

Diploma / BA(hons) in Person Centred Counselling



**Start Date:
September 2019**

Metanoia Institute

13 North Common Road
Ealing, London, W5 2QB
Telephone: 020 8579
2505
Fax: 020 8832 3070
www.metanoia.ac.uk

Faculty Head: Heather Fowle
Programme Leader: Charles Olivier
Middlesex University Link Tutor: Anne Worthington

Introduction

This programme will provide you with a strong knowledge base and the expertise to practice as a person-centred counsellor. It is designed to equip students with a set of relational competencies which have application across the ever-broadening range of settings with which counselling is being practiced.

**Validated by Middlesex University
Programme Leader: Charles Oliver**

This programme offers a rigorous and broad-based training leading to a Diploma and BA (Hons) in person-centred counselling.

The total length of this programme is four years. This course entails three taught years, followed by a dissertation module. Students are required to complete all aspects of the programme within seven years of starting it. Middlesex fees will be payable in years 1, 2 and 3, but not during the dissertation module when the dissertation would usually be written up and the viva voce/oral examination completed).

Please note that it is possible for a student to follow this course without also taking the BA (Hons), however, very few students elect to do this as the requirements for both the diploma only course and the combined BA (Hons) and diploma course are exactly the same.

Please note that this course leads to BACP accreditation. It is also eligible for a Disabled Students Allowance (where applicable) and for Student Loans. The course administrator will be able to help you with your eligibility for any of the above.

Philosophical basis of the BA (Hons) Programme

The person-centred approach builds from the belief that it is neither possible nor helpful to try to be the expert on another person's experience.

Counselling is seen as a collaborative relationship in which the counsellor strives to relate to the whole person of the client. In this way, we create the conditions where more of the client's own subjective feelings and experiences are available to their awareness and new emotional meanings can emerge. Thus the 'self' of the counsellor is a

crucial aspect of the approach and hence a major emphasis within the training.

The training is focused upon both personal and professional development, so in addition to striving for theoretical clarity and practice excellence, there is a strong emphasis upon personal awareness and development.

The person-centred approach has a sixty year plus history, developing as a response to the reductionist and deterministic approaches of existing schools of therapy. The founder of the approach, Carl Rogers, felt that in reducing people to their component parts other approached missed something fundamental about the experience of being human. He also felt that it was neither possible nor helpful to try to be the expert of another person's experience. The approach therefore seeks a holistic view and entails both counsellor and client striving to make real human contact

Awards on completion of programme

- 360 Credits achieved at levels 4, 5 & 6
- BA (Hons) in person-centred counselling awarded by Middlesex University Metanoia Clinical Diploma in person-centred counselling leading to BACP accreditation.

Please note you need to have accrued 450 hours before you can apply for BACP registration



Training Design for Person-Centred Programme

This course aims to support students to develop as sophisticated person-centred counsellors familiar with issues and approaches used in a variety of settings

The overall aims of the course are:

- To facilitate a thorough and experiential knowledge of person-centred counselling.
- To provide in-depth understanding of person-centred counselling theory and practice.
- To emphasise self-directed learning and self-support in order to establish high standards of competence.
- To facilitate an understanding of person-centred counselling within the context of other approaches to counselling and psychotherapy and its potential contribution to political and social issues.
- To enable the student to become a competent person-centred counsellor.

Overview of the BA(Hons) Years in Person-Centred Counselling.

BA (Hons) Year 1: (100 Credits at Level 4)
Philosophy of the Person-Centred Approach+Ethical Framework for Counselling and Counselling in the Wider Context.

The first five units in BA (Hons) Year 1 provide an introduction to person-centred philosophy and theory and an appreciation for the ways in which these are practised within the counselling relationship. The second five units, focus on placing this relationship within a wider ethical framework and exploring the responsibilities and necessary awareness and capacities that accompany the provision of such a relationship.



BA (Hons) Year 2: (100 Credits at Level 5)
– Key Issues in Person-Centred Counselling.

The ten units in BA(Hons) Year 2 will encompass an exploration of key person-centred concepts, e.g. the core conditions, stages of process, non-directivity and the actualising tendency. There will be increasing attention paid to the development and use of complex counselling skills, risk assessment and counsellor and client context.

BA (Hons) Year 3: (120 Credits at Level 6)
Professional Practice Issues + Assessment Strategies for Further Professional Practice Development

The ten units in this year will continue to highlight and deepen the ability to understand and embody person-centred philosophy and theory in the counselling relationship. There will be focus on wider context of health care provision and the importance and within this, the application of the BACP Code of Ethics and Professional Practice

Dissertation Module:(40 credits at level 6)

The dissertation module comprises preparation and completion of an 8000- word written dissertation and a viva voce examination reflecting a synthesis of the student's ability to integrate person-centred philosophy and theory, together with attendance at a minimum of three examination preparation days.

Programme requirements

By the completion of the programme students will have met the following requirements:

✦ Formal Teaching: usually 140 hours per year, and a total of 456 hours over 4 years to examination. This includes two tutorials per year, an introductory weekend and 3 exam preparation days.

✦ Personal counselling or psychotherapy with a BACP or UKCP registered person-centred counsellor or therapist for the duration of training is a requirement. This will be of the duration, intensity and frequency of the psychotherapy offered to clients and compatible with the Metanoia person-centred training programme. This needs to be a minimum of 40 face-to-face sessions per year, and over each year of the programme. Ongoing counselling is considered ethical and responsible as well as providing a primary avenue of learning, 'the inner map', which we believe counsellors require in order to embody the person-centred approach. Please note that the cost for personal therapy is not included in the course fees and needs to be funded separately by the student.

✦ Supervised client contact: students can enter the second year of training only when they are considered ready to see clients by their primary tutor. The level of experience of the individual student will mediate the number of clients seen at each stage of their development as clinicians. However, on entering y 2 students need to be seeing at least two clients per week. By the completion of training the student will have undertaken a minimum of 150 hours of client work supervised by the primary supervisor (or placement supervisors providing they are person-centred). Primary supervisors will submit a report every year.

supervision. Please note that the cost for supervision is not included in the course fees and needs to be funded separately by the student, sometimes the placement where the student gains their client hours provides free supervision.

Supervision: regular supervision is an integral part of the person-centred counselling training. For beginners, we recommend some form of supervision weekly, and for all students we require some form of supervision fortnightly. However, as

students build up their client experience, a minimum of one hour of supervision for every six hours of client contact time is essential. All Metanoia students need to arrange supervision with a Metanoia-approved person-centred primary supervisor, in consultation with their primary course tutor. At the point of examination, students need to



have accrued a minimum of 33 hours of supervision. Please note that the cost for supervision is not included in the course fees and needs to be funded separately by the student, sometimes the placement where the student gains their client hours provides free supervision.

✦ Case Discussion Hours: Students are required to arrange expected to undertake at least 70 hours of case discussion hours.

Written work: written projects must be submitted line with the requirements in the handbook. These will count in each case towards the end-of-year assessment. Finally, in order to qualify as a counsellor and to achieve both the BA(Hons) and the /Diploma in person-centred counselling, a case study must be submitted and a viva voce examination taken.

There is regular feedback in the course of the training programme. Each student is also required to keep a record of all results, tutorials etc. There is open communication between Metanoia tutors, supervisors and placement co-ordinators who work together as a team to enable students to get the most benefit from the training and professional development structures.

Award

- 360 Credits achieved at levels 4, 5 & 6
- BA (Hons) in Person-Centred Counselling awarded by Middlesex University
- Metanoia Clinical Diploma in Person-Centred Counselling
- As a BACP registered course, the qualification will lead to BACP registration once 450 hours have been accrued.

Entry requirements

There are no formal entry requirements for the BA (Hons) in person-centred counselling; however, applicants are expected to have some prior relevant experience, together with an interest in working with people.

Introductory Workshop

The workshop is intended to provide participants with an experience of our 'house style' and philosophy of teaching and learning. It is also a part of the assessment process – we assess participants and also ask participants to assess themselves against our criteria. Participants' are also assessing the extent to which our style of training is a 'good fit' for their own learning style.

Please note that this workshop can also be attended ahead of putting in a paper application as sometimes interested applicants want to experience that setting to begin with before committing to a full application. The fee is £225, payable by cheque or debit/credit card over the phone.

Introductory workshop dates for 2018/19

- 2nd & 3rd of February 2019
- 30th & 31st of March 2019
- 6th & 7th of July 2019
- 20th & 21st July 2019

Paper Application and Assessment Interview

Your paper application for the course should include the following:

- A full CV;
- A personal statement outlining why this programme is considered relevant to the applicant's personal and professional development;
- Two references, one academic and one personal/professional;
- Your application will be read by the Programme Leader and/or Assessing Tutor to ensure that basic entry requirements have been met;
- Copy of relevant qualifications

Please note: We cannot process your application if there are no references, or if other required pieces are not included. Therefore, do make sure that a full application is submitted.

Once you have submitted a completed application form which clearly meets our prerequisites and you have completed the Introductory Weekend you will be considered for a final assessment interview. The final interview process takes approximately an hour and a half and involves a small group interview and an individual interview.

Full applications can be submitted before or after attendance at an introductory weekend workshop.

Fees below based on those for the academic year 2019/20

- Diploma in Person Centred Counselling - £4,439
- BA(Hons) in Person Centred Counselling - £5,200

Full paper applications can be submitted before or after attendance at an Introductory weekend workshop.



Course dates for 2019/2020

This course will take place one weekend a month starting in September 2019.

Dates:

28 / 29th September 2019

26 / 27th October 2019

23rd / 24th November 2019

25 / 26th January 2020

22nd / 23rd February 2020

21st / 22nd March 2020

25 / 26th April 2020

23rd / 24th May 2020

27 / 28th June 2020

18 / 19th July 2020

Times: 9.30am to 5.30pm.

For more information concerning the application process email Imogen Thomas, Academic Co-ordinator, at: imogen.thomas@metanoia.ac.uk or call her on her direct line :020 8832 3076

How can I find out more about Metanoia?

You can call or email us. You can go to our website www.metanoia.ac.uk and you are also welcome to visit us. If you would like to visit us after normal office hours, please phone us in advance to let us know.

For more information concerning the application process email Imogen Thomas our Academic Co-ordinator at imogen.thomas@metanoia.ac.uk or call her on 020 8832 3076.



We really hope this leaflet has provided a brief overview of our course.

Please let us know if you have any questions.

We look forward to welcoming you to Metanoia in the near future.