



Foundation Access Course

Part-time programme over five months

Group A: 16th Nov 2020 - 29th March 2021

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

- Experience training at the SPTI 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) 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. Along with being informed by the above, it will also be uniquely shaped by the particular needs of the group members.

During ongoing Covid-19 restrictions, this programme will be delivered via a blend of some or all of the following teaching styles: online video conferencing, face-to-face delivery and distance learning. We will be guided by the latest official guidance from the UK Government and other relevant authorities to ensure a Covid secure environment for our students and staff.

Assessment and resources: The Foundation Access Certificate will be awarded on minimum 80% attendance and the successful completion of a portfolio, which consists of workshop specific questions covering an overview of counselling approaches, a reflective journal, a record of practical skills sessions feedback and development, self and peer assessments, and a personal development profile (PDP). Resources are accessed via Moodle, the SPTI e-learning site. Students therefore need access to a computer, the internet and be competent in word processing to complete written work.

Students will also need access to a computer with either a webcam or a laptop with an inbuilt camera, or tablet/phone with a front facing camera in preparation for video conferencing, along with a quiet workspace and the time to attend the online learning.

The course is taught by a team of experiences and qualified counselling specialists and trainers including Jen Holland, whose profile can be found overleaf.



Jen Holland, BACP Registered Psychotherapist
Tutor: Introductory Courses
ABC Awards Counselling Concepts & SPTI Foundation Access Course

Jen joined SPTI in 2019, to assist the team with teaching on the Foundation Access and Counselling Concepts courses. Jen is a person-centred counsellor, having completed her MA in Person Centred Experiential Psychotherapy in 2018. She is currently funded by the BACP to complete her PhD research into person-centred therapy and trauma. Her interest in research began when she was involved in setting up and running a research clinic, offering long term free counselling. She also has an interest in therapeutic communities and encounter groups, both as a member and facilitator. When she's not doing this, she can be found in her small private practice in Stamford, Lincolnshire. Jen decided to pursue a career in counselling following the birth of her son seven years ago, prior to this she owned a coffee shop. Undertaking a counselling certificate started out as a curious endeavour, but quickly turned into a lifetime passion for her.

Training Dates: Mondays (9.30am – 3pm)

(1) Mon 16 Nov 2020	(4) Mon 14 Dec 2020	(7) Mon 01 Feb 2021	(10) Mon 15 Mar 2021
(2) Mon 23 Nov 2020	(5) Mon 04 Jan 2021	(8) Mon 15 Feb 2021	(11) Mon 22 Mar 2021
(3) Mon 30 Nov 2020	(6) Mon 18 Jan 2021	(9) Mon 01 Mar 2021	(12) Mon 29 Mar 2021

<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: £730*

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 essays if they are wanting to progress onto the BSc programme and do not already possess a level 3 / equivalent or higher qualification. The academic component is designed to aid students who need experience of writing academic assignments for further clinical training.



Tuition Fees			
Deposit <i>Required to secure place</i>	£100	Without Academic Component, 12 days training £730 <i>No essay requirement</i>	With Academic Component, Additional fee of £87 £817 <i>Extra tutorials & 2x marked essays</i>
Full Course Payment <i>Due by 20 Oct 2020 or</i>	£630	Fee - Deposit (£730 - £100)	Fee - Deposit (£817 - £100)
Instalment Plan Costs (after payment of the required £100 Deposit)			
20 Oct 2020	<i>Instalment 1</i>	£219	£248
20 Jan 2021	<i>Instalment 2</i>	£219	£248
20 Mar 2021	<i>Instalment 3</i>	£219	£248
Totals		Total Cost <i>(Inc. £27 Instalment Admin Charge)</i>	Total Cost <i>(Inc. £27 Instalment Admin Charge)</i>
		£757	£844

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:
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