

Integrative Therapeutic Counselling Advanced Diploma (level 5)

Jill Hedley MBACP (Accred); MNCS (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



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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.



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.



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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.



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This course meets the SCoPED competency framework (column A/group A) coupled with the BACP and NCS 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, NCS and ACC.



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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.



- ▶ 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.
- ▶ This is taught, in line with BACP professional body guidance (BACP require a minimum of 450 guided learning hours to enable you to complete your own individual accreditation)
- ▶ Inclusive of training supervision and regular tutorials both individual and small groups which is additional to your placement supervision



- ▶ 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.



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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 for the duration of our course. Once you qualify this then offers flexibility of becoming a full member of either BACP or NCS or ACC; this does not just restrict you to just one choice.



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This course is taught, in line with both BACP and NCS professional body guidance (both BACP and NCS require a minimum of **450 client hours** to enable you to complete your own individual professional accreditation which can **only occur 3 years post qualifying** – this is stated clearly on both BACP and NCS websites – in the interest of transparency please take a look before making your decision as information can become confusing).



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Note you are **not** automatically **professionally accredited** once you complete the course for **any** of the counselling courses nationally as **450 client hours need to be accrued first.**

BACP offer the Certificate of Proficiency to become a full registered member once you qualify. Then you can become part of the BACP register. NCS enable you to become a full registrant member once you qualify. This is what NCS mean when they refer to accredited. You are still not professionally accredited at this stage.

Futuristically, professional accreditation is the next step in the process once your two year course is complete. Further assignments and case studies need to be worked through to achieve this recognised standard. BACP and NCS websites clearly identify this – **please visit their websites and view this.**



Once you complete this two year course you can then apply for full student membership with either BACP (MBACP) or NCS (MNCS Accred) which simply means you are a qualified counsellor who has achieved the registration requirement. **Your professional practice is not yet accredited...** further work is needed to achieve this higher professional practitioner level.

You would complete your BACP Professional Accreditation or NCS's Accredited Professional Registrant status alongside the support of your counselling supervisor as they need to also complete paperwork to confirm you are working to ethical and legislative standards.



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 NCS have an accredited professional route).

Being a student member of BACP leaves the option open to do the Certificate of Proficiency which, as previous shared, is what you require to join their professional register.

As shared earlier, your options remain open with this course in an ever changing world of counselling.



The director and owner of Reflections Counselling and Training has over 34 years experience in the field of Health and Social care practices (27 years in the counselling field) and is an accredited professional member with BACP and an accredited registrant member with NCS. 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. This in conjunction with being an individual accredited member with BACP and an accredited member with NCS 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 that cannot currently be matched by any other. A continued strive to be the best she can be.



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)



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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)



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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)



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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).



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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)



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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.



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Autumn Venues

- ✓ The Clervaux Exchange, Business and Conference Centre, Jarrow is the venue for this 2 year period; held Fridays 9.30-4.30pm; 38 weeks (8th September 2023 start)

Or

- ✓ The Clervaux Exchange, Business and Conference Centre, Jarrow; is the venue for this 2 year period; held Tuesdays 4-9pm; 45 weeks (5th September 2023 start)



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Autumn Venues continued...

- ✓ The Clervaux Exchange, Business and Conference Centre, Jarrow is the venue for this 2 year period; held Monday 2-9pm; 38 weeks (11th September 2023 start)

*Courses can only run with viable numbers



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Autumn Venues continued...

- ✓ Great Park Community Centre, Newcastle upon Tyne is the venue for this 2 year period held Thursday 4pm-9pm; 45 weeks (7th September 2023 start)
- ✓ Great Park Community Centre, Newcastle upon Tyne is the venue for this 2 year period held Friday 9.30am-4.30pm; 38 weeks (8th September 2023 start)

*Courses can only run with viable numbers



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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 NCS agreement (this is stated on their websites) to enable you to remain at home regarding any family commitments. Couldn't be more flexible!



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A glimpse of our training room at Jarrow; learner stations; 2 metres between each learner station covid safe...



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- ▶ We currently have two 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 three 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 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.



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; 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.



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 NCS requirements.



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 – £45
- ▶ 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



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.



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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 (pending isolation rules Government guidance and our 45 week delivery).

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.



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



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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 however may be via zoom due to current covid situation pending Government direction.

***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).



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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.

Note: all interviews are usually scheduled to occur at The Clervaux Exchange, Jarrow face to face or via zoom current climate pending.



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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.



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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.



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

You can visit us at:

Website: <https://www.reflectionscounsellingandtraining.co.uk/>

and/or

Facebook:

[https://www.facebook.com/ReflectionsCounsellingandTraining
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Any questions

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