



The Sherwood Psychotherapy Training Institute

Foundation Access Course

Foundation Access Course

Part-time programme over 6 months

Group A: 8th Jan 2018 – 18th Jun 2018

This popular **12-day course**, spread over six months, is designed to give you the opportunity to:

- Experience training at the Sherwood Institute before deciding on a career in Counselling or Psychotherapy.
- Develop counselling skills and personal growth, in a relational and experience-based learning environment (for people from other professions and other psychological disciplines)
- Find out about the counselling and psychotherapy process and the role of the therapist within this.
- Learn about and test out study skills designed to facilitate independent and co-operative learning as appropriate to continuing to a higher level course.
- Encourage exploration of self-awareness for your own personal growth.
- Identify and practice communication skills and techniques.
- Develop awareness of personal values, ethics, culture and diversity and how these are relevant to counselling and psychotherapy.
- Achieve an entry level award required for the BACP accredited BSc (hons) in Counselling & Psychotherapy degree (where applicants do not currently possess a level three / equivalent qualification)

There is an emphasis on personal development with frequent opportunities to work in small and large group settings. The course provides a general introduction to personal growth, the field of counselling and psychotherapy, as well as the chance to be guided and supported while developing academic skills.

As well as being informed by the above, it will also be uniquely shaped by the particular needs of the group members.

Assessment is through self, peer and tutor evaluation. There is an optional academic writing component. This attracts a separate fee to cover additional tutorial support and marking.

Richard Kettley, UKCP Registered Psychotherapist, MBACP

MSc Person Centred Counselling & Psychotherapy

Programme Leader Foundation Access Course Tutor: ABC Counselling Concepts



Richard is a person-centred psychotherapist with experience of working in a variety of settings in Nottingham and across the county. He has recently been a Research Fellow at Nottingham Trent University on a project collaborating with the mental health charity, Mind, and is developing further research. Richard has a private counselling practice and also a long association with the local charity, ISAS. He is a Visiting Tutor on the Person-Centred Masters course at Sherwood and is delighted to be involved in the Counselling Concepts and Foundation Access courses. This brings together his twin passions for counselling and teaching, offering opportunities for further self-discovery and reflexivity.



Foundation Access Course

Training Dates: Mondays (9.30am – 3pm)

| | | | |
|---------------------|---------------------|---------------------|----------------------|
| (1) Mon 8 Jan 2018 | (4) Mon 19 Feb 2018 | (7) Mon 9 Apr 2018 | (10) Mon 21 May 2018 |
| (2) Mon 22 Jan 2018 | (5) Mon 5 Mar 2018 | (8) Mon 23 Apr 2018 | (11) Mon 4 Jun 2018 |
| (3) Mon 5 Feb 2018 | (6) Mon 19 Mar 2018 | (9) Mon 7 May 2018 | (12) Mon 18 Jun 2018 |

<http://www.spti.net/students/downloads.shtml>

Each day includes a discussion/personal development group, theory input and skills practice. These will all be based around a particular theme making them self-contained.

Topics will include:

- Introduction
- Personal Values and Ethics
- Culture/Diversity
- Humanistic/Person Centred Approach
- Transactional Analysis Theory
- Gestalt Theory
- Psychodynamic Theory
- CBT Theory
- Spirituality in Counselling
- Loss and Experiences of Grief
- Integration of Approaches
- Self-Care and Endings

Standard Tuition Fee: £706*

*An additional fee of **£87** will be charged for the optional academic component (if undertaken).

| Tuition Fees | | | |
|--|--|---|--|
| Deposit <i>Required to secure place</i> | £100 | Without Academic Component, 12 days training £706 <i>No essay requirement</i> | With Academic Component, Additional fee of £87 £793 <i>Extra tutorials & 2x marked essays</i> |
| Full Course Payment <i>Due by 20th December 2017 or</i> | £606 | Fee - Deposit (£706 - £100) | Fee - Deposit (£793 - £100) |
| Instalment Plan Costs (after payment of the required £100 Deposit) | | | |
| 20 Dec 2017 <i>Instalment 1</i> | £217 | | £246 |
| 20 Feb 2018 <i>Instalment 2</i> | £217 | | £246 |
| 20 Apr 2018 <i>Instalment 3</i> | £217 | | £246 |
| Totals | Total Cost <i>(Inc. £45 Instalment Admin Charge)</i> | £751 | Total Cost <i>(Inc. £45 Instalment Admin Charge)</i> |
| | | | £838 |

Please note that two references are required for this course. Application materials (The SPTI **application form** and **reference request form**) can be downloaded from our website:

<http://spti.net/courses/foundation.shtml>

For more information, please contact **Shelley or Ben** in Admissions:

The Sherwood Psychotherapy Training Institute

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