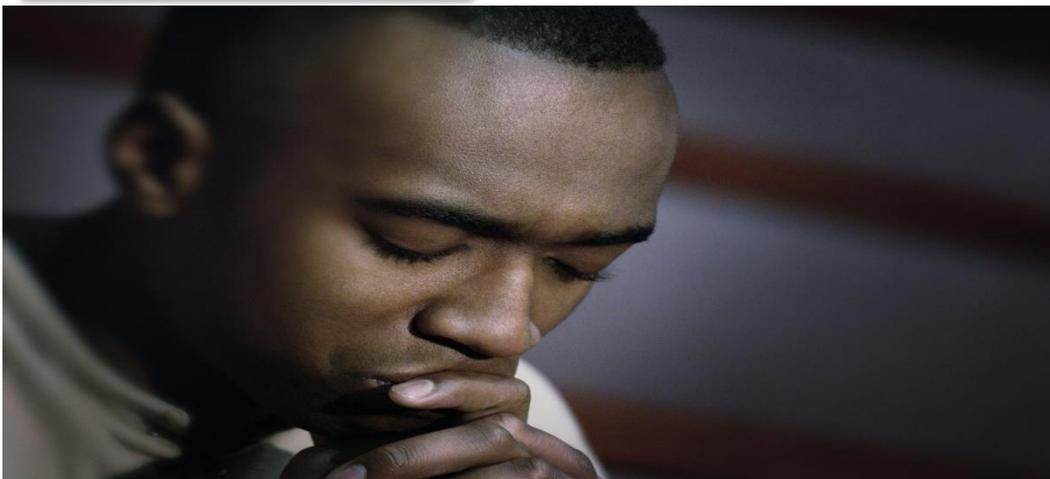




NICE recommended
Counselling for Depression
(CfD) Practitioner Training



About Counselling for Depression

CfD therapy: a summary

“*Counselling for Depression (CfD)* is a specific form of psychological therapy, based on a framework of evidence-based competences. It is a step 3 intervention and recommended for persistent subthreshold depressive symptoms or mild to moderate depression that has not responded to a low-intensity intervention (NICE, 2011). As a collaborative and person-centred form of therapy it recognises that individual clients will not only present differing levels of problem severity but also have varying levels of personal capacity and social resources available to them. Hence the number of sessions needed for clients to achieve their therapeutic goals will vary accordingly. To encompass this variation it is recommended that between 10 and 20 sessions are offered and that within these parameters the number of sessions is tailored to the needs of the individual client.”

(ref: National Institute for Health and Clinical Excellence (May 2011) *Clinical Guideline 123*)

CfD targets the emotional problems underlying depression along with the intrapersonal processes, such as low self-esteem and excessive self-criticism, which often maintain depressed mood. CfD therapy aims to help clients contact underlying feelings, make sense of them and reflect on the new meanings which emerge. This, in turn, provides a basis for psychological and behavioural change. It is a manualised model of practice specifically devised for counsellors working in the IAPT programme.

Why train in CfD?

CfD is one of the four, NICE approved, 'additional modalities' licensed to be provided within IAPT services in order to support 'patient choice' and ensure a range of therapies are available to meet patients' needs. Currently, counselling provision across IAPT services is uneven. Similarly, approaches to practice may vary depending on the individual therapist; CfD training seeks to build on the existing experience and practice of person-centred and humanistic therapists as continuing professional development and align practice with the evidence base for benefit in the humanistic therapies.

Therapists eligible for CfD training

Training is for practitioners with at least an existing diploma in person-centred/humanistic counselling/ psychotherapy and two years post qualification practice experience. Applicants should also be experienced in offering brief interventions to clients with common mental health problems.

CfD training structure, availability and costs from January 2014

CfD counselling training: five-day courses in CfD training are available from Metanoia Institute as the BACP Approved Provider for the Southern Region of the UK . Each trainee must complete the five-day course, plus a subsequent 80-hours of supervised practice, during which recorded client sessions are assessed against the Person Centred Experiential Psychotherapy Scale (PCEPS). The fee for CfD counsellor training is £3200 per delegate, which includes the five-day training course*, three months' supervision of practice (at BACP practice requirements) and assessment of up to six client recordings (minimum of four plus two resubmission opportunities).

CfD supervisor training: qualified CfD counsellors may train as CfD supervisors over two days, consisting of one day distance learning and a one day face-to-face course (plus an assessed practice period). The CfD supervisor training fee is £2400 per delegate, which includes all distance learning materials, two day course* and assessment of recorded supervision sessions from the assessed practice period which will require two recordings that meet the adherence threshold for CfD supervision.

Both counsellor and supervisor CfD training courses are quality assured in accordance with Department of Health approved standards and BACP's CPD Endorsement Scheme.

CfD training and BACP accreditation

Applying for accreditation: BACP counsellor/psychotherapist accreditation applicants may count completed CfD training and CfD practice hours towards the training and supervised practice hours requirements.

Renewing accreditation: Accredited counsellor/psychotherapists and supervisors may use their CfD work towards the CPD requirement when renewing their corresponding accredited status

Senior accreditation: A BACP sector-specific senior accreditation scheme for practitioners in healthcare is available to accredited BACP members. Completed CfD training may be used to apply for this senior status. Further details about this scheme will be available at www.bacp.co.uk/accreditation.

Costs shown include the training course itself; they do not include any associated travel and accommodation costs that trainees may incur.

Counselling for Depression (CfD) counsellor training

CPD Counsellor Training Programme

Counsellors attend a five-day training programme, which includes the following elements:-

- Introduction to the IAPT programme
- Orientation to the Practitioner's Manual
- Theoretical principles and values
- Working with depression
- Working empathically
- Working with an accepting and non-judgemental attitude
- Achieving authenticity
- Working with problematic emotional processes
- Working briefly

Prior to commencing the 5-day training programme counsellors will complete a self-assessment tool to help them compare their existing skills with the competences as set out in the Counselling for Depression clinician's guide. This is essentially a reflective process which helps counsellors identify their training needs. At the end of the 5-day training programme, competence will be assessed by means of a 20 minute role-play counselling session with another member of the training group taking the role of client. These role-plays will be video-recorded and rated by the trainers for their adherence to the Counselling for Depression competences using the Person-Centred & Experiential Psychotherapy Scale (PCEPS).

Following completion of the five-day training course, trainee counsellors must complete 80 hours of supervised practice with CfD clients, They are required to make audio recordings of selected sessions within the 80 hours of practice, which must be anonymised and can also be encrypted for data protection purposes if necessary, for assessment against the PCEPS. The trainees should normally complete the 80 hours of supervised practice within 12 weeks after commencing CfD practice following the five-day training although it is recognised that many people work part time and this may not always be possible. At least two sessions presented for assessment must be with longer term clients (typically ten sessions or above in duration).

Supervision requirements

During the clinical practice period, trainees must be released for supervision with a qualified CfD supervisor as specified by the training provider. Sessions will be either individual and/or as part of a small group, for a minimum of 1.5 hours per month overall and at a frequency of one session at least every 2 weeks. All clients from the 80 hours of clinical practice should be presented for discussion in supervision. CfD supervisors will monitor their supervisees' adherence to the Counselling for Depression competences, work with their assessment feedback and provide a supervisor report at the end of the practice period to evidence their engagement in the supervisory process.

Assessment process

During the period of supervised clinical practice, trainees select and submit four audio-recorded counselling sessions for assessment. Each of the sessions should be from a different client, two of the four being from clients in the later stages of therapy (typically ten or more sessions, although there is scope of some flexibility if the counsellor works to longer or shorter client contracts). Each session must meet the PCEPS threshold for therapy adherence. In cases where recordings fail, trainees will have two opportunities to resubmit - i.e. four of a maximum of six recordings must meet the threshold.

NB: It is essential that permissions for the following are secured in advance of this application being submitted for assessment:

- release of applicant to attend the five-day CfD counsellor training
- release of applicant to attend CfD supervision throughout the 12 week assessed practice period
- release of all CfD client material for use in supervision
- recording and release of selected CfD client material for assessment

If a trainee is unable to meet the requirements for supervision and/or assessment, they will be withdrawn from the training programme.

All applicants for this CfD counsellor training must ensure that:

- all sections of the application form are completed
- completed Line manager and supervisor statements are enclosed with the application form
- the application form arrives for selection no later than the given deadline date

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Trainee CfD Counsellor Person Specification

Essential	Desirable
Qualifications and professional status	
<p>Diploma in person centred or humanistic counselling or psychotherapy</p> <p>Evidence of working towards BACP Counsellor/Psychotherapy accreditation or equivalent</p>	<p>Postgraduate qualification in humanistic or person centred counselling or psychotherapy</p> <p>Current BACP counsellor/psychotherapy accreditation or equivalent</p> <p>Qualification to provide clinical supervision to counsellors and psychotherapists (e.g Certificate or Diploma in Supervision)</p>
Experience	
<p>Minimum two years post qualifying experience to providing brief counselling to clients with common mental health problems, particularly depression</p>	<p>Experience of providing clinical supervision to counsellors and psychotherapists in organisational settings</p>
Other	
<p>Opportunity to undertake 80 hours of client practice with depressed clients</p> <p>Support of Line Manager to participate</p> <p>Support of Supervisor to participate</p> <p>Support of SHA/Commissioner to participate</p>	<p>Not specified</p>

For full details of CfD counsellor training, please follow this link:

[IAPT/NHS Curriculum for CfD](#)

For further dates, details and application forms please visit:

<http://www.metanoia.ac.uk/programmes/special-interest/counselling-for-depression/>

or contact Cristina Soares at Cristina.soares@metanoia.ac.uk

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