

NORTHERN GUILD PSYCHOTHERAPY AND COUNSELLING  
*Established 1983*

# PROSPECTUS

## 2026/27



# 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)

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 40 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 require 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
- Core Training is offered at weekends or weekday evenings to help fit in with your existing arrangements, although some training falls outside of these times.
- 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
- Recognition of Prior Learning (RPL) 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 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 691 9126.

# Contents

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<b>Open Evenings</b> .....	<b>5</b>
<b>About our Courses</b> .....	<b>5</b>
Training Routes .....	6
More than a training course .....	6
Aims of training .....	6
Entry requirements .....	7
Foundation Course.....	7
Recognition of prior learning (RPL) .....	8
How to Apply .....	8
<b>Counselling and Psychotherapy – Generic courses</b> .....	<b>9</b>
Foundation Course (Evening and Weekend options) .....	9
Diploma in Counselling (Evening training route) .....	10
Diploma in Counselling (Weekend training route) .....	11
<b>Counselling and Psychotherapy with Adults</b> .....	<b>12</b>
Diploma in Psychotherapeutic Counselling (Weekday Evening training route) .....	12
Diploma in Psychotherapeutic Counselling (Weekend training route) .....	14
Diploma in Psychotherapy .....	16
<b>Counselling and Psychotherapy with Children and Young People</b> .....	<b>18</b>
Diploma in Psychotherapeutic Counselling with Children & Young People (Weekend Route).....	18
Diploma in Psychotherapeutic Counselling with Children & Young People (Evening Newcastle) ...	20
Diploma in Child Psychotherapy .....	22
Post Qualifying Diploma in Child or Young Person Psychotherapy .....	24
<b>Professional Development at Northern Guild</b> .....	<b>27</b>
Continuous Professional Development .....	27
Professional Development Courses .....	28
Certificate in Clinical Supervision Skills & Diploma in Clinical Supervision Skills .....	28
Skills and Competencies for working with Children & Young People .....	29
Specialist Modules and Seminars .....	30
<b>Training with us</b> .....	<b>31</b>
Frequently Asked Questions .....	31
Accreditation .....	34
Professional Registration .....	34
Careers .....	35

Career Profile .....	36
Funding .....	36
<b>About us .....</b>	<b>37</b>
Statement of Equality and Diversity .....	37
Our Training .....	38
Training, Therapy & Supervision Centres .....	38
Library Facilities .....	38
How to find us .....	38

## 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 usually 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 or visit our website.

- 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. Many of 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 professional accreditation and you can discuss the various options with us if you need further information.

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 accreditation, 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.

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 normally 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 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 accreditation or a pathway toward it
- 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 academic 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 evidenced by written references 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
- Ability to self-reflect and respond to personal challenge
- Ability to be flexible, responsive and non-defensive
- 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

In addition to the above, there are more specific entry requirements for the Diploma in **Psychotherapy** as follows:

- Graduate level competence. This may take the form of a relevant degree or equivalent vocational qualification in a related field, and/or equivalent life and work experience
- Some understanding of therapeutic work
- Relevant experience of working with people and a genuine interest in working with them

For all courses, evidence of English language competence is required (e.g. IELTS level 6.5 with a minimum of 6.00 in each subtest).

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

This course is aimed at beginners, yet it is also a significant part of the first year of all of our Diploma courses. This makes it easier to progress onto one of our higher training routes if you subsequently decide upon this course of action – a popular option among trainees.

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 or participate in training therapy.

Successful completion of this course results in the award of the Foundation Certificate in Counselling and the potential to progress onto a higher training route.

## About our Courses

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### Recognition of prior learning (RPL)

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 may mean that the cost of your training is significantly reduced. However, there are some initial costs which cover the professional fees relating to evaluating and assessing your prior learning and to developing and formalizing a bespoke training programme. We are not able to offer RPL to count toward BACP accredited courses. If you think that your previous learning may qualify you for RPL 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. We allocate places to successful candidates as soon after interview as possible; courses do fill up throughout the year. Places are limited so **early application is strongly 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 Courses (Generic)

### **Foundation Course – 1 year**

This is an introductory level training course which mainly runs over weekday evenings, with a weekend option if you prefer that.

It is designed for those seeking to become familiar with counselling training prior to making a commitment to a Diploma level course. It is also relevant for individuals who may wish to develop their counselling skills generally. You may also apply to progress on to the Diploma in Counselling training programme at the relevant point.

### **Further Course Information**

- Mainly weekday evening training ● 5.00pm – 9.00 pm
- **Weekend option** if preferred to the weekday evenings
- One three-day daytime workshop
- One-year taught course
- Newcastle Centre for Evening or Weekend option
- Teesside Centre for Weekend option

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

- Provide introductory level Counsellor training in preparation for progressing onto a higher level training route
- Provide community-based learning in a supportive and comfortable environment
- Train students to a standard that supports them to make an informed choice about their next steps in counselling training
- Facilitate personal and professional development

#### **Course Requirements:**

- Attendance at core training sessions (usually one evening per week or eight weekends)
- Prescribed reading & written assignments
- Attend a key workshop (3 days)

#### **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.

## Counselling and Psychotherapy Courses (Generic)

### **Certificate or Diploma in Counselling (Evening) - 2 years**

#### **Accredited by Northern Guild**

The Diploma in Counselling (DC) is a very cost-effective training course which mainly runs over weekday evenings and is designed for those seeking to become a registered member of BACP by preparing for its Certificate of Proficiency examination. It is also relevant for individuals who may wish to develop and expand their counselling skills within either work or vocational settings. You may also apply to progress on to the Diploma in Psychotherapeutic Counselling training programme at the relevant point. You will need to choose the Counselling Practice option in order to progress to the Certificate of Proficiency assessment. If you do not choose the Counselling Practice option then you will enrol onto the Certificate in Counselling rather than onto the Diploma.

#### **Further Course Information**

- Mainly weekday evening training • 5.00pm – 9.00 pm • One three-day daytime workshop
- Two-year taught course • Newcastle Centre

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

- Provide quality, Counselling training in preparation for BACP's Certificate of Proficiency (CoP) examination, if you take the supervised counselling practice option.
- Provide community-based learning in a supportive and comfortable environment
- Train students to a standard that supports them to get onto the BACP Register and practice as a qualified Counsellor, once the CoP is successfully completed
- Facilitate personal and professional development
- Develop opportunities to specialise in a range of work areas

#### **Course Requirements:**

- Attendance at core training sessions (usually one evening per week during term time)
- Prescribed reading & written assignments
- Attend a key workshop (3 days)
- Complete a minimum of 100 hours of supervised Counselling Practice (optional)
- Supervision requirement throughout your Counselling Practice (only required if you take the counselling practice option)
- Prepare for BACP's Certificate of Proficiency if you choose the Counselling Practice option
- Course Assessments
- Online safeguarding training and online data protection training
- Maintenance of a personal and professional journal, including client/supervision log
- An option to complete training therapy

#### **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.

## Counselling and Psychotherapy Courses (Generic)

### **Certificate or Diploma in Counselling (Weekend) – 3 years**

**Accredited by Northern Guild**

The Diploma in Counselling (DC) is a very cost-effective training course which mainly runs over Saturdays and Sundays and is designed for those seeking to become a registered member of BACP by preparing for its Certificate of Proficiency examination. It is also relevant for individuals who may wish to develop and expand their counselling skills within either work or vocational settings. You may also apply to progress on to the Diploma in Psychotherapeutic Counselling training programme at the relevant point. You will need to choose the Counselling Practice option in order to progress to the Certificate of Proficiency assessment. If you do not choose the Counselling Practice option then you will enrol onto the Certificate in Counselling rather than onto the Diploma.

#### **Further Course Information**

- Mainly weekends
- One three-day daytime workshop
- Three-year taught course
- Newcastle or Teesside Centre

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

- Provide quality, Counselling training in preparation for BACP's Certificate of Proficiency (CoP) examination, if you take the supervised counselling practice option.
- Provide community-based learning in a supportive and comfortable environment
- Train students to a standard that supports them to get onto the BACP Register and practice as a qualified Counsellor, once the CoP is successfully completed
- Facilitate personal and professional development
- Develop opportunities to specialise in a range of work areas

#### **Course Requirements:**

- Attendance at core training sessions (usually eight weekends per year)
- Prescribed reading & written assignments
- Attend a key workshop (3 days)
- Complete a minimum of 100 hours of supervised Counselling Practice from year two (optional)
- Supervision requirement throughout your Counselling Practice (only required if you take the counselling practice option)
- Prepare for BACP's Certificate of Proficiency if you choose the Counselling Practice option
- Course Assessments
- Online safeguarding training and online data protection training
- Maintenance of a personal and professional journal, including client/supervision log

#### **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.

## Counselling and Psychotherapy with Adults

### **Diploma in Psychotherapeutic Counselling – 2 years (DPC Evening route)**

The Diploma in Psychotherapeutic Counselling (DPC) is a cost-effective training course which mainly 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**



**Accredited  
Course**

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

#### **UKCP Accredited Course (additional requirements)**



A further year of supervised counselling practice and learning (consolidation year) and 105 training therapy hours 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 counselling practice in line with UKCP training requirements.

#### **Further Course Information**

- Mainly weekday evening training • 5.00pm – 9.00 pm • Some daytime workshops
- Two-year taught course • Newcastle 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 core training sessions (usually one evening per week during term time)
- Prescribed reading & written assignments

## Counselling and Psychotherapy with Adults

- Attend six 3-day workshops (specialist modules)
- Complete a minimum of 150 hours of supervised Counselling Practice (BACP); *there are additional requirements for UKCP accreditation.*
- Supervision requirement throughout training until qualification; this is expected to be a minimum of 45 hours.
- Ongoing Therapy requirement throughout training (UKCP only)
- Counselling Practice Assessments
- Online safeguarding training and online data protection training
- Maintenance of a personal and professional journal, including client/supervision log
- Course Assessments
- Final Oral Assessment undertaken after all practical requirements have been satisfactorily completed.

### **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**

Towards the end of this training programme you may apply to join the Diploma in Psychotherapy (DiP) course. Successful students would then join a consolidation year group (year 3) in order to build up their practice and therapy 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 completed a minimum of 450 hours of counselling practice supervised by Northern Guild, have accrued a total of 450 training hours and completed 105 therapy hours.

## Counselling and Psychotherapy with Adults

### **Diploma in Psychotherapeutic Counselling – 3 years (DPC Weekend Training Route)**

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 (additional requirements)**



The completion of additional requirements 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 counselling practice and 105 training therapy hours in line with UKCP training requirements.

#### **Further Course Information**

Three-year taught course • Mainly weekend training • 10 weekends per year plus workshops  
Choose our Newcastle or Teesside training Centre, although all workshops are in Newcastle  
Some workshops occur during the week and some are 3 days or longer.

#### **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

## Counselling and Psychotherapy with Adults

### **Course Requirements:**

- Attendance at core weekend training sessions (10 weekends per year)
- Prescribed reading & written assignments
- Attend Five 3-day workshops (specialist modules):
- Complete 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 until qualification; this is expected to be a minimum of 50 hours.
- Online safeguarding training and online data protection training
- Ongoing Therapy requirement throughout training (UKCP only)
- Counselling practice assessments
- Maintenance of a personal and professional journal, including client/supervision log
- Course Assessments
- Final Oral Assessment undertaken once practical requirements have been met.

### **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**

Towards the end of this training programme you may apply to join the Diploma in Psychotherapy (DiP) course. Successful students 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 completed a minimum of 450 hours of counselling practice supervised by Northern Guild, have accrued a total of 450 training hours and completed 105 therapy hours.

## Counselling and Psychotherapy with Adults

### Diploma in Psychotherapy – 4 years

#### 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 • Mainly weekend training • 10 weekends per year plus workshops  
Choose the Newcastle Centre (4 years) or the Teesside Centre (first 3 years Teesside then final year in Newcastle, although most workshops are in Newcastle throughout). Some workshops occur during the week as some are 3 days or longer.

#### 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 core weekend training sessions (10 weekends per year)
- Prescribed reading and written assignments
- Attend a termly tutorial
- Workshops (Specialist Modules):
- A minimum of 450 hours of supervised Psychotherapy Practice
- Online safeguarding training and online data protection training
- Ongoing formal Psychotherapy Supervision until qualification; this is expected to be a minimum of 75 hours.

## Counselling and Psychotherapy with Adults

- Ongoing Therapy requirement throughout training; a minimum of 40 hours per year is required
- Observational Mental Health Placement
- Oral Case Presentations
- Maintenance of a personal and professional journal, including client/supervision reflective log
- Continuing supervised psychotherapy work with clients
- Psychotherapy practice assessments
- 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 with their Psychotherapy training.

## Counselling and Psychotherapy with Children and Young People

### **Diploma in Psychotherapeutic Counselling – 3 years Children and Young People (Weekend training route)**

The Diploma in Psychotherapeutic Counselling (DPC) with Children & Young People is a cost effective, manageable training course which is designed for those seeking to become professional counsellors with children and young people. 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**



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

- British Association for Counselling & Psychotherapy (BACP)



On successful completion of the course you will be awarded the BACP Accredited Diploma in Psychotherapeutic Counselling with Children & Young People. Systems are in place to support and enable graduates to prepare for registration as a professional Counsellor with the leading professional bodies. You can achieve UKCP accreditation with the completion of additional requirements.

#### **Further Course Information**

Three-year taught course • Mainly weekend training • 10 weekends per year plus workshops Newcastle or Teesside Centre, although most workshops are held in Newcastle. Some workshops occur during the week as some are 3 days or longer.

#### **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 & Young Person 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 Young People

### **Course Requirements:**

- Attendance at core weekend training sessions (10 weekends per year)
- Prescribed reading & Written Assessments
- Attend Five 3-day workshops (specialist modules)
  
- Online safeguarding training and online data protection training
- A minimum of 150 hours of formal supervised counselling practice with children (*there are additional requirements for UKCP registration*)
- Counselling practice supervision requirement throughout training until qualification; this is expected to be a minimum of 50 hours.
- Ongoing Therapy requirement throughout training (UKCP only)
- Maintenance of a personal and professional journal, including client/supervision log
- Counselling Practice Assessments
- Final Assessment Modules: 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**

Towards the end of this training programme you may apply to join the Diploma in Child Psychotherapy (DiP) course. Successful students 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 Child Psychotherapeutic Counsellor. In order to do so they must have completed a minimum of 450 hours of counselling practice supervised by Northern Guild, have accrued a total of 450 training hours and completed 105 therapy hours.

## Counselling and Psychotherapy with Children and Young People

# Diploma in Psychotherapeutic Counselling

## Children and Young People (Newcastle Evening 2-year route)

The Diploma in Psychotherapeutic Counselling (DPC) with Children & Young People course is a cost effective, manageable training route which runs mainly on weekday evenings and is designed for those seeking to become professional counsellors with children and young people. 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



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

- British Association for Counselling & Psychotherapy (BACP)

On successful completion of the course you will be awarded the BACP Accredited Diploma in Psychotherapeutic Counselling with Children & Young People.

### UKCP Accredited Course (additional requirements)



A further year of supervised counselling practice and learning (consolidation year) and the completion of 105 therapy hours can lead to registration as a UKCP Registered Child Psychotherapeutic Counsellor. To be eligible for UKCP registration the Counsellor must have completed 450 hours of supervised counselling practice in line with UKCP training requirements.

### Further Course Information

Two-year taught course • Mainly weekday evening training • Located in Newcastle  
Some workshops run during the day over a weekend and/or weekday.

#### 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 & Young Person 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 Young People

### **Course Requirements:**

- Attendance at core training sessions (one evening per week during term time)
- Prescribed reading and Written Assessments
- Attend Six Workshops (specialist modules):
- Online safeguarding and online data protection training
- A minimum of 150 hours of formal supervised counselling practice with children
- Maintenance of a personal and professional journal, including client/supervision logs
- Counselling practice supervision requirement throughout training until qualification; this is expected to be a minimum of 50 hours.
- Ongoing Therapy requirement throughout training (UKCP only)
- Final Assessment Modules: 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**

Towards the end of this training programme you may apply to join the Diploma in Child Psychotherapy (DiP) course. Successful students would then join a consolidation year before moving onto the year 4 DIP weekend 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.

## Counselling and Psychotherapy with Children and Young People

### Diploma in Child Psychotherapy – 4 years

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 young people and have the opportunity to research your work. The Diploma in Child Psychotherapy combines both Child and Young Person 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 one of the few accredited UKCP Child Psychotherapy training outside of London**, you will be awarded the UKCP accredited Diploma in Child Psychotherapy.

#### Further Course Information

Four-year taught course • Mainly weekend training • 10 weekends per year plus workshops  
Choose either our Newcastle Centre (4 years) or the Teesside Centre (first 3 years Teesside then final year in Newcastle, although most workshops are in Newcastle throughout). Some workshops occur during the week as some are 3 days or longer.

#### 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 core weekend training sessions (10 weekends per year)
- Prescribed reading and written assessments
- Attend a termly tutorial
- Attend a number of Specialist Modules (Workshops)
- 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 400 hours with children and 50 hours with adults.

## Counselling and Psychotherapy with Children and Young People

- Psychotherapy practice supervision requirement throughout training until qualification; this is expected to be a minimum of 90 hours.
- Ongoing Therapy requirement throughout training; a minimum of 40 hours per year
- Written assessment requirements
- Oral Case Presentation
- Psychotherapy practice assessments
- On-line safeguarding & Data Protection training
- Maintenance of a personal and professional journal, including client/supervision logs
- Brief Research Project into the student's clinical practice
- Final Assessments

### **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 Young People

# Post Qualifying Diploma in Children & Young People Counselling / Psychotherapy

## UKCP Accredited Course



Working therapeutically with Children and Young People 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 over 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 Children & Young People 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 young people. 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 young people 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 young people.

### **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 Young People

### **Individual Learning Plan**

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

When drawing up the **Individual Learning Plan** with a senior tutor 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/Young Person Psychotherapists or Psychotherapeutic Counsellors. Depending on your experience and previous training it generally takes between one and two years to gain this Diploma.

### **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 Modules (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 supervision 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, Story & Metaphor and The Journey of Life.
- Prescribed reading and some written assignments. Written work will be kept to a minimum, in recognition of that already undertaken
- Enhanced DBS checks
- Final Written and Oral Assessments

### **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 Young People

### **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 young people 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 Written and Oral Assessments

### **UKCP Registration**

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

### **Training Costs**

There is an application fee of £275. This partly covers the processing of your application, a professional consultation / interview, an in-depth assessment of your prior learning and experience, the development of your bespoke learning route and the preparation of your Offer Letter.

Owing to the bespoke nature of each individuals' learning route, an indication of the complete cost of training is not available until after the offer letter is produced. Most of the elements of such a training plan will be taken from the standard training courses and the costs will generally be in line with those.

### **How to Apply**

Please apply in writing for the attention of the Course Director, enclosing a short cover letter, the PQ DiP & RPL 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 691 9126 or email [courses@northernguild.org](mailto:courses@northernguild.org). You can also see us online at <http://www.northernguild.org>.

## 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:

- Dreams and Dreaming
- Post traumatic Embitterment Disorder
- Using Imagery and Metaphor
- Sand Tray Therapy
- Trans-generational Transmission of Trauma
- Psychotherapy with Traumatized Children
- The Development of Professional Standards

We also specialise in therapeutic work with children and young people.

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)

It is important to maintain regular CPD after you have qualified as a counsellor or psychotherapist. This helps you to keep your skills and knowledge up to date and contributes to client safety.

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 691 9126 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:

- Post Qualifying Diploma in Child Psychotherapy
- Post Qualifying Diploma in Child Psychotherapeutic Counselling
- Certificate in Clinical Supervision Skills
- Diploma in Clinical Supervision Skills

### Certificate in Clinical Supervision Skills & Diploma in Clinical Supervision Skills (UKCP Accredited)

This UKCP Accredited Course is 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.

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

## Professional Development at Northern Guild

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 practice as a supervisor, some of these hours can be accrued via supervised supervision at the Northern Guild if necessary
3. A log of your supervision experience
4. Attendance at six advanced training days at Northern Guild, scheduled every other academic year.
5. Ten hours supervised supervision by a Northern Guild recognised supervisor together with a satisfactory report from that supervisor
6. A satisfactory recording of a supervision session of 15 minutes duration
7. Satisfactory completion of a 2,000 word paper on supervision in which the philosophy, theory and methodology of supervision are demonstrated
8. A report from your supervisor indicating whether or not they endorse your suitability for the Award.

Criteria 2 – 8 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 & Young People**

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 young people 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 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.**

## Professional Development at Northern Guild

### **Specialist Modules and Seminars**

The list of our courses is regularly updated on our website. 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:

#### **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.

#### **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 (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 Child Within (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. The first year of our Diploma courses (also referred to as the 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:** Many of our counselling courses are accredited by BACP, UKCP or both and our psychotherapy courses are accredited by UKCP. Our introductory courses are accredited by Northern Guild but some of these are designed to help you get onto the BACP Register via its Certificate of Proficiency Assessment.

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

**A:** 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. It is possible to take a course to add a child or adult qualification to the initial one. For the full requirements of this 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, education and other statutory settings.

**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. We accept payments from a student's employer, from a member of a student's family or from other individuals or organisations who are providing funding.

**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. We have several students who live in the South of England, Scotland, Wales and Northern Ireland and they travel to us on a monthly basis.

**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 Recognition of Prior Learning (RPL) criteria, or you have other suitable learning, you may be able to get parts of the training accredited through RPL. Although Northern Guild does not award RPL toward a BACP accredited qualification, it does accept applications for our UKCP accredited training routes. Please note that UKCP restrict the amount of RPL 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.

## Training with us

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**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 at Level 5/6 whereas the Diploma in Psychotherapy is at 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 **strongly recommend** that you apply earlier enough to secure your place on the course. We usually begin conducting interviews in January.

**Q: Can I complete the counselling / clinical practice element of the course in my local area?**

**A:** Yes you can if it is available in your area, although all such practice must be completed within the United Kingdom (UK). This is in order to ensure compliance with the terms of our insurance arrangements.

**Q: Will any of the training be taught online?**

**A:** Some of the course may be taught online, although it is envisaged that the vast majority of learning will be “in person”. The rules and regulations around online training are continuing to evolve and it is anticipated that there will be ongoing changes to the guidelines over the next few years.

**Q: How much of the course do I need to attend?**

**A:** The course is divided into several broad areas of training as follows: Core Training Evenings or Weekends, Specialist Modules / Workshops, your placements (practice), supervision of practice, training therapy and some other miscellaneous elements which are particular to your chosen course. The minimum attendance requirement for core training and workshops is 80% and for everything else it is 100%. Opportunities to catch up on missed sessions are available in later years. It is recommended that you attend 100% of the whole course because we believe that this gives you the best opportunity to succeed in your Final Assessments.

## Training with us

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### **Q: Can I study with Northern Guild if I live abroad?**

**A:** Yes if you have residency status here in the UK. However, Northern Guild is not able to become a licensed Government sponsor for tier 4 student visas, so, overseas students will be required to establish the right to live and study in the UK through another means, (such as the skilled worker visa). You will also need to be able to speak, read, write and understand English. All counselling or clinical practice must be completed in the UK.



### **Accreditation**

Our professional Diploma courses can lead to registration with the principal UK governing bodies. The Diploma in Psychotherapeutic Counselling (DPC) course is accredited by BACP (British Association for Counselling & Psychotherapy). The same applies to the Diploma in Psychotherapeutic Counselling with Children & Young People course, **the first BACP accredited child specialist course in the North East**. Our Psychotherapy Diplomas, both Adult & Child specialisms, are accredited by UKCP. 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, many of 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.

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, psychotherapy 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.

## Training with us

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All counselling trainees must become student members of BACP within the first month of starting their course so that ethical compliance is with BACP.

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 Children & Young People UKCP
- European Association of Counselling

## 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. 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).

## Training with us

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### 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) 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.

## Funding

The main source of funding is our interest free payment programme. This allows trainees to spread their fees over a period of time without any interest being paid.

We also accept payments from the employers, families and friends of those wishing to study at Northern Guild.

Northern Guild is also associated with UKCP which runs a Trainee Bursary Scheme from time to time.

## 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

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-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.

## About us

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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.

### Training, Therapy & Supervision Centres

Training normally takes place at our Newcastle and Teesside Centres. Each building is Victorian in design and they were built in the 1860s. They are bright with high ceilings and original features and 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.

For those living further afield, training therapy and a proportion of your supervision is available by Zoom (online). Other training may also be delivered online – this is a developing area so we expect to make further changes in the coming months and years.



### Library Facilities

We have both an onsite library and an online library where students can access our specialist collection of texts. We provide information on a variety of other available resources.

### 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 number is **0191 691 9126**.

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/>