

Introductory CPD Certificate in Counselling Children & Young People (TLS L5)



- Designed for:** Counselling and Psychotherapy students (2nd year / later) *and* qualified practitioners wishing to practise with C&YP
- In brief:** 30 hours certificated CPD training in the basic professional competences identified by BACP and UKCP, needed for safe and ethical practice with under-18s
- Running:** At BCPC in Bath, from **September 2021 to March 2022**
10 x Thursday evenings from 6.30-9.30pm (5 evenings per term)
- Cost:** **£420 / £460 by instalment**, payable to I'm OK, You're OK
- Assessment:** Reflective Journal and a 3,000-word essay (assessed at 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.

Previous 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 One 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 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 TLS L5 Introductory CYP Certificate and all other training, please see the I'm OK, You're OK website:

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, which have been identified by the main professional bodies as needed to be able to work safely and ethically, with CYP under the age of 18.

Designed for both trainee and qualified counsellors and psychotherapists, wishing to practise with children & young people. Designed for:

- Students currently enrolled on Counselling Diploma or Psychotherapy Training, with sufficient experience of client practice (in Year 2 or beyond).
- Fully-qualified Counsellors and Psychotherapists with adult-oriented training, who wishing to support under-18s as well, in either organisational or private settings preferring a shorter, introductory course.

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. The eight required elements cover wider themes such as children's rights, ethical dilemmas, using therapeutic play and some of the latest insights from neuroscience. *Above all, the training will examine the key differences between counselling adults and children.* Some elements, such as (1) Reflective ethical and professional practice, permeate every aspect. The main objective is to support participants to feel competent to begin working with under-18s.

Content includes and goes beyond the BACP Part 1 basic competences for counselling under-18s. With its under-11s curriculum still 'in the pipeline,' the BACP states that learning key differences between working with children (under-11) and young people - (over-11) relies upon the professional experience of the trainer. Lisa's wide experience of counselling CYP in both Primary and Secondary schools, means that this is included.

Assessment: Learning is assessed both formatively, through a reflective journal and summatively, through a 3,000-word assignment (assessed at academic level 5), based upon learning from training sessions and from wider reading, reflection and private study.

Course dates: Training will take place at BCPC in Bath, in ten Thursday evening sessions, spread over the Autumn and Spring terms (5 evenings per term):

Autumn term 2021	Spring term 2022
Thursday 30 September	Thursday 13 January
Thursday 14 October	Thursday 27 January
Thursday 11 November	Thursday 10 February
Thursday 25 November	Thursday 3 March
Thursday 2 December	Thursday 17 March

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, independent study and attendance: The CYP Introductory Handbook contains the programme, recommended reading and detailed assessment guidance. Substantial resources linked to each session are shared online in *Google Drive*. A minimum of 2-3 hours private study and journaling for each session is recommended, but the more that you can read around each theme, the more you will gain from the training. 100% attendance is required for a Pass. However, unavoidable absence can be made up by submitting a short additional written piece of work.

Outcomes: This training is endorsed by leading national vocational awarding body, ABC & Certa Awards, through delivery under their Quality Licence Training Scheme.

Safe and ethical good practice also requires regular Supervision from someone with sufficient experience of counselling the relevant age-group(s) i.e. under-11s / over-11s.

Cost: (payable to I'm OK You're OK Counselling and Training Ltd.) is £420 in full or £460 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, please download the relevant application and reference forms, available from the Website: www.imokyoureok.co.uk. Both forms can be completed digitally and submitted online. If you have any questions at all do not hesitate to email: lisa@imokyoureok.co.uk or call me on 07810 441 896.

Look forward to hearing from you!



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