



ABC Level 2 Award in Counselling Concepts

A 30 hour programme – **Spring Term 2021 – Evening Attendance**

Wed 10th February 2021 – Wed 14th April 2021 (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 level 2 (GCSE level of study) course is open to all and will be of interest to those who:

- Would like to enhance and improve their verbal and communication skills
- Would like to experience working in groups of different sizes
- Would like to enhance their career prospects through extra qualifications
- Would like a realistic understanding of the nature of counselling training
- Are undertaking voluntary work or work in the care sector
- Are seeking a career change
- Are returning to study
- Would like to enhance their 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.

Workshop delivery: 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 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 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 experienced and qualified counselling specialists and trainers whose profiles can be found overleaf:



Emily Bellaby-Pearson, UKCP Registered Psychotherapist
Programme Leader: Introductory Courses
ABC Awards Counselling Concepts & SPTI Foundation Access Course
Tutor: BSc Skills Tutor

Emily is a UKCP accredited psychotherapist with an MA in Humanistic Person Centred Psychotherapy. She qualified in 2005 and has worked in a variety of settings including Nottingham city schools and the NHS. Emily qualified as a clinical supervisor in 2018 and now manages a private practice providing psychotherapy, counselling and supervision to individuals, couples and groups.



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.

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: £360 – Fees include the registration and official certificate charges with ABC Awards.

Course dates: <http://spti.net/Downloads/TrainingDates/20CABC2e-Dates.pdf>

Date				Workshop No
Wednesday	10	February	2021	1
Wednesday	17	February	2021	2
Wednesday	24	February	2021	3
Wednesday	3	March	2021	4
Wednesday	10	March	2021	5
Wednesday	17	March	2021	6
Wednesday	24	March	2021	7
Wednesday	31	March	2021	8
Wednesday	7	April	2021	9
Wednesday	14	April	2021	10