



SPTI: The Sherwood Psychotherapy Training Institute  
**Foundation Access Course**

## **Foundation Access Course**

*Part-time programme over five months*

### **Group A: 18<sup>th</sup> Nov 2019 – 30<sup>th</sup> Mar 2020**

This popular **12-day course**, spread over five 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**  
**Tutor: MSc Person Centred & Experiential Psychotherapy**



*Richard is a person-centred psychotherapist and trainer 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 Tutor on the Person-Centred Masters course at Sherwood and has been delivering training on the Counselling Concepts and Foundation Access courses since 2016. 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)

<b>(1)</b> Mon 18 Nov 2019	<b>(4)</b> Mon 16 Dec 2019	<b>(7)</b> Mon 03 Feb 2020	<b>(10)</b> Mon 16 Mar 2020
<b>(2)</b> Mon 25 Nov 2019	<b>(5)</b> Mon 06 Jan 2020	<b>(8)</b> Mon 17 Feb 2020	<b>(11)</b> Mon 23 Mar 2020
<b>(3)</b> Mon 02 Dec 2019	<b>(6)</b> Mon 20 Jan 2020	<b>(9)</b> Mon 02 Mar 2020	<b>(12)</b> Mon 30 Mar 2020

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

**Standard Tuition Fee: £706\***

This fee covers the full academic programme of 12 training days and the SPTI certificate. Please note that 80% attendance is required to pass the programme.

**Academic Component: £87\***

All applicants are welcome to add the optional academic component by paying the additional fee of **£87**. Applicants are only required to undertake this additional study which includes 2 x marked assignments if they are wanting to progress onto the BSc programme and do not already possess a level 3 / equivalent or higher. The academic component is designed to aid students who need experience of writing academic assignments for further clinical training.

Tuition Fees			
<b>Deposit</b> <i>Required to secure place</i>	<b>£100</b>	Without Academic Component, 12 days training <b>£706</b> <i>No essay requirement</i>	With Academic Component, Additional fee of <b>£87</b> <b>£793</b> <i>Extra tutorials &amp; 2x marked essays</i>
<b>Full Course Payment</b> <i>Due by 20 October 2019 or</i>	<b>£606</b>	<b>Fee - Deposit</b> (£706 - £100)	<b>Fee - Deposit</b> (£793 - £100)
<b>Instalment Plan Costs (after payment of the required £100 Deposit)</b>			
20 Oct 2019 <i>Instalment 1</i>		£217	£246
20 Jan 2020 <i>Instalment 2</i>		£217	£246
20 Mar 2020 <i>Instalment 3</i>		£217	£246
<b>Totals</b>		<b>Total Cost</b> <i>(Inc. £45 Instalment Admin Charge)</i>	<b>Total Cost</b> <i>(Inc. £45 Instalment Admin Charge)</i>
		<b>£751</b>	<b>£838</b>

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 Admissions:

**SPTI: The Sherwood Psychotherapy Training Institute**

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