



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

In person at BCPC in Bath ~ 9 Weekends ~ September 2024 to July 2025

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 acquire or to deepen their current CYP knowledge and practice with under-18s.

Venue:

Face-to-face at the Bath Centre for Psychotherapy and Counselling (BCPC) Trim Bridge, Bath, BA1 1HD. While joining in person maximises learning and support, remote access is also offered to those wishing to join from further afield.

Length:

Intro Day + 9 weekends over 10 months
(19 training days - 114 hours' CPD)

Cost:

£1900 (paid in full) /£1990 by 10 x monthly Instalments

Three possible outcomes / assessment processes:

9.5 x CPD weekends ➔ **114 hr CPD certificate**

9.5 x CPD weekends + one L5 essay ➔ 114 hr CPD certificate + **the QLS L5 Certificate in Counselling CYP**

9.5 x CPD weekends + two L7 essays + 50 hours supervised under-16s practice + Viva ➔ 114 hr CPD certificate + **the QLS L7 Diploma in Counselling CYP**

Course weekend dates 2024-2025

Sept 15 (Intro day) - Sept 28/29 - Oct 19/20 - Nov 30/Dec 1

Jan 11/12 - Feb 8/9 - Mar 15/16 -

May 3/4 - May 31/June 1 - July 5/6

Further information:

Please see contact details below and website

www.imokyoureok.co.uk for relevant 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, EMDR (UK & Ireland) MBACP (Accred) NCPS (Snr Accred)

Lisa has 30+ years' experience of teaching, counselling, supervising and training. She has three fab grown-up children, a nutty Spaniel, and grateful for work that she loves.

I'm OK, You're OK Counselling and Training supports the emotional and mental health of children, young people, families and organisations through counselling, training, Supervision and CPD training. Lisa is proud to be leading the new Reflective Supervision in Education training at CSTD Bath.

She also helped Mark Stancombe, to develop a workshop, about Vicarious Traumatization (VT), 'Help for the Helpers' to empower all those in roles supporting others, to know how to look after themselves and stay well. See: www.vicarious-traumatization.com

Who and what is this training for?



This training is designed for adult Counselling and Psychotherapy Diploma graduates who wish **to either acquire or enhance their professional competence and confidence to offer effective therapeutic support to children and young people, in agency, public sector or private settings.**

Worldwide, ever-increasing levels of emotional distress and risk among children and young people alongside reduced services, have heightened the need for more skilled practitioners.

Overview

The course is delivered under the respected UK vocational training *Quality Licence Training Scheme*. For more information, 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, placement work 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 successful qualification.

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

Website: www.imokyoureok.co.uk

Email: lisa@imokyoureok.co.uk

Or call: 07810 441 896



Content outline for course 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 in the Autonomic Nervous System.
- 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:** Rationale for a broad-based Humanistic approach; adapting adult models i.e., Person-Centred, Existentialist, Gestalt, TA etc.; skills for working remotely; Hands-on workshop day using play and creative interventions.
- 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; risk assessment, safeguarding, child protection, working with others around a child, ethical dilemmas; use of supervision and vital importance of self-care.
- 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; understanding vicarious traumatisation and how to build 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 wide variety of non-verbal and creative therapeutic interventions relevant to working with children and young people will be shared and experienced.

Full attendance provides a 114-hour CPD certificate and successful completion of the relevant assessments (detailed below) leads to either a QLS L5 Certificate or QLS L7 Diploma in Counselling Children and Young People endorsed by the Quality Licence Training Scheme.

Qualification Assessment Processes:

QLS L5 Certificate in Counselling CYP:

Reflective Learning Journal of 500+ words on each course day
PLUS one x L5 3000-4000-word essay

QLS L7 Diploma in Counselling CYP:

Reflective Learning Journal of 500+ words on each course day.
PLUS two 3000-4000-word essays
PLUS 50 hours' appropriately supervised under-16 client work
PLUS a 45-minute Online 'Viva' case-study presentation.

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 a qualification can be awarded.

"Lisa, has delivered a vast amount of content in a way that is digestible and interesting throughout the course. She has peppered our learning with her own experiences and has held some difficult and painful moments for many of us with great care. I am also indebted to her for the Google Drive shares – a tremendous resource for this fledgling CYP practitioner."

Emily Lodge
Psychotherapist

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

Helen Gordon
Counsellor

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

To download application forms, go to:

<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!