

Integrative Therapeutic Counselling Advanced Diploma (level 5)

Jill Hedley MBACP (Accred); MNCPS (Accred registrant); MA Counselling; MA Education; Post Graduate Diploma in Psychotherapy; BA in Education and Training (Hons); Dip Psychotherapy; Certificate in Education; Diploma in Life Coaching; Diploma in Supervision



Reflections
Counselling & Training

This course holds Accredited training recognition with the National Counselling and Psychotherapy Society (NCPS).



This course holds the quality mark with AIM Qualifications and Assessment Group.



The Director is an accredited professional registrant of BACP and an accredited registrant of NCPS.



Registered Member
MBACP (Accred)



NATIONAL
COUNSELLING &
PSYCHOTHERAPY
SOCIETY



Reflections
Counselling & Training

Qualification Overview

- ▶ This qualification contains 8 units which are delivered over a two year period.
- ▶ The programme is designed in an integrative way with Person Centred being the core relational underpin of this study, coupled with a blend of Psychodynamic, Cognitive Behavioural and other Humanistic Theories.
- ▶ This then means you are 'tailoring' the counselling to individual need/preference rather than the client needing to 'fit' with the model offered.



Reflections
Counselling & Training

In year 1

- ▶ Unit 1 - Core Unit: Person Centred Theory
- ▶ Unit 2 - Applying Theory to Practice
- ▶ Unit 3 - Integration of Humanistic, CBT and Psychodynamic schools
- ▶ Unit 4 - Diversity, cultural awareness and legal aspects in practice.

All units are mandatory and must be studied in year 1 (level 4).



Reflections
Counselling & Training

In year 2

- ▶ Unit 5 - Working with Grief and Loss
- ▶ Unit 6 - Working with Trauma
- ▶ Unit 7 - Introduction to Research in Counselling
- ▶ Unit 8 - Personal and Professional Development integrated with Supervised practice.

You must pass all 8 units to achieve the Advanced Diploma qualification (level 5).



Reflections
Counselling & Training

This course meets the SCoPEd competency framework (column A/group A) coupled with the BACP and NCPS competency frameworks.

The Scope of Practice and Education framework (SCoPEd) is a ground-breaking shared standards' framework, developed by six Professional Standards Authority accredited bodies, including BACP, NCPS and ACC.



Reflections
Counselling & Training

Assessment methods

Delivery and assessment will include:

- ✓ assignments
- ✓ skills practice/applied theory work
- ✓ large and small group work
- ✓ training group supervision sessions
- ✓ a summative case study of a range of clients with a range of issues and log of trainee supervised practice that reflects **100** client hours.



Reflections
Counselling & Training

- ▶ The 45 week course is 450 guided learning hours across the two years; the 38 week course is 456 guided learning hours across the two years. Face to face attendance is mandatory.
- ▶ Inclusive of training supervision and regular tutorials both individual and small groups which is additional to your placement supervision.



Reflections
Counselling & Training

- ▶ This qualification has been written and copyrighted by Reflections Counselling and Training Limited.
- ▶ This qualification holds the Quality mark with AIM, a highly recognised awarding body nationally. This means they visit once a year to sample work and monitor the quality of delivery, assessment, student experience, policies and procedures of the organisation, staffing levels and their CPD.



Reflections
Counselling & Training

An independent External Examiner is also commissioned to monitor the occupational counselling competency which links to the quality of the teaching delivery which is critical.

You are required to be a student member of BACP, NCPS or ACC for the duration of our course. Once you qualify this then offers flexibility of becoming a full member of either BACP or NCPS, or ACC; this does not just restrict you to just one choice.



Reflections
Counselling & Training

With NCPS, graduates will be able to apply for Accredited Registrant membership once qualified/training has been successfully completed.

Individuals then would need to evidence further criteria in order to apply for Accredited Professional Registrant (see NCPS website) however in brief: 450 supervised client hours, 3 years' experience from date of first supervised client.



Reflections
Counselling & Training

With BACP, graduates will be able to apply to undertake their Certificate of Proficiency in the first instance. Once achieved you will then be listed on the BACP register.

Individuals then would need to evidence further criteria in order to apply for Accredited Professional Registrant (see BACP website) however in brief: 450 supervised client hours, 3 years' experience from date of first supervised client.



Reflections
Counselling & Training

Once you complete this two year course you can then apply for Registrant membership with either BACP (MBACP) or NCPS (MNCPS Accred) which simply means you are a qualified counsellor who has achieved the registration requirement.



Reflections
Counselling & Training

Accreditation does often cause confusion. This course has the flexibility to enable you to work towards this option with either professional body (BACP via the 4.2 accredited professional route or the NCPS have an accredited professional route).

The BACP CoP is available to any graduate who has not completed a BACP accredited course but who's course supports the criteria for Registration.



Reflections
Counselling & Training

The director and owner of Reflections Counselling and Training has over 35 years experience in the field of Health and Social care practices (28 years in the counselling field) and is an accredited professional member with BACP and an accredited registrant member with NCPS.

Jill's professional attainments reflect her commitment to high levels of performance and ensure this course is delivered to a qualitative standard and abides by key recognised professional bodies requirements.

Jill holds not just a MA in Counselling (lv 7), and a Post Graduate Diploma in Psychotherapy (lv 7) but also a MA in Education (lv 7) and a Supervision qualification (lv 7) to ensure that standards are of the highest.



Reflections
Counselling & Training

This in conjunction with being an individual accredited member with BACP and an accredited member with NCPS which is an added bonus with quality assurance for course delivery and practitionership.

This stands this practitioner course and her so far ahead in this competitive training field.

A continued strive to be the best she can be.



Reflections
Counselling & Training

Testimonials

"I studied with Reflections Counselling and Training and completed the level 5 Advanced Diploma in Integrative Counselling in 2018. I have been working as a paid counsellor since completing the course and know that the course fully prepared me for this role.

Jill was extremely supportive throughout the course, encouraging reflective practice and with an emphasis on personal development too. With a focus on the final year on units such as Trauma and Grief, we learned a lot about the key issues that many clients present with in the real world. This prepared me so much in my role working to support clients as I had the knowledge and understanding about these areas, including the theoretical underpin of how to work with these issues. In addition to this, as we had spent time in class learning, discussing and reflecting on our own experiences, this led to a deeper understanding of how this can impact people. The course also prepared me for working with a range of different therapeutic approaches meaning I can be more adaptable and can provide short or long term support.

Overall, I would highly recommend Reflections and Jill as a training provider to become a counsellor. The courses Jill runs, fully prepares students for being a counsellor." (Google review, E. Russell, 2021)



Reflections
Counselling & Training

Testimonials continued

“I completed my level 5 Integrative Counselling Course with Reflections & it was a fantastic experience. I have continued to work in the field since qualifying and it is a hugely satisfying role. Be aware the programme requires some intense self discovery - well my experience did - that should not be taken lightly, however the results are worth it and the support provided along the journey is exceptional!” (Google review, Luke, 2021)



Reflections
Counselling & Training

Testimonials continued

"I completed my level 5 Integrative Therapeutic Counselling Advanced Diploma with Jill at Reflections and it was the best decision I've ever made! I've since secured employment as a counsellor and absolutely love what I do. Learning about the different theories, as well as a variety of mental health problems, was so interesting and Jill makes everything easy to understand and is always there to offer extra help if needed.

This course also offers the opportunity for self reflection which taught me a lot about myself. I found this incredibly beneficial and I am now much more confident than I was beforehand. Jill is a fantastic teacher, and an even better person. She is kind, supportive, and encouraging and I would thoroughly recommend Reflections to everyone." (Google review, Georgia H, 2021)



Reflections
Counselling & Training

Testimonials continued

“Reflections is the best training provider I have ever had the pleasure to use. The Reflections team are simply outstanding! They are caring and supportive...nothing is too much trouble.

Having completed my Level 3 with them and now coming to the end of my first year of the level 5, I can honestly say that there is no other provider that I would rather have taken this journey with.” (Google review, Charlotte F, 2021).



Reflections
Counselling & Training

Testimonials continued

“We just wanted to say thank you Jill. We wouldn’t have got to where we are now if it wasn’t for you and your support.” (EP and LP, facebook review, 2021)



Reflections
Counselling & Training

Testimonials continued

"I have just finished a lv 5 Integrative Counselling course with Jill Hedley of Reflections Counselling and Training Limited, and she was an inspirational and life enhancing tutor.

I can thoroughly recommend her to anyone who is thinking of undertaking the training to become a counsellor!" (Facebook review, E.James, 2016)

Take a look at some of our recent google reviews too... a 5 star rating by google.



Reflections
Counselling & Training

Autumn Venue

✓Wearfield Enterprise Park East, Wessington Way, Sunderland, is the venue for this 2 year period; held Mondays 9.30-4.30pm; 38 weeks (9th September 2024 start)

Or

✓West Denton Community Centre, Newcastle is the venue for this 2 year period; held Mondays 9.30-4.30pm; 38 weeks (9th September 2024 start)



Reflections
Counselling & Training

Autumn Venue continued...

- ✓ The Clervaux Exchange, Business and Conference Centre, Jarrow; is the venue for this 2 year period; held Tuesdays 4-9pm; 45 weeks (3rd September 2024 start)

Or

- ✓ The Clervaux Exchange, Business and Conference Centre, Jarrow is the venue for this 2 year period; held Fridays 9.30-4.30pm; 38 weeks (13th September 2024 start)

*Courses can only run with viable numbers



Reflections
Counselling & Training

Autumn Venue continued...

- ✓ The Town Hall Business and Conference Centre, Wallsend, North Tyneside is the venue for this 2 year period held Wednesday 9.30am-4.30pm; 38 weeks (11th September 2024 start).

*Courses can only run with viable numbers



Reflections
Counselling & Training

Autumn Venues continued...

- ✓ Great Park Community Centre, Newcastle upon Tyne is the venue for this 2 year period held Wednesdays 9.30am-4.30pm; 38 weeks (11th September 2024 start)
- ✓ Great Park Community Centre, Newcastle upon Tyne is the venue for this 2 year period held Thursday 5th September or Thursday 4pm-9pm; 45 weeks (5th September 2024 start)

*Courses can only run with viable numbers



Reflections
Counselling & Training

The weeks that are taught through the traditional school holidays (ie on the 45 week delivery model) are delivered via zoom in accordance with a blended delivery approach via BACP and NCPS guidelines (this is stated on their websites) to enable you to remain at home regarding any family commitments. Couldn't be more flexible!



Reflections
Counselling & Training

- ▶ We currently have three year 2 lv 5 classes being taught at: The Clervaux Exchange, Business and Conference Centre, Jarrow and Great Park Community Centre, Newcastle. In conjunction with two year 1 lv 5 classes and a range of lv 2 and lv 3 provision either face to face and/or via zoom. This is in addition to our Diploma in Supervision lv 5 course for qualified counselling practitioners.
- ▶ As well as The Clervaux Exchange, Business and Conference Centre, Jarrow, other venues for previous groups have been: Woodlands Hall, Wide Open, Newcastle and Great Park Community Centre, Nr Gosforth.



Reflections
Counselling & Training

Payment

- ▶ Cost is £2,200 per year; payable by monthly standing order instalments (weekly or fortnightly standing order payments are also an option). **Note: you are still responsible to pay this full amount should you decide to leave part way through.**
- ▶ Non refundable deposit of £400 to be paid in advance of the start date (directly after interview and offer of a place); this confirms your acceptance and is non refundable. Then 12 monthly payments of £150 (day of the month to suit you; April – March or Sept – Aug each year pending the course you are enrolled on). There are no education loans available for this course. Please just monitor compare the significant price difference when an educational loan is involved.



Reflections
Counselling & Training

Required Attendance

- ▶ Weekly attendance is expected to then enable you to apply, to complete, the individual accreditation requirements – playing ‘catch up’ at this level is a challenge and valuable individual and group experiential learning is ‘lost’ and your individual accreditation requirements will become hindered.
- ▶ Zoom class is an option for those who have to intermittently isolate but **not** an alternative to face to face class attendance. You will be asked to exit the course where attendance and/or payments are not meeting the required expectation.
- ▶ Option of 2 tutors/guest speakers to deliver across both years as the programme is co taught at this level in line with BACP and NCPS.



Placements

- ▶ A counselling placement is required to enable you to accrue 100 hours (approx 50% DNA rate).
- ▶ Aim for placements who provide integrative supervision to reduce your costs; you will need a minimum of supervision fortnightly (1-8 ratio; this will need to increase depending on client hours); fees can range from £25 – £50.
- ▶ Some placements offer free 1 hour a month and you would be expected to fund the remainder (a minimum of 13 supervision sessions is required). Ask about their public liability insurance too.



Reflections
Counselling & Training

Personal Counselling

- ▶ You will need to undertake a minimum of 10 hours of personal counselling across the two year period (fees as previously stated).
- ▶ Reflections Counselling and Training have a database of preferred counsellors and/or supervisors who are known to the organisation and some are willing to offer a student discount rate which you would need to fund.



Reflections
Counselling & Training

Classes will always be pending learner enrolments and viable numbers to deliver the course.

You will require a visual recording device, for example, lap top or ipad for classroom skills recording (units 1, 2 and 3 in year 1); access to a printer is critical as is access to zoom with a working camera.

Our 45 week courses offers the flexibility of zoom during the traditional school half terms to alleviate any concerns with regards childcare.

Note: Reflections reserve the right to not deliver should insufficient numbers be the case and to decline applications when entry requirements and key criteria are not met.



Reflections
Counselling & Training

- ▶ Any questions so far...please email Jill or ring her.



Reflections
Counselling & Training

If you are still interested in enrolling on this programme ...

- ✓ Confirm by email and complete an application form which will be emailed to you.
- ✓ Individual interviews are usually in small groups; face to face at Jarrow.

***Bring with you photographic ID to the first class**

*(Classes run with smaller numbers to enable personal development to occur and in depth discussions on the theory delivered so places are limited. Class delivery is dependent; on numbers to make the course viable to run).



Reflections
Counselling & Training

Please identify on the application form which venue is your preferred choice and second choice).

If your lv 3 is not successfully achieved you could be asked to leave this programme of study until your lv 3 is finalised and certificated by your provider.



Reflections
Counselling & Training

Once you have been successfully offered a place on the programme...

- ▶ Please pay the deposit (non refundable) to secure your place and set up your direct debit for the first month of the course; date in the month to suit you.



Reflections
Counselling & Training

Reflections do not offer pre-planned open evening events for all to just simply attend. Instead, we offer a more personal approach to fit around you.

So, if you do wish to visit us and meet with some of our current students then this can be arranged on a more personal level.

This is in line more with the approachable individualised ethos of our company.



Reflections
Counselling & Training

Any questions please email jillhedley.reflections@gmail.com
or ring Jill on 07900457894

You can visit us at:

Website: <https://www.reflections counselling and training.co.uk/>

and/or

Facebook:

[https://www.facebook.com/ReflectionsCounsellingandTraining
Limited/](https://www.facebook.com/ReflectionsCounsellingandTrainingLimited/)

Or follow us on:

Twitter: <https://twitter.com/CTReflections>



Reflections
Counselling & Training



Reflections

Counselling & Training

Any questions

Thank you and I look forward to hearing from you to discuss your interest.