; this is expected to be a minimum of 50 hours.
- Ongoing Therapy requirement throughout training; a minimum of 35 hours per year is required until qualification.
- Maintenance of a personal and professional journal, including client/supervision log
- Final Oral Assessment undertaken once practical requirements have been met.
- Final Written Assessment

### **Fees**

Please refer to our Tuition Fees Guide for full details. This can be downloaded from our website or emailed to you upon request.

### **Syllabus**

Details of the syllabus will be available upon request following your interview.

### **Progression**

You can continue your studies by progressing on to the Diploma in Psychotherapy (DiP) course toward the end of your third year. You would then join the Year 4 DIP group to complete your training. You will still need to continue meeting the DPC requirements and take the relevant Final Assessments to gain the Counselling qualification.

### **Entry onto the United Kingdom Council for Psychotherapy (UKCP) Register**

On satisfactory completion of this DPC course, graduates may be eligible for entry on to the UKCP Register as a Psychotherapeutic Counsellor. In order to do so they must have a minimum of 450 hours of counselling practice supervised by Northern Guild.

# Counselling and Psychotherapy with Adults

## Diploma in Psychotherapy

### UKCP Accredited Course



This four year part-time course is accredited by the UK Council for Psychotherapy (UKCP) and leads to registration with the UK Council for Psychotherapy as a Psychotherapist. On successful completion of the course and training requirements you will be awarded the UKCP accredited Diploma in Psychotherapy.

This vocational course is designed for those seeking to become a professionally registered Psychotherapist. It is also relevant for individuals who may wish to develop and expand advanced psychotherapeutic skills within either work or vocational settings.

### Further Course Information

Four year taught course • Monthly weekend training • 10 months per year plus workshops

#### **This course aims to:**

- Provide quality, in-depth Psychotherapy training leading to professional registration
- Train students to a standard that equips them to work competently as a fully qualified professional Psychotherapist
- Facilitate personal and professional development
- Offer arts based creative methods training,
- Develop understanding of research and cutting edge theory
- Provide community based learning in a friendly, supportive and comfortable environment
- Develop opportunities to specialise in a range of areas of work

#### **Course Requirements:**

- Attendance at all training modules
- Prescribed reading and written assignments
- Workshops:
  - TA101 (3 days)
  - Legal, Ethical and Protection Issues in Therapeutic Work (3 days)
  - Imagery and Active Imagination (3 days)
  - Researching Counselling & Psychotherapy (3 days)
  - Themed practicums (4 days)
  - The Inner Child: Depth Psychotherapy (5 days)
- A minimum of 450 hours supervised Psychotherapy Practice
- Ongoing formal Psychotherapy Supervision; this is expected to be a minimum of 75 hours.
- Ongoing Personal Therapy requirement throughout training; a minimum of 40 hours per year is required until qualification.
- Observational Mental Health Placement

## Counselling and Psychotherapy with Adults

- Oral Case Presentations
- Maintenance of a personal and professional journal, including client/supervision reflective log
- Continuing supervised psychotherapy work with clients
- Final written assessment consisting of a reflective overview of professional development and practice and an extended written case study
- Final oral assessment

### **Fees**

Please refer to our Tuition Fees Guide for full details. This can be downloaded from our website or emailed to you upon request.

### **Syllabus**

Details of the syllabus will be available upon request following your interview.

### **Additional Qualification Options**

Trainees can also apply for an Additional Qualification Option in order to gain a professionally accredited Counselling qualification whilst continuing their Psychotherapy training.

## Counselling and Psychotherapy with Children and Adolescents

# Diploma in Psychotherapeutic Counselling

## Children and Adolescents (Weekend training route - Newcastle)

The Diploma in Psychotherapeutic Counselling (DPC) with Children & Adolescents is a cost effective, manageable training course which is designed for those seeking to become professional counsellors with children and adolescents. It is also relevant for individuals who may wish to develop and expand advanced counselling skills within either work or vocational settings.

Trainees who meet the entry criteria may progress to the Diploma in Child Psychotherapy at the appropriate point.

### BACP Accredited Course & UKCP Accredited Course



This three year part-time course is **accredited** by:

- British Association for Counselling & Psychotherapy (BACP)
- UK Council for Psychotherapy (UKCP).



On successful completion of the course you will be awarded the BACP Accredited Diploma in Psychotherapeutic Counselling with Children & Adolescents. Systems are in place to support and enable graduates to prepare for registration as a professional Counsellor with the leading professional bodies.

### Further Course Information

Three-year taught course • Monthly weekend training  
10 months per year plus workshops • Newcastle Centre

#### Aims of the course

- To provide quality, in-depth Psychotherapeutic Counsellor training leading to professional registration
- To train students to a standard that equips them to work competently as a fully qualified professional Child & Adolescent Psychotherapeutic Counsellor
- To facilitate personal and professional development
- To offer arts based creative methods training
- To develop understanding of research and cutting edge theory
- To provide community based learning in a friendly, supportive and comfortable environment
- To develop opportunities to specialise in a range of areas of work

## Counselling and Psychotherapy with Children and Adolescents

### **Course Requirements:**

- Attendance at all training modules
- Prescribed reading
- Workshops :
  - TA101(3 days)
  - Legal, Ethical and Protection Issues in Therapeutic Work (3 days)
  - Imagery & Active Imagination (3 days)
  - Sand Tray (3 days)
  - Researching Counselling & Psychotherapy (3 days)
  - Story & Metaphor (3 days)
  
- Online safeguarding training
- A minimum of 150 hours of formal supervised counselling practice, including 125 hours with children and 25 hours with adults (*there are additional requirements for UKCP registration*)
- Counselling supervision requirement throughout training; this is expected to be a minimum of 50 hours.
- Ongoing Therapy requirement throughout training; a minimum of 35 hours per year is required until qualification.
- Maintenance of personal and professional journal, including client/supervision log
- Final Assessment Module: undertaken after all practical requirements have been satisfactorily completed, usually within six months of ending the taught course in the autumn term.

### **Fees**

Please refer to our Tuition Fees Guide for full details. This can be downloaded from our website or emailed to you upon request.

### **Syllabus**

Details of the syllabus will be available upon request following your interview.

### **Progression**

Students may be able to progress on to the Diploma in Child Psychotherapy (DiP) course by applying for the progression option toward the end of their third year. They will still need to continue meeting the DPC requirements and take their Final Assessments to gain their Counselling qualification.

## Counselling and Psychotherapy with Children and Adolescents

# Diploma in Psychotherapeutic Counselling Children and Adolescents (Teesside Evening 3-year route)

The Diploma in Psychotherapeutic Counselling (DPC) with Children & Adolescents course is a cost effective, manageable training route which runs on **weekday evenings** and is designed for those seeking to become professional counsellors with children and adolescents. It is also relevant for individuals who may wish to develop and expand advanced counselling skills within either work or vocational settings.

Trainees who meet the entry criteria may progress to the Diploma in Child Psychotherapy at the appropriate point.

### UKCP Accredited Course

This course is **accredited** by:

- UK Council for Psychotherapy (UKCP).



On successful completion of the course you will be awarded our generic BACP recognised Diploma in Psychotherapeutic Counselling and a Northern Guild Certificate in Child Skills. To be eligible for UKCP registration the counsellor must have completed 450 hours of supervised clinical practice in line with UKCP training requirements.

### Further Course Information

Three-year taught course • Weekday evening training • Located mainly on Teesside • Some weekend workshops in Newcastle

#### Aims of the course

- To provide quality, in-depth Psychotherapeutic Counsellor training leading to professional registration
- To train students to a standard that equips them to work competently as a fully qualified professional Child & Adolescent Psychotherapeutic Counsellor
- To facilitate personal and professional development
- To offer arts based creative methods training
- To develop understanding of research and cutting edge theory
- To provide community based learning in a friendly, supportive and comfortable environment
- To develop opportunities to specialise in a range of areas of work



## Counselling and Psychotherapy with Children and Adolescents

### **Course Requirements:**

- Attendance at all training modules
- Prescribed reading
- Workshops :
  - TA101 (3 days)
  - Legal, Ethical and Protection Issues in Therapeutic Work (3 days)
  - Imagery & Active Imagination (3 days)
  - Sand Tray (3 days)
  - Researching Counselling & Psychotherapy (3 days)
  - Story & Metaphor (3 days)
- On-line safeguarding training
- A minimum of 150 hours of formal supervised counselling practice, including 125 hours with children and 25 hours with adults (*there are additional requirements for UKCP registration*)
- Maintenance of personal and professional journal, including client/supervision log
- Counselling supervision requirement throughout training; this is expected to be a minimum of 50 hours.
- Ongoing Therapy requirement throughout training; a minimum of 35 hours per year is required until qualification.
- Final Assessment Module: undertaken after all practical requirements have been satisfactorily completed, usually within six months of ending the taught course in the autumn term.

### **Fees**

Please refer to our Tuition Fees Guide for full details. This can be downloaded from our website or emailed to you upon request.

### **Syllabus**

Details of the syllabus will be available upon request following your interview.

### **Progression**

Students may be able to progress on to the Diploma in Child Psychotherapy (DiP) course by applying for the progression option toward the end of their final year. They will still need to continue meeting the DPC requirements and take their Final Assessments to gain their Counselling qualification.

## Counselling and Psychotherapy with Children and Adolescents

# Diploma in Psychotherapeutic Counselling

## Children and Adolescents (Newcastle Evening Route 3-year Course)

The Diploma in Psychotherapeutic Counselling (DPC) with Children & Adolescents course is a cost effective, manageable training route which runs on **weekday evenings** and is designed for those seeking to become professional counsellors with children and adolescents. It is also relevant for individuals who may wish to develop and expand advanced counselling skills within either work or vocational settings.

Trainees who meet the entry criteria may progress to the Diploma in Child Psychotherapy at the appropriate point.

### BACP Accredited Course & UKCP Accredited Course



This three year part-time course is **accredited** by:

- British Association for Counselling & Psychotherapy (BACP)
- UK Council for Psychotherapy (UKCP).



On successful completion of the course you will be awarded the BACP Accredited Diploma in Psychotherapeutic Counselling with Children & Adolescents. Systems are in place to support and enable graduates to prepare for registration as a professional Counsellor with the leading professional bodies.

### Further Course Information

Three-year taught course • Weekday evening training • Located in Newcastle upon Tyne  
• Some weekend workshops

#### Aims of the course

- To provide quality, in-depth Psychotherapeutic Counsellor training leading to professional registration
- To train students to a standard that equips them to work competently as a fully qualified professional Child & Adolescent Psychotherapeutic Counsellor
- To facilitate personal and professional development
- To offer arts based creative methods training
- To develop understanding of research and cutting edge theory
- To provide community based learning in a friendly, supportive and comfortable environment
- To develop opportunities to specialise in a range of areas of work

## Counselling and Psychotherapy with Children and Adolescents

### **Course Requirements:**

- Attendance at all training modules
- Prescribed reading
- Workshops :
  - TA101(3 days)
  - Legal, Ethical and Protection Issues in Therapeutic Work (3 days)
  - Imagery & Active Imagination (3 days)
  - Sand Tray (3 days)
  - Researching Counselling & Psychotherapy (3 days)
  - Story & Metaphor (3 days)
- On-line safeguarding training
- A minimum of 150 hours of formal supervised counselling practice, including 125 hours with children and 25 hours with adults (*there are additional requirements for UKCP registration*)
- Maintenance of personal and professional journal, including client/supervision log
- Counselling supervision requirement throughout training; this is expected to be a minimum of 50 hours.
- Ongoing Therapy requirement throughout training; a minimum of 35 hours per year is required until qualification.
- Final Assessment Module: undertaken after all practical requirements have been satisfactorily completed, usually within six months of ending the taught course in the autumn term.

### **Fees**

Please refer to our Tuition Fees Guide for full details. This can be downloaded from our website or emailed to you upon request.

### **Syllabus**

Details of the syllabus will be available upon request following your interview.

### **Progression**

Students may be able to progress on to the Diploma in Child Psychotherapy (DiP) course by applying for the progression option toward the end of their final year. They will still need to continue meeting the DPC requirements and take their Final Assessments to gain their Counselling qualification.

## Counselling and Psychotherapy with Children and Adolescents

### Diploma in Child Psychotherapy

A four year part-time training, this **dynamic, focused and well-structured training** is theory, practice and skills based, and taught from a Humanistic, Integrative and Psychodynamic perspective. In addition to cutting edge theory, you will learn applied arts-based creative methods for working with children and adolescents and have the opportunity to research your work. Please note that the Diploma in Child Psychotherapy combines both Child and Adolescent training.

#### UKCP Accredited Course



This course is accredited by the UK Council for Psychotherapy (UKCP) and leads to registration with the UKCP as a Child Psychotherapist. On successful completion of the course and training requirements, on **what is currently the only accredited UKCP Child Psychotherapy training outside of London**, you will be awarded the UKCP accredited Diploma in Child Psychotherapy.

Our Director of Child & Adolescent Psychotherapy training, Jennie McNamara has a significant working relationship with the UKCP College for Child & Adolescent Psychotherapies and is well placed to develop and expand the training alongside developments within the profession.

#### Further Course Information

Four year taught course • Monthly weekend training • 10 months per year plus workshops

##### Aims of the course

- To provide quality, in-depth training leading to professional registration as a Child Psychotherapist
- To train students to a standard that equips them to work competently as a fully qualified professional Child Psychotherapist
- To facilitate personal and professional development
- To offer arts based creative methods training
- To develop understanding of research and cutting edge theory
- To provide community based learning in a friendly supportive environment
- To develop opportunities to specialise in a range of areas of work

##### Course Requirements:

- Attendance at all training modules
- Prescribed reading
- Specialist Modules including the following Workshops:
  - TA101 (3 days)
  - Legal, Ethical and Protection Issues in Therapeutic Work (3 days)
  - Sand Tray (3 days)
  - Imagery & Active Imagination (3 days)
  - Researching Counselling & Psychotherapy (3 days)
  - In Search of the Primal Self (2 days)
  - Story & Metaphor (3 days)
  - The Inner Child (5 days)

## Counselling and Psychotherapy with Children and Adolescents

- Infant Observations (80 hours over two years plus 6 seminars per year)
- Observational Child Mental Health Placement
- A minimum of 450 hours of formal supervised psychotherapy practice, including 350 hours with children and 100 hours with adults.
- Counselling supervision requirement throughout training; this is expected to be a minimum of 90 hours.
- Ongoing Personal Therapy requirement throughout training; a minimum of 40 hours per year is required until qualification.
- Written requirements (Pass grade required)
- Oral Case Presentation (Pass grade required)
- On-line safeguarding training
- Maintenance of personal and professional journal, including client/supervision log
- Brief Research Project into the student's clinical practice (Pass grade required)

### **Fees**

Please refer to our Tuition Fees Guide for full details. This can be downloaded from our website or emailed to you upon request.

### **Syllabus**

Details of the syllabus will be available upon request following your interview.

### **Additional Qualification Options**

Trainees can also apply for an Additional Qualification Option in order to gain a professionally accredited Counselling qualification whilst continuing their Psychotherapy training.

## Counselling and Psychotherapy with Children and Adolescents

# Post Qualifying Diploma in Child & Adolescent Counselling / Psychotherapy (Conversion Course)

## UKCP Accredited Course



Working therapeutically with Children and Adolescents is a respected and responsible role. Owing partly to the increased profile and perceived importance of this work, the profession now requires practitioners to obtain a specialist child qualification.

At Northern Guild you will experience training that meets the national requirements of the major professional bodies as our head of training has been taking a leading role in the development of the UK standards for 20 years. As the first accredited UKCP/BACP child psychotherapy training in the North East we have a reputation for excellence in the field. This means that our graduates tend to do well in their careers.

The Post Qualifying Diploma in Child & Adolescent Counselling / Psychotherapy (PQ DIP) is a bespoke training programme designed for qualified counsellors and psychotherapists who want to extend their knowledge and skills to enable them to work with children and adolescents. This course meets BACP requirements for CPD and can lead to UKCP registration as a Child Psychotherapist/Child Psychotherapeutic Counsellor.

On successful completion of the PQ child **psychotherapy** training requirements you will be awarded the Northern Guild Post-Qualifying Diploma in Child Psychotherapy and be eligible to apply for UKCP Registration as a Child Psychotherapist.

On successful completion of the PQ child **counselling** training requirements you will be awarded the Northern Guild Post-Qualifying Diploma in Child Psychotherapeutic Counselling and be eligible to apply for UKCP Registration as a Child Psychotherapeutic Counsellor.

The course is also suitable for professionals working therapeutically with children and/or adolescents who want to enhance knowledge and skills but who do not want to go forward for accreditation. Successful candidates in this group will receive a Certificate in Therapeutic work with children and/or adolescents.

### **The Post Qualifying Diploma in Child Counselling / Psychotherapy aims to:**

- Provide quality, in-depth training leading to professional registration as a Child Psychotherapist/Psychotherapeutic Counsellor
- Train candidates to a standard that equips them to work competently as a fully qualified Child Practitioner
- Facilitate personal and professional development
- Offer arts based creative methods training
- Provide community based learning in a friendly, supportive and comfortable environment
- Develop opportunities to specialise in a range of work areas

## Counselling and Psychotherapy with Children and Adolescents

### **Individual Learning Plan**

An Individual Learning Plan will be arranged with each participant based on their individual learning needs. Accreditation of Prior Learning (APL) is taken into account for each candidate applying for a place.

When drawing up the **Individual Learning Plan** with the course director you will select from appropriate modules taken from our Child Training programme to obtain the necessary learning outcomes. This will ensure that you meet the UKCP / BACP learning outcomes for Child/Adolescent Psychotherapists or Psychotherapeutic Counsellors. Depending on your experience and previous training it generally takes between one and two years to gain this Diploma. Some candidates prefer to take the MSc in Child Psychotherapy, which in itself is a 2-year child post qualifying training route.

### **Course Requirements**

These can be summarised as follows:

- Attendance at specific modules chosen in conjunction with the course director (Timescales are arranged with each participant)
- Infant Observation Module (Psychotherapy route only)
- A supervised training placement (this may be conducted in your own work setting if appropriate)
- On-going clinical supervision of at least two child clients at a ratio of 1:4, with the possibility of reducing to 1:6
- Completion of specialist modules / workshops (required for UKCP registration) not already covered by previous training. These include Sand Tray, Imagery & Active Imagination, Story & Metaphor and Legal, Ethical and Protection Issues in therapeutic work.
- Prescribed reading and some written assignments. Written work will be kept to a minimum, in recognition of that already undertaken
- Enhanced DBS checks
- Final Assessment

### **Syllabus**

Training and content will follow the Learning outcomes and Standards of Education and Training (Child SETS) developed by the UKCP and BACP for trainings in Child Psychotherapy and Child Counselling. The syllabus will be designed to bring together former studies and experience with the learning outcomes specifically for working with children and young people not already covered.

The emphasis will be on building knowledge, skills and experience in this field founded on an understanding of applied attachment theory, neuroscience, non-verbal communication and creative methods including sand tray, play therapy, imagery and metaphor.

## Counselling and Psychotherapy with Children and Adolescents

### **Methods of Assessment**

These are listed as follows:

- Continuous assessment by the supervisor including completion of a supervisor's assessment report
- Self and Peer assessment
- Presentation of a portfolio of work with children and adolescents demonstrating the use of creative methods
- Presentation of an oral case study
- Submission of a log of training demonstrating how the candidates meets the criteria for the award they are seeking
- Final Assessment

### **UKCP Registration**

Graduates of the PQ Child Psychotherapeutic Counselling/Child Psychotherapy training will be eligible for registration with UKCP as a Child / Adolescent Psychotherapeutic Counsellor or Child / Adolescent Psychotherapist on successful submission of a portfolio demonstrating how they meet UKCP requirements.

### **Training Costs 2018-19**

- Application / Consultation Fee £225. This fee covers your application, consultation with Jennie McNamara and the preparation of your Offer Letter. One of the aims of the initial consultation is to work out your Individual Learning Plan or eligibility.
- Membership of Northern Guild £70 per annum
- Training at £150 per day, which can be reduced if you complete a full academic years' worth of training in a single core training group.
- Infant observation seminars at £50 a session (Psychotherapy route only)
- Clinical supervision £60 per 50 minute session (Group supervision may be arranged which could reduce supervision fees)
- Tutorials £60 per 50 minute session
- Final Portfolio Assessment including marking fees will be determined on an individual basis due to the different requirements for each participant, but will be a minimum of £390.
- Initial enhanced DBS check

### **How to Apply**

Please apply in writing for the attention of the Course Director, enclosing a short cover letter, the PQ DiP & APL application form (available on our website or upon request) and an up to date copy of your CV. Please also state the reasons why you want to do this course.

We will then invite you for an interview, at which your requirements can be discussed in depth.

For further details of the application process please contact our reception staff on 0191 209 8383 or email [courses@northernguild.org](mailto:courses@northernguild.org). You can also see us online at <http://www.northernguild.org>.



## MSc Programme

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Our Masters level programme is designed for those who are seeking to expand their knowledge and practice. We offer two main qualifications as follows:

- 1) MSc in Psychotherapy
- 2) Post-graduate Diploma in Psychotherapy (PG DIP)

Course participants will have previously undertaken some counselling or psychotherapy training and will view this course as an opportunity for advanced study.



These qualifications are validated and awarded by Newman University, UK. Their web address is <http://www.newman.ac.uk/>

The Post-graduate Diploma course (PG DIP) consists of a one-year taught course, with monthly weekend training sessions for ten months over the academic year. There are also a number of specialist workshops that are taken alongside the core modules.

Students wishing to progress to the MSc undertake a further year - the dissertation stage, which consists of six dissertation seminars per year of study, taken until the dissertation has been completed and submitted.

Clinical practice and supervision are undertaken at each stage of the course.

### Aims of the course

1. To inspire students to engage at the cutting edge of developments in psychotherapeutic theory, practice and research.
2. To support students in their continuing professional development enabling them to take their place in the wider professional community.
3. To develop students' competence in engaging with complex theoretical and clinical debates across modalities and with professionals in related fields.
4. To ensure that students are aware of the strengths and limitations of psychotherapy as a discipline, are knowledgeable and co-operative in their interactions with other professionals and have the ability to refer clients as necessary.
5. To facilitate students' personal and professional development in such a way that they have the confidence to use themselves purposefully and effectively in the therapeutic process and relationship.
6. To provide the resources to support students in critically appraising research; to enable students to select and undertake a piece of research, and to encourage students to become involved in the wider psychotherapy research community.

# MSc Programme

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## Training requirements

### Post-graduate Diploma in Psychotherapy

- Attendance at all training modules and seminars
- Prescribed reading
- Pre-course required workshops
  - Imagery and Active Imagination (3 days)
  - Researching Counselling & Psychotherapy (3 days)
- Workshops:
  - Story & Metaphor in Psychotherapy (3 days)
  - In-depth work: The Inner Child (5 days)
  - 2 x Themed Practicum days
  - Research seminars (2 x 4 hours)
- A minimum of 450 hours supervised Psychotherapy Practice
- Ongoing Psychotherapy Supervision with Northern Guild
- Oral Case Presentation (OCP)
- Written assignments
- Maintenance of personal and professional journal and client/supervision log

### MSc in Psychotherapy

Following completion of the **Post-graduate Diploma** requirements:

- Dissertation Seminars (6 x 3 hours per year)
- Dissertation supervision (min. 6 and max. 16 sessions)
- Academic tutorials – one per term

Applicants seeking UKCP registration as a psychotherapist are also required to complete:

- Observational Mental Health Placement. *APL can be awarded where relevant.*
- Ongoing Personal Psychotherapy and supervision at the UKCP specified ratio are a requirement throughout training
- Final Oral Assessment of Psychotherapy practice.

### Entry Requirements

In addition to the generic entry requirements already specified, MSc candidates need the following:

- A degree/professional qualification or relevant professional experience
- Completion of 360 hours of training in counselling or psychotherapy to level 5 or above
- Normally a minimum of 150 hours of supervised counselling/psychotherapy practice.
- A current caseload of three clients weekly
- To attend the Northern Guild's *Researching Counselling & Psychotherapy* and *Imagery and Active Imagination* workshops (or equivalent). *APL can be awarded where relevant.*
- Normally have undertaken 80 hours of personal development (therapy).
- Access to the internet and to a computer
- Evidence of English language competence where relevant

## Professional Development at Northern Guild

Vocational training is an important part of what we do, and we also believe that Continuing Professional Development is vital in maintaining and developing the competency, professionalism, creativity and confidence of the therapist once qualified, as well as for meeting their ongoing requirements for accreditation and registration.

At the Northern Guild we run several Professional Development Groups, as well as a wide variety of workshops and seminars on up to the minute subject matters, which are open to therapists and external participants alike. These offer the opportunity to keep up to date with developments in the profession, refresh your enthusiasm as well as developing and increasing contacts and support with like-minded colleagues. Workshop topics we have covered in the past include:

- The Development of Professional Standards
- Post traumatic Embitterment Disorder
- The use of Imagery and metaphor in the clinical setting
- Sand Tray Therapy
- Trans-generational Transmission of Trauma
- Psychotherapy with Traumatised Children

We also specialise in therapeutic work with children and adolescents.

Several of our professionals hold leading posts within the main professional organisations and are involved in the development of standards. We therefore offer up to the minute information and guidance for therapists involved in our training and CPD programmes.

Our ongoing Professional Development Groups provide a supportive and confidential environment in which to meet your individual needs for personal and professional development, the structure and content is determined by the needs of the group. We have several groups running in three areas, Tyne and Wear, North Yorkshire and Teesside. There are separate groups for therapists working with adults and those working with children and young people.

### Continuous Professional Development

CPD seminars are held on a regular basis and offer a stimulating yet low cost alternative for CPD. These are usually facilitated by therapists on topics of interest and often include a social aspect with refreshments. Guest speakers are also invited to the Northern Guild throughout the academic year.

If you need in-house training, we can offer unique tailored programmes to suit the specific needs of your organisation, we would be very happy to hear from you. Equally if you want to see or take part in a workshop or discussion group on any of the areas above or a topic of your own, running at our Jesmond Training Centre, or are interested in joining a CPD group, please contact us on 0191 209 8383 or [courses@northernguild.org](mailto:courses@northernguild.org).

## Professional Development at Northern Guild

### Professional Development Courses

Northern Guild training which is suitable for your Professional Development can also include many of our Workshops – please get in touch if you need to know the level of the training, would like to discuss specific training requirements or for any further information.

We also run a range of Post-Qualifying courses including:

- Conversion Course: Post Qualifying Diploma in Child Psychotherapy
- Conversion Course: Post Qualifying Diploma in Child Psychotherapeutic Counselling
- Certificate in Clinical Supervision Skills
- Diploma in Clinical Supervision Skills
- Certificate in Group work
- Diploma in Creative Therapeutic Methods

You may also be interested in our MSc Programme.

### Certificate in Therapeutic Group Work

Working with groups is an exciting, challenging and specialist skill. Leading to the award of the Northern Guild Certificate in Therapeutic Group Work, this six month course is led by Christine Lister-Ford.

Each session will consist of an experiential group, followed by an in-depth theoretical discussion focussing on group dynamics, methodology, and approach. In this way the group will study itself acting as its own template for a model of an in-depth therapeutic group. During the course different approaches to and schools of group work will be used.

Places on the course are limited, and applicants must have a minimum of 2 years therapeutic practice. Please contact us if you wish to be notified of confirmed dates or require any further information.

### Certificate in Clinical Supervision Skills & Diploma in Clinical Supervision Skills

Designed for those whose work involves the supervision of others within the helping professions, this course consists of a five-day stand-alone intensive training, which can be completed in conjunction with two additional 3-day workshops for Diploma Certification.

Increasingly, governing bodies are moving towards supervisors undertaking professional training in supervision and the introduction of a register of supervisors. The course will appeal to Psychologists, Counsellors, Psychotherapists, Social Workers, Nurses, the care and mental health sectors and teachers as well as others in the helping professions. It is suitable for novice supervisors as well as those with experience in the field who are looking to improve and extend their practice, consolidate their learning and gain a qualification in supervision.

## Professional Development at Northern Guild

Learning focuses on advancing knowledge, skills and reflexivity in individual supervisory practice; this is experienced through consideration of a range of theoretical perspectives alongside practical sessions. Key areas covered include:

- The Supervisory relationship
- Developmental stages in supervision
- Systemic models of supervision
- Interpersonal Process Recall (IPR)
- Transference and counter-transference in the supervisory relationship
- Values and ethics
- Developing supervision skills, practice and assessment
- Self & Peer Assessment

The **Certificate in Clinical Supervision Skills** will be awarded on satisfactory completion of the five day July training course (scheduled every other academic year) and this must include a pass in the self & peer assessment of supervision skills.

### **Diploma in Clinical Supervision Skills**

In order to meet the criteria for the Award of the Diploma in Clinical Supervision Skills, the following must all be satisfactorily met.

1. Full attendance of all training modules
2. A minimum of 40 hours experience as a supervisor, some of these hours can be accrued via supervised supervision at the Northern Guild if necessary
3. Attendance at, two 3-day Diploma in Supervision workshops organised at Northern Guild and scheduled every other academic year.
4. Ten hours supervised supervision by a Northern Guild recognised supervisor together with a satisfactory report from that supervisor
5. A satisfactory recording of a supervision session of 50 minutes duration
6. Satisfactory completion of a 2,000 word paper on supervision in which the philosophy, theory and methodology of supervision are demonstrated

Criteria 2 – 6 must normally be met within 12 months of completing the Certificate course. Extension of submission may be negotiated. Those submitting under an extension will be required to meet any changes to costs for certification.

## **Skills and Competencies for working with Children & Adolescents**

The professional bodies for Psychotherapy and Counselling recognise the need for specific competencies as essential for those who work with children and young people. UKCP has already brought in a requirement that all registered psychotherapists and psychotherapeutic counsellors working with children and adolescents are able to demonstrate that they have such competencies.

To meet the demand for training for those already practising with children and young people who have not been specifically trained or qualified to do so we have developed specific modules to

## Professional Development at Northern Guild

enable therapists trained to work with adults to acquire these competencies. The individual can select the modules they require to top up their CV to bring it up to the new national standards. They will then be eligible for the Certificate/Diploma in Therapeutic Work with Children and Young People.

This training programme is already operating on an individual needs basis. Please contact us for further information, or to be notified when the full course information becomes available.

**If you want to add to your qualifications so that you can register as a Child Psychotherapist with UKCP then you can apply for our Post Qualifying Diploma in Child Psychotherapy.**

### Specialist Modules and Seminars

The list of our courses is regularly updated on our [website](#) where you can download a copy of our Workshop Brochure. We also offer in-house training and will often run workshops on topics due to demand as well as lively and stimulating supervision seminars covering a variety of subjects. These are often run by our most experienced tutors, and occasionally, external trainers. A list of some of our more popular courses are as follows:

#### **Introduction to Counselling**

Developing counselling skills can be a deeply enriching experience. Listening, communication, body language and reflection are key elements throughout this programme, and learning is through a variety of stimulating, experiential exercises enhanced with rich discussions. This introduction offers an excellent learning experience, whether you wish to gain a sense of whether counselling is right for you as a career choice, or are simply looking to develop more effective ways of understanding and communicating with others.

#### **Introduction to Transactional Analysis: The Official 'TA101' (3 days)**

Whether you are looking for an introduction to the study of TA as a theoretical model or for an opportunity to explore relationships, this certificated introductory course is sure to provide you with an engaging and comprehensive introduction. Christine Lister-Ford offers an insightful and stimulating look into how Transactional Analysis offers a framework for understanding personality, emotions and behaviour. You will be introduced to the key concepts of this dynamic theory of communication, relationships and development, and we will use real-life scenarios to facilitate experiential learning; demonstrating the logic, methods and formulae of TA as applied to both everyday life and to a variety of work place scenarios.

#### **Sand Tray Therapy (3 days)**

Sand Tray therapy is a creative and powerful method for working with children and adults in counselling and psychotherapy - as well as for use in supervision. This thought provoking and practical workshop will provide you with a knowledge and experience of Sand Tray processes and modalities, and offers an insight into how Sand Tray symbolism can be used to access the subconscious mind.

## Professional Development at Northern Guild

### **Researching Counselling & Psychotherapy (3 days)**

Whether research is new or is already familiar to you, there is a place for you here! This three day course will look at narrative, numbers and new methodologies; how poems, process and positivism produce pluralism; Carl Roger's core conditions and common therapeutic factors as outcomes; ethics, controversies and the client's voice. This is a three-day course, but it is possible to attend over two days, depending on your requirements.

### **Story & Metaphor: (3 days).**

Using metaphor in therapy can harness creative and imaginative energy and lead to integration and resolution of even deeply seated difficulties. This introduction offers an opportunity to develop an understanding of the theory of different metaphor techniques, an opportunity to experiment with metaphor and an exploration of the power of metaphor to communicate at a deeper level including how to work with the client's own metaphors.

### **Imagery and Active Imagination (3 days).**

Images convey powerful messages, spoken and unspoken. When we capture the image, we release mental and emotional energy, which can be channelled in a positive way. This course offers an opportunity to learn about the work of Jung, Hillman, Leuner, and Milton Erickson as a base for developing your therapeutic skills in working with imagery.

### **In-depth Workshop: The Inner Child (5 days)**

Learn how to listen and to respond to the child within us that remains wounded. Throughout this rich, in-depth and experiential workshop you will have the opportunity through theoretical discussions and experiential reflection to return to seek what your inner child missed. You will learn to understand the frozen child, identify distress or trauma in childhood that emerges throughout life, and how to listen and respond to the Inner Child, enabling you to understand yourself - as a child and as an adult - and consequently growing to be a more attuned parent and adult.

## Training with us

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### Frequently Asked Questions

**Q: I don't have any previous counselling experience: do I need to do an introductory course before I apply for a counselling Diploma course?**

**A:** No. Our Foundation year assumes no previous knowledge or experience. Throughout the application process we look at each candidate individually; your personality and natural aptitude may be far better indicators of your suitability for a course than previous study or experience.

**Q: What's the difference between Counselling and Psychotherapy?**

**A:** There are many similarities between these two psychological 'talking' therapies, and there's no hard and fast answer. Counselling is usually offered for current life situations that are causing difficulty, such as bereavement or other recent traumatic events, work-related stress and problems within a relationship. The aims of the counselling in this case would be to help the client deal with the situation and enable them to restore their normal state of functioning.

Psychotherapy involves working at a greater depth and intensity, usually over a longer period of time. Therapy in this context may look at the underlying emotional issues that affect the client's relationship with the world, with the aim of enabling them to understand the background to their difficulties, make personal changes and exercise different choices that lead to a deeper feeling of well-being.

**Q: What model of psychotherapy do you teach?**

**A:** At the Northern Guild, we utilise the psychodynamic and relational approach to psychotherapy and counselling. Our model is Humanistic & Integrative, drawing on frameworks such as Transactional Analysis, Psychodynamics and Attachment Theory, together with a client-centered approach integrated into a relational model. The training encompasses emotional, cognitive, psychosomatic and other approaches that address mind, body, emotions and spirit. Students also gain a good grounding in Counselling and Psychotherapy research skills. Throughout all the courses there is an emphasis on the use of imagery, metaphor and the creative therapeutic methods. The latter is at its strongest in the Child training.

**Q: Who is my course accredited with?**

**A:** Most of our counselling courses are accredited by BACP, UKCP or both and our psychotherapy courses are accredited by UKCP. The Newman University validates the Post Graduate Diploma and MSc in Psychotherapy.

**Q: Can I continue working full time whilst I study?**

**A:** Our courses are all designed for students who work full time. The majority of our students currently balance the demands of the course with working. By the final year of the Diploma in Psychotherapy, you may find your focus changing as your client work increases. At this point, as the student's role starts to shift towards becoming a professional Counsellor or Psychotherapist, many students opt to move to work part time, often within their existing job.



## Training with us

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**Q: I'm not sure if I will want to work with children or adults, which course should I take?**

**A:** We support students to the point where they feel they are confident to make a well-informed decision about whether to take the Child or Adult route to qualification. You are welcome to speak to both our Child and Adults course tutors to discuss your requirements and to clarify the different options and courses.

If you are interested in working with both children and adolescents, one thing to bear in mind is that the Child courses also include Adult training and Adult placement hours. It is also possible to take a conversion course to add a child or adult qualification to the initial one. For the full requirements of this conversion pathway, please get in touch with us.

In practical terms, both our Adult and Child students have found successful placements and careers within the voluntary, NHS and statutory systems.

**Q: Will I get work at the end of the course? What kinds of jobs are out there?**

**A:** A vocational course is an investment in your career and your future, so it's wise to think ahead and look at where and how you want to end up working. Take a look at our **Careers** section below to see ideas of the diverse career routes available and where to look to research the job market.

**Q: Can I get help with the course fees?**

**A:** The Northern Guild is an independent training organisation, and we keep the costs as low as we can. We do not charge interest to those who wish to pay in regular installments. Whilst we are not able to offer any further assistance with costs, there are a number of other options available – see **Funding** for more on this. You may also find the information in the Tuition Fees Guide useful; this should help give you a realistic idea of what you'll need to budget for.

**Q: What is Dual Registering and what are the costs involved?**

**A:** Dual registering means that you register to study for two or more qualifications; for example, both the Counselling and the Psychotherapy Diplomas. There is a one-off fee of £100 for each dual registration; you will be required to meet and pay for any additional requirements for both courses including workshops and assessments, and the number of practice, supervision and therapy hours required for the higher level qualification as specified in the training handbook. Final assessment fees will need to be paid for both courses individually. You will not however need to pay for two sets of core training fees so the savings can be substantial. Many students opt for this route, as they gain qualifications in both counselling and psychotherapy.

**Q: I live some distance away, and need to know what the additional attendance requirements are outside of the training weekends to plan my time and travel commitments.**

**A:** This depends on the route you are taking and can vary from course to course. Please contact us for further information as we do offer some flexibility here.

## Training with us

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**Q: I'm on a counselling course elsewhere and want to transfer to the Northern Guild. Do I need to start training in year 1 again?**

**A:** If your current course meets the Accreditation of Prior Learning (APL) criteria, or you have other suitable learning, you may be able to get parts of the training accredited through APL. Although Northern Guild does not process APL applications relating to BACP accredited courses, it does accept applications for UKCP accredited training routes. Please note that UKCP restrict the amount of APL that can be offered.

**Q: What is the difference between BACP and UKCP?**

**A:** The United Kingdom Council for Psychotherapy (UKCP) and the British Association for Counselling and Psychotherapy (BACP) are professional bodies holding registers of counsellors and psychotherapists. Historically the UKCP has been the professional body for psychotherapists and the BACP the professional body for counselling. However, both organisations now offer professional support and accreditation to both disciplines. Each organisation is structured somewhat differently and both provide a range of services to members including an official register of practitioners.

Most of our counselling courses are accredited by both BACP and UKCP and our psychotherapy courses are accredited by UKCP. Further information about each organisation can be found on their websites.

**Q: Who should I register with (BACP or UKCP)?**

**A:** This depends on your choice of course and is also a matter of personal preference, however you will have opportunities to discuss this in more depth as you progress through your training, which will then enable you to be able to make an informed decision.

**Q: Which of the two (UKCP or BACP) are more widely acknowledged in the NHS and outside of private practice?**

**A:** Historically BACP is most widely recognised as a professional body for counselling and UKCP as professional body for psychotherapy. This is changing as statutory and voluntary organisations become more aware of the convergences between the two bodies.

**Q: What levels of training do your courses correspond to?**

**A:** The Diploma in Psychotherapeutic Counselling is Level 6 whereas the Diploma in Psychotherapy is Level 7.

**Q: When do your courses start and when should I apply?**

**A:** Our courses currently start at the beginning of the academic year, in September or October. You can apply at any time but we recommend that you apply earlier enough to secure your place on the course.

## Training with us

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### Accreditation

Our professional Diploma courses can lead to registration with the principal UK governing bodies. The Diploma in Psychotherapeutic Counselling weekend training route is accredited by BACP (British Association for Counselling & Psychotherapy). The same applies to the Diploma in Psychotherapeutic Counselling with Children & Adolescents weekend course, **the first and only BACP accredited child specialist course in the North**. Our Psychotherapy and our Psychotherapeutic Counselling Diplomas, both Adult & Child, are accredited by UKCP (United Kingdom Council for Psychotherapy). These professional bodies ensure our training programmes meet the highest standards of training, are regularly monitored and updated, and are submitted for re-accreditation on a five-yearly basis. You can find out more about these organisations and their training standards by visiting their websites.

### Professional Registration

As a leading UK training organisation, our courses are designed to ensure that many graduates become eligible to be listed on the main professional registers of BACP and/or UKCP. Both registers are part of the Accredited Voluntary Registers (AVR) scheme set up by the Department of Health and administered by the independent Professional Standards Authority (PSA – see [www.professionalstandards.org.uk](http://www.professionalstandards.org.uk)), accountable to Government. You can be assured that by choosing an accredited course you demonstrate to employers and private clients that your training meets a high standard which is nationally recognised, and that you adhere to organisational codes of ethics and professional conduct, and have demonstrated a capacity for 'independent, competent, ethical practice.

## Training with us

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On successful completion of the full training and on meeting all requirements such as clinical practice, supervision and personal therapy, students are then able to apply to the appropriate body to be entered onto their register of professionals.

The Northern Guild is a professional training body and an Organisational Member of both BACP and UKCP. Throughout their training, students must maintain membership of Northern Guild and conduct themselves within the professional guidelines laid out in the Codes of Ethics and Codes of Practice.

The Northern Guild holds Organisational Membership of the following professional bodies:

- United Kingdom Council for Psychotherapy
- British Association for Counselling & Psychotherapy
- Humanistic & Integrative Psychotherapy College of UKCP
- Psychotherapeutic Counselling & Intersubjective Psychotherapy College of UKCP
- College for Child & Adolescent Psychotherapies UKCP

## Careers

Training as a Counsellor or Psychotherapist can be a very enriching experience. It is also a significant undertaking, and it makes sense to research the types of options that may be available to you after successful completion of your training.

Advice and background information on Counselling and Psychotherapy are available in several places online, as well as more detailed advice on careers and job searches. Graduate careers website “Prospects” gives an overview of both Psychotherapy and Counselling careers, as does the Government careers website and the NHS Careers pages – these resources are particularly helpful for those unfamiliar with the profession.

The United Kingdom Council for Psychotherapy (UKCP) and the British Association of Counselling & Psychotherapy (BACP) both have more detailed information about training, and BACP has an excellent student area on their website.

In terms of employment opportunities, students can find work in the independent, statutory and voluntary sectors, and many Counsellors and Psychotherapists take a ‘portfolio approach’ to their work, combining several different areas. Take a look at the Careers Profile to see how one of our graduates uses this approach.

The three sectors are outlined below - for an idea of what the current opportunities are in each area; take a look through some of the job pages of the websites and journals listed beneath them:

### **Statutory Sector**

This sector includes the NHS, a major employer for Psychotherapy and Counselling related work, which may be in community-based clinics, in-patient areas of hospitals or GP surgeries as well as in a variety of other settings, often as part of a multi-disciplinary team.

During your training you will build strong links with GP surgeries as your main placement provider, this will give you a sound overview of job opportunities within the NHS.

## Training with us

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Other areas within this sector include police and prison services, student health services, social services departments and on the IAPT programme (Improving Access to Psychological Therapies). Jobs are often advertised in some of the following websites and journals:

- NHS Jobs Online
- Nursing Times
- Community Care
- Times Educational Supplement
- Times Higher Education

### Voluntary Sector

It is likely that you will have built up links within the voluntary sector during your training, as many students take a placement with one of the charities and NGO's within the region at some point. These include organisations such as Mind, Barnardo's, Hospices and WHAC (Women's Health Advice Centre). As well as the individual organisation's websites, jobs may also be advertised in The Guardian and on the BACP online jobs database (available only to members/student members).

### Independent Sector

This sector includes, but is by no means limited to, private practice, which students may have already started building up before the completion of their studies and full registration as a Counsellor or Psychotherapist. As a therapist in private practice they may receive referrals from GP's, BUPA, Employee Assistance Programmes and solicitors as well as self-referrals. Other avenues of paid work include freelance work for private health organisations, insurance companies and the courts and legal system.

## Career Profile

Sarah P is a fully qualified professional and accredited psychotherapist. Before deciding to become a counsellor and psychotherapist she was working as a Marketing Manager in a local business.

*"Becoming a psychotherapist was the best decision I could have made. The training with Northern Guild has been deeply enriching on a personal level, and the courses and support of the Northern Guild team of tutors, supervisors and therapists helped me to identify and develop so many skills that had up until that point, largely remained hidden. Consequently, this has opened up a wealth of diverse and fulfilling career opportunities."*

Her pathway to becoming a UKCP Registered Integrative Psychotherapist at the Northern Guild was as follows:

- 1) Diploma in Psychotherapeutic Counselling
- 2) Internship at Northern Guild
- 3) Postgraduate Diploma in Psychotherapy
- 4) MSc in Integrative Psychotherapy
- 5) Certificate in Group Work

Sarah now works as a Freelance Psychotherapist, as a Psychotherapist for a National Charity, as a teacher and as a supervisor.

## Training with us

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### Funding

Professional and Career Development Loans are commercial bank loans that can be used to help pay for work related learning. You can borrow between £300 and £10,000 to help support the cost of up to three years of learning. The Government will pay the interest on the loan while you are studying and for one month afterwards. You will then need to start repaying the loan as you would any other commercial loans product. The loan can be used to pay course fees and/or other costs such as travel and living expenses. You can also use the loan to supplement other forms of support such as grants or bursaries.

As the Professional and Career Development Loan is a commercial loan product, you should make sure you have investigated all the funding options that may be open to you to ensure you take an informed decision about whether the loan is right for you. Our learning provider registration number is: 20956

Some small grants may also be available from The Educational Grants Advisory Service (part of Family Action). The British Association for Counselling and Psychotherapy (BACP) offer a limited number of Hoxter Educational Bursaries of up to £500 each year however, only students on our BACP accredited courses are eligible to apply.

## About us

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### Statement of Equality and Diversity

The Northern Guild for Psychotherapy and Counselling respects the dignity and individuality of all our stakeholders, these include:

- Service users
- Teaching professionals
- Clinical team
- Administrative and clerical teams
- Cleaning team
- Partner agencies
- Employed professionals and self-employed workers
- Applicants
- Visitors

At the heart of our ethos, is our respect for the integrity of the individual. Mindful of the psychological impact of social exclusion, and to ensure that practically we *'do what we say'*, The Northern Guild seeks to be aware of and address the needs of all employed and self-

## About us

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employed workers, service users, applicants, partners and visitors, and show due regard to those with protected characteristics including race, sexual orientation, religion or belief, marriage and civil partnership, pregnancy and maternity, age, disability, gender reassignment, and gender. We aim to promote an inclusive community, which enables access for all to personal development and growth. In accordance with the Equality Act 2010 we do not tolerate direct discrimination on the grounds of one or more protected characteristics, or discrimination by association or perception. We also take measures to identify and eliminate instances of indirect discrimination from our policies, procedures and practices.

We will actively prevent victimisation of any individual who chooses to exert their legal rights in line with the Equality Act 2010.

This statement is actively supported through our admissions policy, qualifications procedures, operational policy, committee infrastructure, training materials, handbook, client evaluation and community meetings for students where we positively encourage feedback and implement recommendations in the spirit of continuous improvement.

Following developments in equality legislation nationally, we are guided by models of best practice and through our accrediting organisations, UKCP and BACP.



## Our Training

Students initially learn to use the Psychodynamic and relational model of Transactional Analysis alongside other core Humanistic theoretical approaches to their work. They will gradually assimilate knowledge, skills and techniques that will facilitate their development as counsellors or psychotherapists. These include aspects of child and adult development, neuroscience, attachment theory, and ethics, normal and psychopathological states of health.

Progress is assessed by a variety of means, and you will learn to present your developing ideas and skills in written format, group situations and through case presentations of your clinical practice. All assessments involve application to actual practice and are therefore alive and stimulating rather than dry pieces of work.



## About us

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### Our Training Professionals

Jennie McNamara and Christine Lister-Ford are the company founders and directors; both are UKCP Honorary Fellows and registered Psychotherapists. Christine is author of the acclaimed 'Skills in Transactional Analysis Counselling & Psychotherapy', is former vice chair of the UKCP, and for over twenty years has sat on numerous national and international committees, leading developments within the profession.

Jennie is actively involved with the UKCP College for Child & Adolescent Psychotherapies and is a former Chair. Her previous roles included President of the European Association for Counselling (EAC), Chair of the UKCP Faculty for the Psychological Health of Children and member of the UKCP Board of Trustees. She is active on standards and assessment boards across the profession. Jennie is Head of Child Psychotherapy & Counselling Training at the Northern Guild.

Both Jennie and Christine are also Independent Consultant Psychotherapists, and act as independent experts to the Child & Family Courts as well as continuing to maintain their respective clinical practices for over thirty-five years.

Sarah Hamlyn is a specialist in Standards, Professional Registration and Accreditation. She is Involved in the development of training standards at a national level. Sarah is Chair of the UKCP Psychotherapeutic Counselling Assessment & Training Board. Alongside the Directors she developed the Northern Guild's MSc programme and maintains links with Newman University, the Humanistic and Integrative College of UKCP and BACP to both influence and respond to professional and academic requirements relating to training and registration.

The considerable experience of these three professionals is brought to life in the training sessions. They teach alongside an excellent and diverse team of qualified, specialist and knowledgeable tutors – many being UKCP Registered Psychotherapists.

The training team includes the Guild's supervisors, who are qualified Psychotherapists, and who will each contribute a great deal to your clinical experience over the course of your training.

### Training, Therapy & Supervision Centres

Training takes place at our Newcastle and Teesside Centres. Each building is Victorian in design and were built in the 1860s. They are bright, have large ceilings and contain a number of stylish training rooms. During training sessions students will also use a number of our smaller consulting rooms as 'breakout' areas for activities such as group work and skills practice sessions.

We have established therapy and supervision practices at both our Newcastle and Teesside sites. They provide a warm, professional and calm atmosphere.

Students from Durham, Teesside, Yorkshire and beyond can arrange their personal therapy and supervision at our Northern Guild Centre on Teesside.





## About us

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### Library Facilities

We have an onsite library situated in the Guild Hall at our Newcastle Centre where students can access our specialist collection of texts. We provide information on a variety of other available resources. MSc Students also have access to the Northern Guild e-library.



### Freudz Café

At the Northern Guild's training Centre in Newcastle, we have an on-site café that offers good coffee, specialty teas and a range of hot and cold food, drinks and snacks. With sufficient notice, Freudz Café is able to cater for special diets.

### How to find us or contact us

Both of our Newcastle and Teesside Centres are conveniently located near to main roads, railway stations (or Metro stations) and are close to International Airports. The full address of each site is as follows:

#### Teesside

77 Acklam Road  
Thornaby  
Stockton-on-Tees  
TS17 7BD

#### Newcastle

83 Jesmond Road  
Newcastle-upon-Tyne  
Tyne and Wear  
NE2 1NH

Our phone numbers are **0191 209 8383** and **01642 309302**.

Our Email [info@northernguild.org](mailto:info@northernguild.org) or [courses@northernguild.org](mailto:courses@northernguild.org)

Our Websites <http://www.northernguild.org/> and <http://counselling.northernguild.org/>