

# Introductory Certificate in Counselling Children & Young People (QLS L5)



- Designed for:** Counselling and Psychotherapy students (2<sup>nd</sup> year / later) **and** qualified practitioners wishing to practise with C&YP
- In brief:** 30 hours certificated training in the basic professional competences identified by BACP and UKCP which are needed for safe and ethical practice with under-18s
- Running:** In person /online at BCPC January 2023 - June 2023  
10 x Thursday evenings from 6.30-9.30pm (see dates below)
- Cost:** £460 / £500 by instalment, payable to I'm OK, You're OK
- Assessment:** Reflective Journal and 3,000-3,500 word essay, at QLS L5
- Trainer:** Lisa Nel BA(Comb)hons, PGCE, A. Dip Integrative Counselling, MBACP (Accred) ~ Director, I'm OK, You're OK Counselling and Training Ltd.

#### Participant comments:

*"A brilliant introduction to counselling children and young people! ~ Lisa has a wealth of knowledge, insight and experience which are delivered with a very personal touch ~ I have learnt a lot, which has also helped me feel more confident in my adult work ~ Lisa's knowledge is inspiring! ~ The methods of learning were varied so we were kept interested ~ The Google Drive resources are great for future working ~ Very keen to complete the longer course at some point."*

Lisa Nel is a practising Therapist and Supervisor, a Tutor at BCPC & CSTD and delivers a variety of independent CPD training and shorter workshops for counsellors, psychotherapists and other helping professionals in the South West and beyond 😊

**For more information about this QLS L5 Introductory CYP Certificate and all other training, please see the I'm OK, You're OK website:**

**[www.imokyoureok.co.uk](http://www.imokyoureok.co.uk) or call on 07810 441 896**

## Course details

The purpose of this training is to teach the additional competences, knowledge and skills identified by the main professional bodies as essential for under-18s practice. The already unmet need for support by C&YP has been amplified by Covid-19. There just aren't enough CYP practitioners! This training is designed to enable practitioners with focussed adult training to be able to start working with confidence in schools, charities and private settings.

**Designed for** both trainee and qualified counsellors and psychotherapists who wish to work with children & young people. Applications are open to:

- Students currently enrolled on Counselling Diploma or Psychotherapy Training, with sufficient experience of client practice.
- Fully qualified Counsellors and Psychotherapists with adult-oriented training, who wish to feel more professionally equipped to also support under-18s.

Eight essential elements of competency are specified by BACP:

- 1 Ethical and professional practice
- 2 Child protection and safeguarding
- 3 Child and adolescent development and transitions
- 4 Communication with young people
- 5 Beginnings and endings with young people
- 6 Risk assessment
- 7 Mental health and young people
- 8 Working within the context of the counselling setting

**Delivery:** Training is delivered through a combination of lively interactive seminars, discussions and activities, including case study skills practice. The eight required elements (above) extend to wider themes such as children's rights, ethical dilemmas, using therapeutic play and applying some of the latest insights from neuroscience. The training explores the *key differences between counselling adults and children* with the principal objective of supporting participants to feel competent to work with under-18s.

Course content includes and goes well beyond the BACP Part 1 basic competences for counselling 4-18s. Lisa draws from a wide experience of counselling C&YP in Primary and Secondary schools and privately as well as years of delivering counselling training.

**Assessment:** Learning is assessed both formatively, through a reflective training journal and a 3,000-3,500-word assignment (externally assessed at academic level 5), based upon

learning from training sessions and from your reading, reflection and private study. Submission timings are ample as well as flexible wherever life circumstances require.

**Course dates:** Training will take place at BCPC in Bath, in ten Thursday evening sessions, spread over the **Spring and Summer terms**. Dates to be confirmed.

**Session times:** These are 6.30 - 9.30pm. Each session will begin and end promptly, include 2.5 hours' training and a mid-way break of 30 minutes. Since a 6.30pm start may not enable everyone to eat beforehand, the longer break is to allow participants to eat a brought supper (cold or microwaved) and also have some informal time to talk together. Practising self-care is oft-neglected by therapists!

**Handbook, study-time commitment and attendance:** The **Introductory Handbook** contains the programme, recommended reading and detailed assessment guidance. Substantial resources linked to each session are shared online in *Google Drive with lifetime access*. A **minimum of 2-3 hours private study and journaling around each session** is recommended... and the more that you can read around each theme, the more you will gain from the training. **90% attendance is required for a Pass**. However, unavoidable absence can be made up by submitting an additional piece of written work.

**Outcomes:** 30 hours' CPD and a QLS L5 Certificate. Neither the BACP nor UKCP currently accredit shorter courses. So, this training provides rigour and certification via delivery under the [Quality Licence Scheme](#), run by [Skills and Education Group](#).

**Cost:** (payable to I'm OK You're OK Counselling and Training Ltd) is £460 in full or £500 by Direct Debit instalments over 8 months. This includes ten teaching and learning sessions, essay support, marking and certificate. **The cost of training has been kept as low and flexible as possible again for participants this year!**

**Applications:** To apply, just download the relevant **application and reference forms**, available from the Website: [www.imokyoureok.co.uk](http://www.imokyoureok.co.uk). All forms can be completed and sent digitally or as hard copies.

If you have any questions at all do not hesitate to email: [lisa@imokyoureok.co.uk](mailto:lisa@imokyoureok.co.uk) or call me on 07810 441 896. If you decide that this training is what you're looking for, I look forward to hearing from you!

Warm regards,



Lisa Nel BA(Comb)hons, PGCE Adv Dip. Integrative Counselling,  
Dip Counselling Children & Adolescents, MBACP (Accred)

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