



QLS L7 Post-Qualifying Diploma in Counselling Children and Young People for Counsellors and Psychotherapists

In person at BCPC, Bath ~ 9 Weekends ~ September 2022 to June 2023

In-depth CPD training in the additional knowledge, skills and competences identified by the **BACP** and **UKCP** for safe and effective counselling with children and young people under-18.

Designed for:

Qualified Counsellors and Psychotherapists wishing to deepen their CYP knowledge and practice as well as for adult practitioners wishing to extend into working with under-18s

Venue:

Face-to-face at the Bath Centre for Psychotherapy and Counselling (BCPC) Trim Bridge, Bath, BA1 1HD. We continue to offer remote access for anyone isolating due to Covid-19.

Course length:

9 weekends over 10 months (18 training days + personal study)

Cost: £1650 (paid in full) /£1700 by Direct Debit instalments over 9 months. £200 deposit to secure a place offer.

Possible outcomes / assessment processes

9 x CPD weekends ➔ 108 hr CPD certificate

9 x CPD weekends + one L5 essay ➔ 108 hr CPD certificate + QLS L5 Certificate in Counselling CYP

9 x CPD weekends + two L7 essays + 50 hours supervised under-16s practice + Viva ➔ 108 hr CPD certificate + QLS L7 Diploma in Counselling CYP

Course weekend dates 2022-2023

Sept 10/11 - Oct 8/9 - Nov 12/13

Jan 14/15 - Feb 4/5 - Mar 11/12

April 22/23 – May 20/21 – June 24/25

Further information:

Please see contact details below and website www.imokyoureok.co.uk for more course information and participant feedback.

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 of teaching, counselling, supervising and training. She founded I'm OK, You're OK Counselling and Training to develop a range of provision supporting emotional and mental health in children, young people, families and school staff. I'm OK, You're OK provides age-appropriate relational school-based counselling and well-being INSET training, Supervision and CPD training for counsellors and other professionals. www.imokyoureok.co.uk

Lisa has three grown-up children, a partner, dog and a passion for continuing to learn and enjoy life. She believes in developing supportive communities and sharing good practice, as well as practising active self-care.

Overview

This training is delivered under the respected umbrella of the Quality Licence Training Scheme. For more information about this, see:

<https://qualitylicencescheme.co.uk/>

There are 9 training weekends, three per (old) school term. Teaching and learning take place through interactive seminars, experiential activities, group discussions, skills practice and private study. As a post-qualifying course, self-guided reading, reflection and writing on training themes are essential to getting the most from the training and to the assessments.

**QUALITY
LICENCE
SCHEME**

ABC Awards + Certa Awards

Who and what is this training for?

This training is designed for Counselling and Psychotherapy Diploma graduates with past, current or desired experience of working therapeutically with Children and Young People. *Its purpose is to enhance both professional competence and confidence in working with under-18s.*

In the UK today, ever-increasing levels of emotional distress and risk among children and young people alongside reduced centralised services, have heightened the need for skilled practitioners. Specialist additional CYP training is more urgently needed now than ever.

For all enquiries, further information and application process, see:

Website: www.imokyoureok.co.uk

Email: lisa@imokyoureok.co.uk

Or call: 07810 441 896

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Content outline for weekends 1-9:

1. **Contexts relevant to counselling C&YP:** Group formation & contracting; Why additional CYP competences? Understanding the child and children's mental health in historical and current, legal, human rights, cultural, digital and medical contexts - locally, nationally and globally.
2. **Child development & what impacts it:** Brain development; primary attachments and language; Child developmental theories; transitions; Adverse Childhood Experiences (ACEs), Neurodiversity; strength-based protective factors and what helps build Resilience.
3. **The Law, children's rights & ethical best practice:** Using relevant aspects of the Law & Children's Rights to explore consent, capacity, contracts, confidentiality, safeguarding & child protection, as well as ethical dilemmas arising around what is in children's best interests.
4. **Therapeutic settings and processes with C&YP:** Impact of different counselling settings; access, referral, assessment, a child's voice, power, language & communication; beginnings and endings; the systems (family, school, care system, youth culture etc.) which may impact the child and the therapeutic relationship & outcomes.
5. **Therapeutic approaches and interventions:** A broad-based Humanistic approach; adapting adult models like Person-Centred, CBT, Existentialist, TA etc.; Importance of PLAY and creative interventions etc; skills for working remotely
6. **Common presenting issues in C&YP:** Supporting loss, anger, anxiety, shame, ASD and trauma, including developmental trauma from abuse and neglect.
7. **Working with risk:** Supporting CYP presenting with self-harm, suicidality, eating disorders; harmful sexual behaviours, substance misuse; exploring risk assessment, working with others around a child, ethical dilemmas; use of supervision.
8. **Systemic practice and related issues:** With families, schools and other professionals, understanding multi-agency roles, CAMHS, mental health labels, medication, record-keeping, data protection, outcomes measures and professional accountability; supporting CYP in the care system
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: students will be encouraged to reflect, draw upon and share their own personal and professional experience.

A variety of non-verbal and creative therapeutic interventions relevant to working with children and young people will be shared and experienced.

Assessment:

A Reflective Learning Journal of 500+ words on each course day. For the QLS L5 Certificate: One x L5 3000-4000-word essay and for the QLS L7 Diploma: Two 3000-4000-word essays on course themes, externally marked and moderated. To achieve the QLS L7 Diploma there is an additional requirement of 50 hours' appropriately supervised under-16 client work and 45-minute Viva case-study presentation.

Outcomes:

Full attendance provides a 108-hour CPD certificate and successful completion of the relevant assessments leads to either a QLS L5 Certificate or QLS L7 Diploma in Counselling Children and Young People endorsed by the Quality Licence Training Scheme.

Due to the vulnerable nature of the client group, participants will also need to provide a current Enhanced Disclosure and Barring Service certificate linked to C&YP client work before the qualification can be awarded.

"Lisa gives wholeheartedly, offering experience, support, knowledge and resources. Very generous. Julie Mines

"It was inspirational. The trainer is able to hold the group with compassion and gentle leadership. Thank you! Helen Gordon

"The trainer is first class and the levels of support are excellent." Rhianwen Gilson Deputy Director, BCPC

Application and Referee forms downloadable from:

<http://www.imokyoureok.co.uk/one-year-qls-l7-post-qualifying-diploma-in-counselling-children--young-people.html>

Or please feel free to get in touch to find out whether this is the right training for you!