



ABC Level 2 Award in Counselling Concepts

A 30-hour programme – Spring Term 2019 – Evening Attendance

Wed 6th February 2019 – Wed 10th April 2019 (10 x Wednesdays 6pm-9pm)

This ABC Awards accredited qualification provides a recognised introduction to counselling concepts and skills. It also provides opportunities to enhance a range of verbal and communication skills which can be utilised in many work environments. This GCSE level equivalent (Level 2) course is open to all and will be of interest to you if:

- You would like to enhance and improve your verbal and communication skills
- You would like to experience working in groups of different sizes
- You would like to enhance your career prospects through extra qualifications
- You would like a realistic understanding of the nature of counselling training
- You are undertaking voluntary work or work in the care sector
- You are seeking a career change
- You are returning to study
- You would like to enhance your self-awareness

The course consists of three units:

Unit 1 The Professional Context of Counselling: which includes counselling concepts and three most commonly applied counselling approaches: Psychodynamic, Person-centred and Cognitive Behavioural Therapy (CBT).

Unit 2 Communication Skills in Helping Relationships: six basic counselling skills are introduced, and students are supported to apply the skills competently in small group practice sessions.

Unit 3 Personal Development: where students are supported to reflect on their learning of theory, practice and of themselves in each of the five journal entries.

Assessment and resources: The course is assessed through written work in the course handbook and reflective journal, skills practice sessions and has an 80 % attendance requirement. Resources are accessed via Moodle, the SPTI e- learning site. Students therefore need access to a computer and to be competent in word processing to complete written work.

The course is taught by a team of experienced and qualified counselling specialists and trainers who include:



Emma Vryenhoef, UKCP Registered Psychotherapist
Programme Leader: ABC Awards Counselling Concepts
Tutor: SPTI Foundation Access Course

Emma is a psychotherapist and supervisor with a small private practice, she has experience of managing a successful counselling service in the third sector. As a tutor and programme leader on the ABC Counselling Concepts and Foundation courses she particularly enjoys the opportunity to work across different therapeutic modalities. Emma has experience working with survivors of sexual violence and abuse, and she has a long-standing relationship with the work of Nottingham Women's Centre. Although Emma's initial training is in the person-centred approach she draws on systemic theories and holds a strong commitment to social change as essential to her work. Emma has a special interest in commissioning of mental health services, organisational dynamics and the impact of these on client experience. Her research interests also include collaborative approaches to assessment, note taking, and service design and evaluation.



Richard Kettley, UKCP Registered Psychotherapist, MBACP
MSc Person Centred Counselling & Psychotherapy
Tutor: ABC Awards Counselling Concepts
Programme Leader: SPTI Foundation Access Course
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.



Anissa Chung, Reg. MBACP accredited, UKCP Registered Psychotherapist
MSc Integrative Psychotherapy & Counselling, Dip Supervision (SPTI)
Tutor: ABC Awards Counselling Concepts
Tutor: MSc Person Centred & Experiential Psychotherapy

Anissa is an experienced therapist and a qualified supervisor. She has a well-established private practice for adults and has also worked with young people in a school setting. Her approach is Integrative, with a focus on the developmental-relational model. As a trained EMDR therapist, she also works with issues of trauma. In 2010, Anissa joined the Sherwood Institute as a trainer. Her passion is to enhance personal development in both students and clients alike. She finds it exciting to accompany those who want to explore their own journey and experience the possibility of personal growth and transformation.

Full payment, application form and submission of a **satisfactory reference** are required to secure a place on the course, as places are allocated on a first come first served basis

Course fee: £350 – Fees include the registration charge with ABC Awards and the official certificate.

Course dates: <http://spti.net/Downloads/TrainingDates/18CABC2e-Dates.pdf>

Date	Workshop No
Wednesday 06 February 2019	1
Wednesday 13 February 2019	2
Wednesday 20 February 2019	3
Wednesday 27 February 2019	4
Wednesday 06 March 2019	5
Wednesday 13 March 2019	6
Wednesday 20 March 2019	7
Wednesday 27 March 2019	8
Wednesday 03 April 2019	9
Wednesday 10 April 2019	10