



# Level 5 Certificate in Counselling / Working Therapeutically with Children & Young People

## CPD Training (Level 5) - September 2019 to July 2020

This CPD training is closely based upon the essential knowledge, skills and competences identified by the **BACP** for counselling children and young people & delivered under the **ABC Awards & Certa Awards Quality Licence Scheme**

### Designed for those with:

Either 90 hrs prior basic counselling skills training (L3+ CPCAB / other)  
OR a recognised L4+ counselling Diploma  
OR sufficient appropriate past/current experience of providing emotional support to under-18s

### PLUS

A minimum of prior L3+ prior learning (in any subject) and the capacity to undertake 2 essays assessed at L5

### Venue:

Professional Development Centre, Highlands Campus, JE4 8QJ

### Length:

9 x Friday/Saturdays over 10 months (18 training days + personal study) 108 hours CPD

### Assessment:

Two 3000-word essays (Level 5) externally moderated;  
Reflective Learning Journal & Viva Voce on 50+ hrs under-18s practice.

### Cost:

Private or organisationally funded  
For 2019-20 course fee, please contact I'm OK, You're OK  
Payment by monthly instalment option  
10% deposit to reserve a place  
12% automatic reduction on future courses for graduates!

### Award outcomes (dependent on prior qualifications/training):

Level 5 Certificate in Therapeutic Working with Children and Young People  
OR  
Level 5 Post-Qualifying Certificate in Counselling Children and Young People  
These are both endorsed by ABC & Certa Awards

### Dates:

Sept 20/21; Oct 18/19; Nov 29/30; Jan 24/25; Feb 28/29; Mar 27/28;  
May 8/9; June 5/6; July 3/4

### Course details:

**Please see below / reverse for more information**

Who will be leading the training?

**Lisa Nel BA(Comb) Hons,  
PGCE, A.Dip. Int. Couns., Dip.  
Couns. Children &  
Adolescents  
MBACP (Accred)**



Lisa has 30 years' experience in teaching, counselling and training. She founded I'm OK, You're OK Counselling and Training Ltd to offer professional emotional and mental health support for children, young people, families and education staff. I'm OK, You're OK has developed robust age-appropriate models of school-based counselling, well-being INSET training, family work, supervision and CPD training for counsellors and other professionals. Lisa is motivated by a great enthusiasm for continuing to learn and share what works best and is a strong advocate of compassionate self-care.

### Overview

There are 9 training weekends, one weekend per month over 10 months (every month except April). Teaching and learning take place through seminars, experiential workshops, group discussions and private study. Self-guided reading, reflection and writing on training themes are an important part of what enables participants to get the most from the course and to pass assessments. A participant not currently counselling under-16s, will need to undertake some independently supervised under-16 client work prior to the final Viva Voce assessment.

### Who is this training for? What is its objective?

- ❖ For Counsellors with either past, current or desired experience of working therapeutically with Children and Young People wishing to deepen their skills and knowledge.
- ❖ For Counsellors with adult-oriented training wishing to acquire the competences to say "Yes" to under-18s work.
- ❖ For other professionals working therapeutically with children who may have different, relevant Accredited Prior Learning (APL).

The main objective is to enhance professional competence and confidence - through deepening the specialist knowledge and its application that underpin clinical governance for safe, effective practice. Growing demand for therapeutic children's mental health support and reduced centralised services make focussed specialist training for children's practitioners increasingly essential. **This training is therefore based closely upon the competences currently identified by the BACP and UKCP required for safe, ethical and effective therapeutic practice with children and young people.**

**For all enquiries, further information and applications:**

See website: [www.imokyoureok.co.uk](http://www.imokyoureok.co.uk)

Email: [lisa@imokyoureok.co.uk](mailto:lisa@imokyoureok.co.uk)

Call at: 07810 441 896

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## Content outline for weekends 1-9:

- 1. Contexts relevant to counselling C&YP:** understanding the child and children's mental health in historical, legal, human rights, cultural, digital and medical contexts - locally, nationally and globally
- 2. Child development & what impacts it:** neuroscience of primary attachments, neurotypical developmental milestones, transitions, disabilities, Adverse Childhood Experiences (ACEs), resilience and strength-based protective factors
- 3. The Law, children's rights & ethical practice:** relevant aspects of the Law & Children's Rights; exploring safeguarding, child protection, confidentiality, contracting and good practice in children's best interests
- 4. The therapeutic process with C&YP:** access, referral, a child's voice, power, youth culture, language & communication, beginnings and endings; assessment, systems (family, peer, school etc.) and how these all impact the therapeutic relationship & outcomes
- 5. Therapeutic approach, interventions and settings:** A Humanistic approach with many different interventions i.e. Person Centred, CBT, Solution-Focussed, TA, Family Work, play and creative interventions etc; adapting adult models; impact of different counselling settings e.g. in the public, private and voluntary sectors
- 6. Common presenting issues in C&YP:** supporting loss, anger, anxiety, shame and different forms of trauma
- 7. Systemic practice:** with families, within schools and other settings, understanding multi-agency roles, CAMHS, mental health labels, medication, record-keeping, data protection, outcomes measures and accountability
- 8. Working with risk:** supporting self-harm, suicidality, eating disorders; harmful sexual behaviours, substance misuse; risk assessment, ethical dilemmas, use of supervision and referral
- 9. Equality, diversity, difference and self-care:** reflective practice when working with difference including cultural, racial, economic, physical, neurological, gender, sexual and other factors; effective therapist self-care; course ending and celebration

Throughout the training: participants will be encouraged to reflect, draw upon and share their own personal and professional experience. A wide variety of non-verbal and creative therapeutic interventions relevant to working with children and young people will be shared with and by everyone within group.

### Assessment:

A Reflective Learning Journal of 500+ words on each course weekend. Two 3000-word essays on course themes, assessed and externally moderated at academic Level 5. A Viva Voce speaking assessment on under-16 therapeutic work plus Supervisor's Report, following the end of the taught course and within 1 year of weekend 9.

### Outcomes:

Full attendance provides 108 hours of CPD training and successful completion of the assessments leads to (depending upon prior qualifications) either a Level 5 Certificate in Counselling / or a L5 Certificate in Working Therapeutically with Children and Young People, endorsed by ABC Awards & Certa Awards, under their Quality Licence Scheme. Due to the vulnerable nature of this client group, participants will also need to provide evidence of current Enhanced Disclosure and Barring Service status linked to C&YP client work before the qualification can be awarded.

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I have found Lisa to be enthusiastic, engaging and wonderful Tutor -thank you for such challenging, informative, inciteful and expanding tuition.

Emma Le Monnier,  
Well-Being Practitioner  
2019

I am thoroughly enjoying this course!  
Lisa is so knowledgeable and the course content so rich and relevant.  
Sarah Gray, 2019  
Founder -You Matter

**Application and Referee forms** can be downloaded from:

<http://www.imokyoureok.co.uk/l5-certificate-in-counselling-working-therapeutically-with-children-young-people.html>

After receipt of a completed application, qualifying applicants are invited to an interview, which also provides the opportunity for you to find out more about the training and assessment to be sure that this is right for you. A place is offered following a successful interview and receipt of two suitable references.