



The
Counselling
Foundation

Shaping Counsellors, Supporting Minds

Training Prospectus 2026/27

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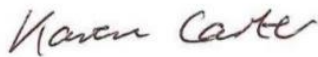
WELCOME FROM THE TRAINING TEAM

Welcome to The Counselling Foundation Training Centre. We very much hope you will enjoy your journey with us and choose a course that feels right for you. We have a range of courses from our ten-week Certificate in Psychodynamic Counselling course which allows you to gain essential life and work skills through to our core professional training and post qualifying courses when you embark on the journey to become a professional BACP registered or accredited counsellor.

Choosing a training provider that is right for you is a critical part of your journey. Come along to one of our open days and meet with staff from across our team alongside current students who can help explain the options that are open to you and what it is like to be part of the Counselling Foundation Community.

Whichever training path you choose, we hope the journey will be beneficial and rewarding to you both personally and professionally. The skills and competencies that you will learn about the way relationships are formed and nurtured will make a difference to you and the people you help. This learning is invaluable in all aspects of daily life, work, rest, and play.

We hope you decide The Counselling Foundation is the right destination for you and we look forward to meeting you and working in partnership with you.



Karen Carter and The Training Team

ABOUT THE COUNSELLING FOUNDATION

The Counselling Foundation - Leading provider of contemporary psychodynamic training and counselling

Training | Counselling | Shaping Counsellors, Supporting Minds

The Counselling Foundation has been established for over 50 years and is one of the UK's leading providers of contemporary psychodynamic training. Our main training suite is situated in the centre of the beautiful cathedral town of St Albans and depending on demand we offer training in other locations in Hertfordshire. We provide a high-quality training programme, designed to produce effective, knowledgeable, and compassionate counsellors, who are able to function confidently in a variety of counselling settings. Our exemplary pastoral care ensures each student is supported throughout their journey with us, and we help them create their own individual career path.

In addition, our professional training enables us to deliver a quality, accessible counselling service that helps people from all walks of life who are looking to process and resolve their psychological difficulties through talking therapy. We are also one of the largest organisations in our area supplying short term NHS counselling to patients who seek support via their GP.

We are an organisational member of one of the largest professional associations for counselling in the UK, The British Association for Counselling and Psychotherapy (BACP). We are proud of our BACP Diploma course accreditation and our counselling service accreditation. With the new industry wide SCoPEd standards having been established, we are excited to be working with BACP at the vanguard of course development that incorporates the necessary competencies, skills and experience for contemporary counsellors in training. Our Diploma Course which maps onto SCoPEd Columns A and B is accredited by BACP.

Our tutors are highly qualified and usually experienced counsellors and successful practising therapists, so they bring with them a wealth of practical and professional knowledge that they can offer our students.

We believe in the power of the psychodynamic approach to facilitate lasting change through deeper self-knowledge. Our courses introduce students to Freud's model and look at key papers and classic texts from leading psychodynamic thinkers. In the same way traditional English Literature is founded on Shakespeare, our aim is to provide students with a similarly firm foundation in seminal psychoanalytic thinking, before offering contemporary papers and discussions relating to areas such as attachment theory, addiction, trauma informed approaches, child development, infant study, neuroscience research and working with difference and diversity. Our aim is to allow our students to begin to develop their own voice and to be flexible and innovative in their approach, whilst adhering to the core ideas of psychoanalytic principles.

We believe a combination of robust contemporary psychodynamic study, combined with practical, experiential learning allows students to develop the skills and knowledge necessary to work effectively with a wide range of clients.

In addition, our students are expected to embark on their own personal therapy journey, to expand their ability to be self-reflective and resilient. Training is a challenging, dynamic process and our courses are designed to ensure that students do not just study psychodynamic theory in isolation, but they will also have had a chance to feel these principles at work in their own therapy, in the personal development group and with their clients. We are passionate about providing high quality training and counselling, and we hope to foster that professional pride and passion in our students as they move forward down their chosen paths.



WHY STUDY WITH US?

Psychodynamic Counselling and Psychotherapy Training

Psychodynamic counselling and psychotherapy use psychoanalytic concepts to understand human growth, development, and psychological disturbances, working on the assumption that everyone has an unconscious mind. The training enables counsellors to gain insight into unconscious patterns, in order to facilitate the possibility of change. The therapeutic relationship is at the heart of the work and is the catalyst for potential growth.

Throughout the programme students will explore the psychodynamic model, how these ideas have evolved and been modified by different psychodynamic theorists over the years and its relevance to today's society using both historical and contemporary evidence-based resources.

The psychodynamic modality forms the basis of many therapeutic approaches and has a substantive evidence base for treatment of a range of psychological issues. NICE also recommends short term psychodynamic therapy for depression.

The Counselling Foundation Training Centre is committed to an integrated learner-centred teaching approach. Its main aim is to support and monitor the development of each student through both theoretical and practical elements of the course. We strive to provide our students with a structure that allows them to develop at their own pace, providing continuous assessment, pastoral care and supervision whilst developing clinical skills as a student practitioner.

Clinical Placements

The Counselling Foundation offers an internal clinical placement within our counselling centres for its core professional Diploma training, and the option of a placement at Advanced Diploma and Advanced Clinical Skills level, subject to availability. If you wish to secure an additional or alternative external placement, we will endeavour to assist you in finding one amongst our approved partner agencies. We train within a live counselling environment to allow students to integrate theory and clinical work.

Courses

Our Diploma course which maps onto SCoPEd Columns A and B is accredited by BACP and we plan to work with them towards course accreditation for our Advanced Diploma and Advanced Clinical Skills Courses.

Flexibility

As part of our excellent student support, we offer part-time training designed to work alongside family commitments and employment.

Personal Approach

We treat our students as individuals and encourage you to grow in a nurturing environment, having small group sizes for a unique and diverse experience. Our tutors bring a wealth of knowledge and clinical awareness from many different areas and provide hands on support throughout your journey.

Pastoral Support

We offer individual tutorials with programme leads, supervisors and clinical managers. We also provide a Student Mentoring Programme to offer support from peers further on in their journey, and a Student Representatives Programme to listen to student views and take on board your feedback.



Career Development

We support the professional aspects of going into private practice and, subject to availability, following qualification may be able to offer opportunities across the Foundation to help you grow in experience whilst building a 'portfolio' for your career. We also run a rolling CPD Programme for students and qualified practitioners.

Making a Difference

We encourage you to get involved with our charity at various fundraising and social events to see first-hand the positive and rewarding change to which you can help contribute.



COURSE STRUCTURE AND ROUTES TO QUALIFICATION

Pre - Qualifying Training

Introduction to Counselling

4 weeks | 3 hours once a week

Certificate in Psychodynamic Counselling

10 weeks | 3 hours once a week

Qualifying Training

Diploma in Contemporary Psychodynamic Counselling

3 Years | 5 hours once a week over 30 weeks per year

BACP Registration and Accreditation possible by meeting remaining BACP requirements upon completion

Post - Qualifying Training

Advanced Diploma in Contemporary Psychodynamic Psychotherapy

15 Months | 5 hours once a week over 30 weeks per year

Advanced Certificate in Psychodynamic Clinical Skills

1 Year | 5 hours once a week over 30 weeks

Diploma in Clinical Supervision

6 Months | 12 hours over two days a month for 6 months

Previous Psychodynamic Counselling qualifications is needed to access these courses





PRE - QUALIFYING COURSES

INTRODUCTION TO COUNSELLING

KEY INFORMATION

Course Format

Online

Course Timings

Morning Courses: 10am - 1pm

Evening Courses: 6pm - 9pm

Course Length

4 weeks - 3 hours per week (12 hours total tutor contact time)

Course Fee

Full course fee	£155
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Course Dates

Courses are available to book between September and July. Please see our website for individual course dates.

Who is this Course For?

This course is suitable for anyone wishing to learn more about counselling

Entry Requirements

There are no formal academic requirements to enrol on this course, however participants must have good internet access and a confidential space to complete the course.

PROGRAMME OVERVIEW

Learning counselling skills can be beneficial in every aspect of life, whether for personal growth or as the first step towards a new career. Our Introduction to Counselling, an entry-level mental health training course, is open to everyone and the skills you acquire are highly transferable.

This four-week, 12-hour course provides a solid foundation in key counselling topics, including its historical and cultural origins, different theoretical approaches and the vital importance of the counselling relationship.

You will gain essential communication tools to better understand and listen to those around you. These powerful competencies in active listening are invaluable not only for aspiring counsellors but also for managers, team members, parents and carers who need strong communication skills in their roles.

While this beginner level counselling course is primarily theoretical, it also develops an awareness of basic counselling skills through role-play exercises in Zoom breakout rooms. For this reason, it is essential that all attendees join the sessions with their video enabled.

How to Apply

Please go to our [Introduction to Counselling](#) page on our website to book a course that best suits your availability.



CERTIFICATE IN PSYCHODYNAMIC COUNSELLING

KEY INFORMATION

Course Format

In person or online (a good internet connection, a suitable device and a private and confidential space is essential to attend online training sessions).

Intake

Three intakes per year starting in April 2026, September 2026 and January 2027.

Course Timing

Once a week, from 10am to 1pm or 6pm to 9pm, depending on your choice of group for ten weeks. For more details see the application form.

Course Length

10 weeks, 3 hours tutor contact time per week.

Course Fee

Full course fee	£849
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Paying In Full Plan	
Application Deposit	Course fees with reduction if paying in full in advance prior to start of the course (after deducting application deposit)
£24	£792.00

Instalment Plan			
Application deposit	Course deposit	Number of instalments	Monthly instalments, each of
£24	£275	3	£183.33

Further information about fees and payments can be found on pages 46 - 49.

2026-2027 Academic Course Dates

April 2026

Start Date	WC Monday 27 th April 2026
Reading Week	WC Monday 25 th May 2026
End Date	Week ending Saturday 11 th July 2026

September 2026

Start Date	WC Monday 21 st September 2026
Reading Week	WC Monday 26 th October 2026
End Date	Week ending Saturday 5 th December 2026

January 2027

Start Date	WC Monday 11 th January 2027
Reading Week	WC Monday 15 th February 2027
End Date	Week ending Saturday 27 th March 2027



Who is this Course For?

This introduction course is a stand-alone course for anyone who wishes to develop psychodynamic counselling and inter-personal skills to support their work or to enhance their life skills. It gives you an insight into the psychodynamic modality and other approaches and a chance to practice and develop core psychodynamic skills. It is delivered by experienced, qualified counsellors. The course also gives you an opportunity to consider whether you would like to continue onto the core professional training (the three-year Diploma).

The course is emotionally demanding, and students will need to be ready and able to explore themselves and their thoughts, emotional responses and behaviour. This is done in a safe, confidential setting with appropriate boundaries and pastoral support.

Entry Requirements

There are no formal academic requirements to enrol on this course, but a few years relevant work and life experience are required. In addition, an openness to learning in a group setting and an interest in counselling theory and skills is required as is the ability to work at FHEQ level 4. An IELTS score of 7 (minimum) is required if English is not your first language. Applicants need to be resident in the UK for the duration of the course.

We will consider people who have been in recovery for three years post addiction or treatment for a diagnosed mental health condition.

Access to Professional Training Courses

On completion of this course students wishing to access our Professional Training courses may apply for entry into year 1 of the Diploma in Contemporary Psychodynamic Counselling course.



PROGRAMME OVERVIEW

During this course you will study key theorists such as Sigmund Freud, Melanie Klein and Wilfred Bion and key psychodynamic concepts such as the dynamic unconscious, attachment and object relations. It will also explore early childhood patterns and the role of the contemporary therapist and the therapeutic task. This will include reflections on culture, difference, diversity and inclusion and ethics and boundaries. A new theme will be explored each week and discussed within the group. Each session will include a seminar, a space to practice and develop counselling skills and a process group.

You will practice core counselling skills such as effective listening and empathy, and you will be part of a process group so you can start to understand your reactions to the course and the group.

The Seminars

Seminars have a theoretical input but are experientially taught and focus on relating theory to practice using skills practice and other exercises. Assessment is continuous, taking place within the seminar group by feedback from self, other students, and the Seminar Tutor.

The theoretical components of the course may take the form of presentations, videos, and guided discussion of set reading material.

Skills practice is ongoing and takes place in the Seminar by working alone on written exercises, in pairs (dyads), threesomes (triads) and small groups.

Process Group

The Process Group is a self-reflective group offering students the opportunity to increase their awareness of their own responses to the training course in the following ways:

- It offers the opportunity to work with colleagues in a group process to increase awareness of how you relate to yourself and others.
- It provides an opportunity to become aware of why students have been drawn to this area of work.
- It provides a useful opportunity for self-reflection and growth
- It provides the opportunity to identify your own relational patterns and their origins.

Assessment Criteria

Evaluation is based on assessment of students' performance throughout the course for which the following are observed. These are key components of the course that must be satisfactorily met by the end of the course to receive the certificate.

- Minimum of 80% attendance and punctuality
- Active class participation
- Counselling skills roleplay
- Self-development



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QUALIFYING COURSES

DIPLOMA IN CONTEMPORARY PSYCHODYNAMIC COUNSELLING

KEY INFORMATION

Course Format

In person with some limited online teaching designed to teach online and telephone competencies.

Intake

One intake per year in September 2026.

Course Day/Time Options

Wednesdays	9:30am – 3:30pm
Thursdays	2pm – 8pm
Fridays	9:30am – 3:30pm
Saturdays	9am – 3pm

Once a week, from 9am to 3pm, 9:30am to 3:30pm or 2pm to 8pm, depending on your choice of group.

Course Fees for Year 1

Full course fee	£4,245
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Paying In Full Plan	
Application Deposit	Course fee for Year 1 with reduction if paying in full in advance prior to the start of the course (after deducting application deposit)
£132	£3,948.10

Instalment Plan			
Application deposit	Course deposit	Number of instalments	Monthly instalments, each of
£132	£1,371	10	£274.20

The above prices are for year 1 of the Diploma course. For information about fees for years 2 and 3, which includes the placement fee, please see pages 46 -49. The actual fees for year 2 and year 3 for the next and subsequent academic years will be set nearer the time, having regard to inflation and the parameters set out in the Student Terms and Conditions.

For further information about fees and payments please see pages 46 - 49.

These fees include course tuition fees, most course reading material, access to an internal clinical placement and internal fortnightly group supervision where appropriate (not year 1) (subject to availability), and (where required) an initial DBS check. It excludes the cost of weekly personal therapy, the cost of any subsequent DBS checks, any additional core textbooks, any finisher fees and other costs as noted on pages 46 – 49.

Course Length

3 years (part-time) 30 weeks divided into 3 ten-week terms - 5 hours tutor contact time per week plus (for years 2 and 3 but not year 1) a clinical placement and fortnightly group supervision. **We know that some students may need extra time to complete the clinical course requirements. Students can take a further two years after completion of the theoretical hours to complete their clinical hours.**



2026-2027 Academic Course Dates

Term 1	
Start Date	WC Monday 21 st September 2026
Reading Week	WC Monday 26 th October 2026
End Date	Week ending Saturday 5 th December 2026
Term 2	
Start Date	WC Monday 11 th January 2027
Reading Week	WC Monday 15 th February 2027
End Date	Week ending Saturday 27 th March 2027
Term 3	
Start Date	WC Monday 26 th April 2027
Reading Week	WC Monday 31 st May 2027
End Date	Tuesday – Saturday Courses: Week ending Saturday 10 th July 2027 Monday courses: Monday 12 th July 2027

Entry Criteria

There are no formal academic requirements to enrol on this course, but a few years relevant work and life experience are required as is the ability to work at FHEQ level 4-6. All applicants will be interviewed and will need to demonstrate readiness to train as a professional counsellor. We recommend that applicants undertake an Introduction to Counselling Skills Course (or equivalent course) and/or our Certificate in Psychodynamic Counselling Skills and Theory. An IELTS score of 7 (minimum) is required if English is not your first language. Personal and emotional suitability for exploring psychodynamic issues and counselling skills is required. ***The course is emotionally demanding, and students are expected to examine themselves and their behaviour. This is done in a safe, confidential setting with appropriate boundaries and pastoral support. We will consider people who have been in recovery for three years post addiction or treatment for a diagnosed mental health condition.***

Who is this Course For?

This course is suitable for anyone who wishes to start professional training as a psychodynamic counsellor on an accredited course. We welcome applicants from all walks of life.

Personal Therapy

Students will need to be in weekly personal therapy with a psychodynamic counsellor who meets our criteria from the start of the summer term in year one and then for the duration of the course. This is an additional student cost.

Application Process

Application form and interview



PROGRAMME OVERVIEW

The Diploma is a three-year part time course designed for those wanting to train to become a professional, contemporary psychodynamic counsellor. It aims to provide students with an essential knowledge of psychodynamic counselling skills and theory, enabling student counsellors to become effective practitioners as part of an organisation, counselling centre, and within other agency settings, and to be confident to go on to develop a private practice.

Year 1

In year 1 students will learn the theory of psychodynamic counselling (including modules on the Fundamentals of Counselling and Human Growth and Development). Students will study classic texts and more contemporary research and evidence-based papers and engage in role play skills practice and a Personal Development Group.

Year 2

In year 2 modules will include Human Growth and Development, the Therapeutic Relationship, Clinical Concepts and a Personal Development Group. Students will also have the opportunity to work with clients as part of a counselling service and be part of a clinical supervision group (either internally at one of The Counselling Foundation Centres or at one of our externally approved partner agencies).

Year 3

In year 3 modules include Advanced Theory, Psychopathology, Clinical Practice Issues, Short Term Work, and carrying out Assessments. Students will continue to build their clinical experience working with a variety of clients. All of this enables students to integrate their experiential, theoretical and clinical learning.

By the end of the course our graduate counsellors will have been taught the skills and competencies required to enable them to work as part of an agency or independently in private practice.

It is important to note that this course is designed to be flexible. Students may exit the course at the end of year 1, 2 or 3 with an exit award on satisfactory completion of all course criteria. The whole course will need to be completed within 5 years in total (including required clinical hours)

By the end of year 2 we aim to cover the competencies, skills and knowledge you will need in order to apply for individual registered member status of BACP (Column A) subject to meeting all BACP requirements (including the required 100 clinical hours) and by the end of year 3 to apply for individual accredited member status (Column B) in due course subject to meeting BACP requirements including the required 450 clinical hours of which a minimum of 150 needs to be post qualifying.

This course is designed to map onto the SCoPEd industry standard competencies and skills training framework (Columns A and B) and is accredited by BACP.

It will be the student's responsibility to ensure they satisfy any additional requirements needed for individual registration for Column A or accreditation for Column B. **Students should not expect to be able to apply for individual accreditation immediately after the completion of the course.**



WEEKLY OVERVIEW

Theoretical and Modular Seminars

30 weeks per year. 5 hours per week comprising 2 hours of Core seminars, 1.5 hours of Personal Development Group and 1.5 hours of Techniques and Practice (years 1 and 2) or 1.5 hours of Clinical Practice and Assessment teaching (year 3). 1-2 mandatory weekend workshops during each year.

Additional Reading

4-5 hours per week (minimum). Students are supplied with essential reading and sign posted to our library for additional reading and resources. Students will also have access to an online library system, PEP Web, an online portal to psychoanalytic psychotherapy, and counselling journals.

Personal Therapy

1 hour a week (at student's cost)

Clinical Placements

Students will be required to be in a supervised placement within The Counselling Foundation or externally with an approved partner agency subject to The Counselling Foundation requirements. They will be expected to build to a caseload of 4 clients weekly in years 2 and 3 and to attend meetings and undertake administration duties as required by their placement.

Supervision

Students are required to attend fortnightly group supervision (2 hours) which will take place both online and in person if in an internal placement.

Digital Access

It is essential to have good internet connection, a suitable device and a private and confidential space to attend online training sessions and/or online phone therapy sessions.

Client Hours

Minimum 100 supervised clinical hours (over 2 years).

Disclosure and Barring Service Approval (DBS)

Required, dated within 3 years. First DBS check is included in the fees. Any subsequent checks are at the student's cost.

Attendance

80% per term minimum attendance required for seminars and 80% per year for supervision.

CPDs

Students have access to a rolling programme of CPDs covering a wide range of therapeutic topics from theory to the more practical aspects of therapy.



Assessment Criteria

Evaluation is based on continuous assessment of students' performance throughout the course, for which the following requirements are included:

Minimum Programme Requirements	Year 1	Year 2	Year 3
Written Theoretical Assignments	•	•	
Hybrid Oral / Written Assessment			•
Written Clinical Reports	•	•	•
Client work (100 hours in total over years 2 and 3)	<i>Prepare to start clinical work</i>	<i>Started clinical work (minimum of 100 hours over two years)</i>	<i>Continuation of clinical work (minimum of 100 hours over two years)</i>
Minimum 80% attendance (Theory seminars & 25 weeks of supervision)	•	•	•
Weekly attendance in Personal Therapy	• (from term 3 onwards)	•	•
Tutorials with Programme Tutor	•	•	•

These key components of the course need to be satisfactorily met by the end of each academic year to progress and ultimately be awarded the Diploma in Contemporary Psychodynamic Counselling.

Student Feedback on Current Diploma Course

"My training has been excellent. Great tutors and support from the organisation. It's been a true journey of learning and development."

"Amazing course that was both challenging and a learning curve. I became so confident learning about myself."



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POST - QUALIFYING COURSES

ADVANCED DIPLOMA IN CONTEMPORARY PSYCHODYNAMIC PSYCHOTHERAPY

KEY INFORMATION

Course Format

In person for the first 3 terms, online for the final 4th term.

Intake

One intake per year in September 2026.

Course Day/Time Options

Wednesdays	9:30am – 3:30pm
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Once a week, from 9:30am to 3:30pm for first 3 terms - for the final 4th term, once a week, from 9:30am - 11am online.

Course Fees for Year 1

Course fee	£5,745
In House Supervised Placement	£906
Total	£6,651

Paying In Full Plan	
Application Deposit	Course fees with reduction if paying in full in advance prior to the start of the course (after deducting application deposit)
£132	£6,257.00

Instalment Plan			
Application deposit	Course deposit	Number of instalments	Monthly instalments, each of
£132	£2,173	10	£434.60

The fees include course tuition fees, most course reading material, access to an internal placement and internal fortnightly group supervision (subject to availability and Counselling Foundation approval) and (where required) an **initial** DBS check. It excludes the cost of weekly personal therapy, any private supervision, the cost of any subsequent DBS checks, any additional core textbooks, any finishers fees and other costs as noted on pages **46 - 49**.

Information about fees for Year 2 (subject to adjustment for inflation and the parameters set out in the Student Terms and Conditions) **can be found in the on pages 46 - 49**, along with further information about fees and payments.

Course Length

This part-time programme runs for one year and one term, spanning 40 weeks in total. The course is divided into four 10-week terms. During the first three terms, students benefit from five hours of tutor contact each week. In the final term, teaching goes online, with 1.5 hours of weekly contact. Alongside the taught programme, students will be expected to engage in clinical work and supervision to deepen their practice. For those who need additional time, there is the flexibility to extend studies for up to one further year to complete all the course requirements.



2026-2027 Academic Course Dates

Term 1	
Start Date	WC Monday 21 st September 2026
Reading Week	WC Monday 26 th October 2026
End Date	Week ending Saturday 5 th December 2026
Term 2	
Start Date	WC Monday 11 th January 2027
Reading Week	WC Monday 15 th February 2027
End Date	Week ending Saturday 27 th March 2027
Term 3	
Start Date	WC Monday 26 th April 2027
Reading Week	WC Monday 31 st May 2027
End Date	Tuesday – Saturday Courses: Week ending Saturday 10 th July 2027 Monday courses: Monday 12 th July 2027

Entry Requirements

Applicants will need to have successfully completed and been awarded the Diploma or equivalent level 5 counselling training. They will need to demonstrate personal and emotional suitability for exploring psychodynamic issues and counselling skills and evidence of the academic potential to complete the theoretical elements of the course, including written assignments.

Who is This Course For?

The course is ideal for those who wish to deepen their understanding of the psychoanalytical foundations of psychodynamic psychotherapy while developing skills to work in a contemporary, relational way. It is particularly suited to students who want to engage with clients at a deeper level, working with processes that are out of awareness and rooted in the unconscious.

This programme is designed for practitioners seeking the competencies required to apply for individual accreditation at BACP Column C - Senior Accredited Psychotherapist status. Accreditation is subject to meeting BACP's post qualification requirements, including 500 clinical hours in total, with at least 200 to be completed after the course.

Equal Opportunities

We welcome applications from all sections of the adult population, with encouragement for individuals from communities that are underrepresented within the Counselling Profession. The course actively explores Equality, Diversity and Inclusion, emphasising the importance of non-discriminatory and anti-oppressive practice in Counselling work. Teaching and assessment are conducted in English, and students are expected to practise their skills and submit all written work in the English Language.

Personal Therapy

Students will need to be in weekly personal therapy with a psychodynamic counsellor that meets our criteria for the duration of the course. This is an additional student cost.

Application Process

Places are given based on application and if required interview.



PROGRAMME OVERVIEW

The Advanced Diploma in Contemporary Psychodynamic Psychotherapy is a four-term programme (September 26 - December 27) and provides students with an in depth understanding and knowledge of the psychoanalytical theory of unconscious processes and development of self as well as specific pathologies that underpin our understanding of psychodynamic theory today.

The course also enables the students to understand the current debates, research and developments in psychodynamic theory, through the different contemporary modules offered. The programme encourages and enables the students to have a personal, experiential approach offering an integration of theory and clinical work, having time to think in the seminars and workshops about how the two strands of their work (theory and clinical), fit together.

The course is designed to encourage self-reflexivity, and the students will be encouraged to examine their own unconscious biases and awareness of power dynamics within self, organisation and within their client work. Graduates are equipped for careers within many varied aspects of psychotherapeutic work. They are supported to work privately, to continue in research and to take lead roles in different agency settings.

The course is designed to develop confident, competent practitioners who can work with many different pathologies. It aims to cover the theoretical competencies and practical skills that are required for Column C of the SCoPEd framework. The course requires students to complete a minimum of 50 clinical hours as part of the course, however, for breadth of experience, students are encouraged to hold between 4 and 6 clients. The 50 clinical hours necessary to qualify for the award will be the student's responsibility to obtain - either through private practice, and/or an internal placement within the Foundation subject to availability or an approved external placement with one of our partner agencies.

During the first 3 terms students will study 6 modules, covering 2 themes: Advanced theory of Psychodynamic Psychotherapy and Integrating Clinical Practice: Contemporary Issues, including Research Skills. The final module of the day will be focused on Clinical work and students will have a chance to take the lead in the seminar, to present a theme or client to the group, who can think together about the integration of the clinical and theoretical work as well as reflect on unconscious processes that may be occurring in the work.

During the final term which will be online, students will be taught the last Contemporary module.

At the end of the Advanced Diploma programme students will have been taught:

- To utilise the skills and knowledge to be able to take an active role as a member of the professional community and be able to communicate effectively with other professionals in sharing information, advice instruction and professional opinion.
- To examine the language and discourses around diagnosis, psychopathology and mental disorders, enabling them to make judgments about work with high-risk clients and take appropriate action as needed.
- To engage and critically evaluate theory, not just reproduce it, understanding the history of psychological ideas, the cultural context and relevant social and political theories that will inform and evaluate their ongoing practice.
- To work independently as reflective practitioners, recognising and understanding what makes them unique as psychodynamic psychotherapists, enabling them to use their self to work at depth in the therapeutic relationship.



- To utilise the 'out of conscious' processes of the client as part of the therapeutic process.
- To reflect critically and communicate the harm caused by discriminatory practices and aim to reduce insensitivity to the power differentials with the service provision, training, supervision and work with clients.
- To complete a systematic case study informed by a current understanding of therapeutic practices, equipping them with the ability to use audit and evaluation methodologies to contribute to improving the process and outcomes of therapy.
- To evaluate supervision arrangements and take responsibility for adapting supervision to their ongoing practice.

The course aims to equip students with the competencies, skills and knowledge required for Column C of the SCoPEd framework. The Advanced Diploma is a newly developed course designed to map onto the SCoPEd industry wide competency and skills training framework. We intend to work with BACP to apply for this course to be an accredited Column C progression course in the future. Any such future accreditation is not expected to be applied retrospectively.

It will be the student's responsibility to ensure they satisfy the additional requirements needed for individual accreditation for Column C. **Students should not expect to be able to apply for individual accreditation immediately after the completion of the course.**



WEEKLY OVERVIEW

Theoretical and Modular Seminars

The programme runs across 40 weeks, divided into four terms. For the first three terms, teaching takes place in person, with 5 hours of seminars each week over 10 weeks per term. The final term is delivered online, with 1.5 hours of weekly contact. In addition, students attend two mandatory workshops, each lasting five hours, scheduled on separate days during the course.

Additional reading

4-5 hours per week (minimum). Students are supplied with core texts/essential reading and sign posted to our library for additional reading and resources. Students will also have access to an online library system, PEP Web, an online portal to psychoanalytic, psychotherapy, and counselling journals. Students have access to a rolling programme of subsidised CPDs covering a broad range of therapeutic topics

Personal Therapy

1 hour a week (at student's cost)

Clinical Placements

In clinical practice working with a caseload of 4-6 clients. 50 clinical hours are required to be completed during the student's training. To meet the full clinical requirements of the Advanced Diploma Programme, students may apply to have an internal placement, an external placement with one of the Foundation's approved partner agencies, as well as using their private practice for clinical hours. Students may only work remotely if they have sufficient online and phone therapy competence for safe and ethical remote practice

Supervision

Students will be required to be in fortnightly group supervision within their placement or be in private supervision, subject to The Counselling Foundation and BACP requirements.

Digital Access

It is essential to have good internet connection, a suitable device and a private and confidential space to attend online training sessions and/or online phone therapy sessions.

Disclosure and Barring Service Approval (DBS)

Required, dated within 3 years. **First** DBS check is included in the fees. Any subsequent checks are at the student cost.

Attendance

80% per term minimum attendance required for seminars and 80% per year for supervision.

CPDs

Students have access to a rolling programme of CPDs covering a wide range of therapeutic topics from theory to the more practical aspects of therapy.



Assessment Criteria

Evaluation is based on continuous assessment of students' performance throughout the course, for which the following are observed:

Minimum Programme Requirements	Term 1-3	Term 4
Written Theoretical Assignments	•	
Written reflective work	•	
Presentations	•	
Hybrid Oral/written assignment	•	
Written Systematic Case Study		•
Seminar tutor/Supervisor Reports	•	
Client work (50 hours during training.)	<i>Working towards</i>	<i>Working towards/completion</i>
Minimum 80% attendance (Theory seminars & supervision)	•	•
Weekly attendance in Personal Therapy	•	•
Tutorials with Programme Tutor	•	•

These key components of the course must be satisfactorily met by the end of the Programme to be awarded the Advanced Diploma in Contemporary Psychodynamic Psychotherapy.

Student Feedback from Current Advanced Diploma Course

"I thoroughly enjoyed the courses; I developed both personally and professionally and was inspired to continue through the entire training programme. The learning environment was supportive, the tutors were great, and the course professionally run. I now see clients in my own accredited practice."



ADVANCED CERTIFICATE IN PSYCHODYNAMIC CLINICAL SKILLS

KEY INFORMATION

Course Format

This course is being offered with two options of delivery.

Option one: Weekly, in-person seminars (with one seminar online to support online and phone therapy (OPT) training).

Option two: Weekly, online seminars and three in-person meetings on Saturdays spaced throughout the year. A good internet connection, a suitable device and a private and confidential space is essential to attend online training sessions.

Intake

One intake per year in September 2026.

Course Day/Time Options

Option one

Wednesdays	9:30am – 3:30pm
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Once a week, from 9:30am to 3:30pm.

Option two

Thursdays	9:30am – 3:30pm
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Once a week, from 9:30am to 3:30pm plus 10am to 4pm on three Saturdays. The in-person sessions will be spread throughout the academic year with one being at the very start of the course.

Course Fees

Course fee	£5,745
In House Supervised Placement	£906
Total	£6,651

Paying In Full Plan	
Application Deposit	Course fees with reduction if paying in full in advance prior to the start of course (after deducting application deposit)
£132	£6,257.00

Instalment Plan			
Application deposit	Course deposit	Number of instalments	Monthly instalments, each of
£132	£2,173	10	£434.60

Information about the **course fee** for the Advanced Certificate and **payment options can be found on pages 46 - 49**. The fees include course tuition fees, most course reading material, access to an internal placement and internal fortnightly group supervision (subject to availability and Counselling Foundation approval) and (where required) an initial DBS check. It excludes the cost of weekly personal therapy, any private supervision, the cost of any subsequent DBS checks, any additional core textbooks, any finishers fees and other costs as noted on pages 46 - 49.



Course Length

The course is one-year and part time. Both modes of delivery amount to 150 seminar contact hours. For **Option one**: this is delivered over 30 weeks divided into 3 ten-week terms. Each week the students will benefit from five hours tutor contact time.

For **Option two**, this is delivered over 30 weeks divided into 3 ten-week terms. Each week the students will benefit from four and a half hours online tutor contact time. In addition, students will need to attend three Saturday sessions throughout the year which will each include five hours of tutor time.

Alongside the taught programme, students will be expected to engage in clinical work and supervision to deepen their practice.

2026-2027 Academic Course Dates

Term 1	
Start Date	WC Monday 21 st September 2026
Reading Week	WC Monday 26 th October 2026
End Date	Week ending Saturday 5 th December 2026
Term 2	
Start Date	WC Monday 11 th January 2027
Reading Week	WC Monday 15 th February 2027
End Date	Week ending Saturday 27 th March 2027
Term 3	
Start Date	WC Monday 26 th April 2027
Reading Week	WC Monday 31 st May 2027
End Date	Tuesday – Saturday Courses: Week ending Saturday 10 th July 2027 Monday courses: Monday 12 th July 2027

Entry Criteria

Applicants will need

- To have successfully completed and received an award for core practitioner training that included at least 300 hours of formal tutor contact hours, was carried out over at least two years, had a supervised placement as an integral part of the training and covered theory (including psychodynamic concepts), skills, professional issues and personal development. This could be The Counselling Foundation's Diploma in Psychodynamic Counselling (for students who graduated in 2025 or earlier) or an equivalent level 4 qualification. A Diploma in integrative counselling is acceptable provided it has sufficient grounding in psychodynamic theory.
- To have accrued 100 hours of supervised, clinical work prior to starting the course and maintained a caseload of 3 clients.
- To become a registered member of one of the SCoPEd partner organisations if they are not already.
- To demonstrate the personal and emotional suitability for exploring psychodynamic issues and counselling skills.
- To provide evidence of the academic potential to complete the theoretical elements of the course, including written assignments.
- To have DBS Clearance.
- To have had a minimum of 30 hours of weekly personal therapy or to be in weekly therapy for the duration of the course.



Who is this Course For

The course offers a broad, varied and current curriculum which enables students to develop their psychodynamic understanding to work at depth with clients, to integrate theory and clinical work, to understand and manage risk and be supported in developing a professional, legal and ethical private practice.

The course was devised to meet the needs of practitioners who have already completed a core training and who are seeking individual BACP accreditation Column B. The content, therefore, is closely aligned with the skills and knowledge required to demonstrate the Column B competences.

Personal Therapy

Weekly personal therapy with a psychodynamic counsellor for the duration of the course is not a requirement, however it is strongly recommended. Applicants will be expected to have had a minimum of 30 hours weekly personal therapy during their previous training. If this is not the case, they will be expected to start therapy before the course commences and continue until the end of the academic year.

Application Process

Places are given based on application details and interview.



PROGRAMME OVERVIEW

The Advanced Certificate in Psychodynamic Clinical Skills is a one-year programme designed to consolidate, extend and contemporise an individual's core training.

The course has three key aims:

1. To equip students with the skills and knowledge required to demonstrate the SCoPEd Column B competences.
2. To enable students to set up, or continue working, in private practice in a professional, ethical and legal way.
3. To encourage and facilitate students to grow in confidence and find their own counselling voice and style.

With modules covering all the five themes of the SCoPEd framework - professional framework, assessment, therapeutic relationship, knowledge and skills, self-awareness and reflection - the course allows students to build on their existing knowledge, skills and experience in a cohesive and relevant way.

The course content gives students the opportunity to develop and improve practical skills such as carrying out assessments including devising a risk strategy, working with trauma and providing short-term therapy. Whilst the working independently module promotes professional, legal and ethical working within private practice.

The curriculum encourages self-awareness and self-reflexivity throughout, but particularly within the equality, diversity and inclusion (EDI) focussed module where the personal, clinical and theoretical aspects of difference are thoughtfully and sensitively considered. Students are given the opportunity to reflect on and critically challenge their own view and values and to understand the part these play in their work with clients.

The course promotes the practical application of theory. Through the reading, discussions, presentations and assignments, students are given opportunity in every seminar to think about and discuss their client work which is anonymised. Core psychodynamic concepts are revisited and critically evaluated through contemporary papers. These discussions are enriched by client material, effectively combining theory and practice to support client work.

Knowledge of the wider mental health landscape including medication is shared within the mental health familiarisation module and the course includes an introduction to research, highlighting the importance of research to the profession and covering the fundamental principles of research.

The curriculum has been devised to build on students' previous training and experiences, and the content is closely aligned to the Column B competences within the SCoPEd framework allowing students to deepen their knowledge, understanding and skills in the relevant areas.

Students are taught the skills and knowledge required to complete psychodynamic assessments and they learn techniques for effective short term and time limited work. Other modules include advanced theory, working with trauma, private practice issues and equality, difference and diversity. This learning is intended to aid and support the student's ability to work both independently and within an agency setting.

At the end of the programme students will have been taught:

- To make use of the psychodynamic therapeutic approach to be able to understand their own responses to their client and facilitate the therapeutic process to enhance the client's self-awareness and understanding of themselves.
- Work with the unconscious processes and out of awareness perceptions, experiences and distortions of the therapeutic relationship to facilitate change.
- Analyse and address difficulties in the therapeutic encounter, such as ruptures or impasses to expand the understanding of the client's experience of their difficulties and be able to find ways to overcome these difficulties.
- Be emotionally prepared for intense and complex work, which requires sustained reflexivity.
- Utilise an initial and ongoing clinical assessment that is informed by a consistent, coherent and in-depth theoretical approach.
- Work with a comprehensive risk assessment strategy, being able to work with suicidal risk and other self-harming behaviours.
- Reflect on issues of power and authority experienced both consciously and unconsciously, in the therapeutic relationship.
- Recognise and explore with each client the assumptions that underpin understanding of identity, culture and values worldview and be able to critically challenge their own identity, culture and values.
- Use team-working skills to work with others, taking on an active role within the professional community.
- Draw on published research and integrate relevant research findings to enhance their own practice, using audit and evaluation methodologies.

The course aims to equip students with the competencies, skills and knowledge required for Column B of SCoPEd. The Advanced Clinical Skills course has been designed to map onto the SCoPEd industry wide competency and skills training framework. We are working with BACP to have the Advanced Clinical Skills validated as an accredited Column A to Column B progression course. Any such future accreditation is not expected to be applied retrospectively.

BACP have documented the various pathways for individual accreditation Column B. It is the student's responsibility to ensure they satisfy any additional requirements needed for individual accreditation for Column B. **Students should not expect to be able to apply for individual accreditation immediately after the completion of the course.**



WEEKLY OVERVIEW

Theoretical & Modular Seminars

Option one: The course runs across 30 weeks, divided into three ten-week terms. Each week has five hours of seminars which are made up of different modules each term. A total 150 hours of tutor contact time.

Option two: The course starts with an introductory in-person Saturday seminar. There are two further Saturday in-person seminars before the start of each term (5 hours each day). The remaining course hours follow the three term, ten weeks per term amounting to thirty weeks of four and a half hours of online teaching. A total of 150 hours of tutor contact time.

Additional reading

4-5 hours per week (minimum). Students are supplied with core texts/essential reading and sign posted to our library for additional reading and resources. Students will also have access to an online library system, PEP Web, an online portal to psychoanalytic, psychotherapy, and counselling journals. Students have access to a rolling programme of subsidised CPDs covering a broad range of therapeutic topics.

Personal Therapy

Weekly personal therapy with a psychodynamic counsellor for the duration of the course is not a requirement, however it is strongly recommended. Applicants will be expected to have had a minimum of 30 hours weekly personal therapy during their previous training. If this is not the case, they will be expected to start therapy before the course commences and continue until the end of the academic year.

Clinical Hours

Students must accrue a minimum of 50 hours of supervised practice during the course. In order to meet the clinical requirements of the Advanced Clinical Skills Programme.

Students may apply to have an internal placement with The Counselling Foundation subject to availability or an external placement with one of the Foundation's approved partners as well as using private practice for clinical hours. Students may only work remotely if they have sufficient online and phone therapy competence for safe and ethical remote practice.

Supervision

Students are required to have a minimum of 1.5 hours of contracted supervision a month, subject to The Counselling Foundation and BACP requirements. Supervisors must work in a way that is compatible with the rationale and philosophy of the course.

Digital Access

It is essential to have good internet connection, a suitable device and a private and confidential space to attend online training sessions and/or online phone therapy sessions.

Disclosure and Barring Service Approval (DBS)

Required, dated within 3 years. First DBS check is included in the fees. Any subsequent checks are at the student's cost.

Attendance

80% per term minimum attendance required for seminars and 80% per year for supervision.



CPDs

Students have access to a rolling programme of CPDs covering a wide range of therapeutic topics from theory to the more practical aspects of therapy.

Assessment Criteria

Evaluation is based on continuous assessment of students' performance throughout the course, for which the following are observed:

Minimum Programme Requirements	Year 1
Written Theoretical Assignment	•
Written reflective work	•
Hybrid Oral / Written Assessment	•
Seminar tutor/Supervisor Reports	•
Client work (50 hours during training)	<i>Working towards</i>
Minimum 80% attendance (<i>Theory seminars & supervision</i>)	•
Tutorials with Programme Lead	•



DIPLOMA IN CLINICAL SUPERVISION

KEY INFORMATION

Course Format

Online

Course Timing

Once a month, Friday and Saturday from 9:30am to 5pm.

Intake

One intake per year in September 2026.

Fees

Full course fee	£2,832
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Paying In Full Plan	
Application Deposit	Course fees with reduction if paying in full in advance prior to the start of the course (after deducting application deposit)
£132	£2,592.00

Instalment Plan			
Application deposit	Course deposit	Number of instalments	Monthly instalments, each of
£132	£900	6	£300.00

This includes course tuition fees and some course reading. Additionally, trainee supervisors may need to purchase a few core textbooks. **Further course fee and payment information can be found on pages 46 - 49.**

Course Length

6 months (part-time) on 6 Fridays and 6 Saturdays. 15 hours tutor contact time each Friday and Saturday, 90 hours in total.

Course Dates

Weekend 1	2 nd and 3 rd October 2026
Weekend 2	6 th and 7 th November 2026
Weekend 3	4 th and 5 th December 2026
Weekend 4	8 th and 9 th January 2027
Weekend 5	5 th and 6 th February 2027
Weekend 6	5 th and 6 th March 2027

Who is this Course For?

This course is for qualified counsellors who are looking to take the next step in their career. You may already supervise or be completely new to supervision; this course will equip you with all the skills necessary to enhance your existing practice or to begin working as supervisor.

Entry Requirements

- Three years' post qualification experience
- BACP Accreditation (or equivalent) or working towards
- Reference from current supervisor (requested by our training team)



PROGRAMME OVERVIEW

Our Diploma in Clinical Supervision draws on a wide range of essential elements within the practice of supervision. Each module will give students the practical skills and knowledge to enhance their practice and aim to ensure they are delivering safe and ethical practice.

Throughout the programme, students will take the following modules:

- Processes in Supervision
- The Supervisory Relationship
- Fundamentals in Supervision
- Equality, diversity and inclusion
- Online and phone therapy
- Ethical and professional practice
- Working with students and organisations
- Group Supervision
- Challenges in Supervision

The Counselling Foundation Training Centre is committed to an integrated learner-centred teaching approach. Its main aim is to support and monitor the development of each student through both theoretical and practical elements of the course. We strive to provide our students with a structure that allows them to develop at their own pace, providing continuous assessment, pastoral care and support, whilst developing supervisory skills.

Supervision Course Overview

Benchmarked against the BACP Supervision Competence Framework, this course takes an experiential and skills-based approach to deliver a comprehensive programme.

The Seminars

Seminars have a theoretical input but are experientially taught and focus on relating theory to practice using skills practice and other exercises. Assessment is continuous, taking place within the seminar group by feedback from self, other students, and the Seminar Tutor.

Each Seminar Tutor brings their expertise and skills to the teaching and there will be differences of style. However, there is a shared course outline and coordinated teaching plans with regular internal reviews.

The theoretical components of the course may take the form of presentations, videos, and guided discussion of set reading material.

Assessment Criteria

Evaluation is based on assessment of students' performance throughout the course for which the following are observed. These are key components of the course that must be satisfactorily met by the end of the course to receive the award.

- Minimum of 80% attendance and punctuality
- Active class participation, including a group presentation
- Minimum of 20 hours clinical supervision (this can be a supervisee, peer supervision or placement)
- Successful completion of 3,000 word written assignment



WEEKEND OVERVIEW

Seminars

6 Fridays and 6 Saturdays, 9.30 to 5pm.

Additional Reading

Approx. 4-5 hours per seminar

Personal Therapy

No formal requirement for personal therapy

Additional Requirements

Students have access to a rolling programme of CPDs covering a wide range of therapeutic topics from theory to the more practical aspects of therapy.

Clinical Placements

At The Counselling Foundation, we have a large student body and busy clinical centres. For those who are psychodynamically trained, there may be the opportunity to have a clinical supervision placement. More information will be available following an offer of a place on the supervision training.

Supervision

Attendance at supervision at the student's own cost is mandatory and must meet the guidelines and requirements of the BACP code of ethics and practice (or equivalent of own governing body). The training will provide you with group supervision each session however, it is important to discuss your supervision needs with your current personal supervisor and for you to ensure you have enough supervision in place to cover both your current clinical work, and supervision work.

Attendance

It is the student's responsibility to inform tutors, programme leads and the training team if they will be absent from class. To pass, an overall percentage of 80% of the course must be attended.



INTRODUCTION TO WORKING WITH BODY AWARENESS

KEY INFORMATION

Course Format

Online (a good internet connection, a suitable device and a private and confidential space is essential to attend online training sessions).

Course Timing

Saturdays 10.30am-1pm

Intake

One intake per year

Course Fees

Full course fee	£550
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Paying In Full Plan	
Application Deposit	Course fees with reduction if paying in full in advance prior to the start of the course (after deducting application deposit)
£24	£504.96

Instalment Plan			
Application deposit	Course deposit	Number of instalments	Monthly instalments, each of
£24	£176	6	£58.33

This includes course tuition fees and some course reading.

Further course fee and payment information can be found on pages 46 - 49.

Course Length

8 Saturdays over 6 months (January to June) 2.5 hours tutor contact time per seminar. 20 hours in total

Course Dates

Saturday 1	16 th January 2027
Saturday 2	30 th January 2027
Saturday 3	6 th February 2027
Saturday 4	13 th March 2027
Saturday 5	10 th April 2027
Saturday 6	24 th April 2027
Saturday 7	15 th May 2027
Saturday 8	June 5 th 2027

Who is this Course For?

This course is for qualified practitioners (at least Scoped column A) who wish to build on existing skills and knowledge of body awareness in clinical work.



Entry Requirements

Qualified to Scoped Column A with at least 100 clinical hours and 300 hours of theory (a Diploma or equivalent award in Counselling Skills)

PROGRAMME OVERVIEW

An Introduction to Working with Body Awareness is an online programme which introduces experienced counsellors to topics designed to highlight the relevance of body awareness to clinical work, and to introduce accessible experiential approaches to build and include lived experience of the body in a self-reflexive way which supports their clinical practice.

The course is designed to build on existing skills, invite informed reflection on appropriate levels of applications of body awareness within private practice and agency work in a professional, legal and ethical way; this will include consideration of the limitations of online working and of the level of trained competencies within the approach.

The programme encourages and enables the counsellors to have a personal, experiential approach offering an integration of theory, time to think in the seminars and to practice skills.

The sessions provide opportunities to discuss, share and learn from, and with, colleagues and students are encouraged to make the most of this forum.

For more details see the application form.

COURSE OVERVIEW

Seminars

8 Saturdays 10.30am-1pm

Course Assessment

There are no formal written assessments for this course. Course reading lists will be provided for students who wish to purchase books and do further reading but the course is largely designed as an experiential experience within a theoretical contextual frame.

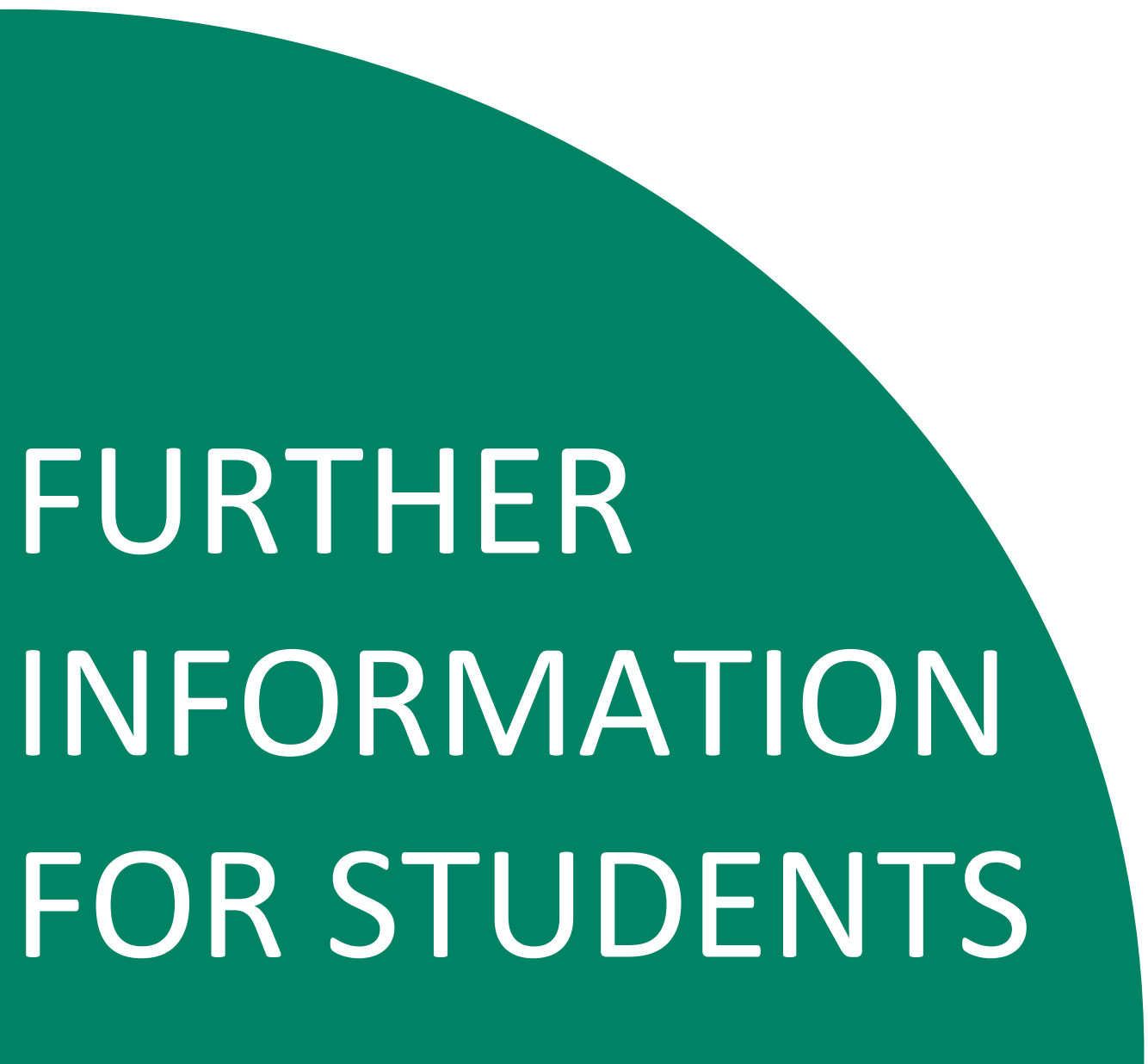
Personal Therapy

No formal requirement for personal therapy

Attendance

It is the student's responsibility to inform tutors, programme leads and the training team if they will be absent from class. To pass, an overall percentage of 80% of the course must be attended.





FURTHER
INFORMATION
FOR STUDENTS

FURTHER INFORMATION FOR STUDENTS

Student location

Applicants need to be resident in the UK for the duration of our courses (including for any online courses or online modules).

Theoretical & Modular Seminars

The aim of weekly seminars is to introduce you to fundamental psychoanalytic concepts and texts, (historical and contemporary) with reference to different theoretical traditions and applications. Core seminar texts are provided through The Counselling Foundation's versatile online training library. Within the seminar time a variety of experiential learning activities take place, including guided discussion of set reading material, student presentations, role-plays and videos.

Many seminars are divided between theoretical learning and the acquisition, practice and integration of practical and technical counselling skills. Outside speakers may be invited to share their expertise. Our seminar tutors and group leaders are usually qualified psychodynamic counsellors, psychotherapists, psychoanalytic psychotherapists, psychoanalysts, group analysts or clinical psychologists. All training staff practice typically in a wide variety of settings and bring to the training their theoretical knowledge and significant experience of clinical practice.

Personal Development Groups

The Personal Development session in years 1 and 2 of the Diploma is a self-reflective group facilitated by an experienced psychodynamic group leader. The group identifies the concerns they wish to address in the 'here and now'. Group members are asked to respect the privacy of each other's communications in the groups. This can be emotionally demanding as students explore themselves and their relationship with others. Please note that personal development groups are not group therapy.

Process Groups

The Process Group is a self-reflective group offering Certificate students the opportunity to increase their awareness of their own responses to the training course. Group members are asked to respect the privacy of each other's communications in the groups. This can be emotionally demanding as students explore themselves and their relationship with others. Please note that process groups are not group therapy.

Additional Reading

Students will be required to read professional journals and books in addition to the set reading material for the seminars. Students will have access to the Foundation's Libraries, as well as an online library system called PEP Web. PEP Web is an online access portal to most worldwide psychoanalytic, psychotherapy, and counselling journals going back decades. This means that logging into this will give you access to thousands of journal articles. You will be given log-in details and instructions on how to use the resource, and this will aid you both for course study and your own areas of personal interest.

Personal Therapy in Professional Training

Students are required to be in once weekly personal therapy, with a therapist who meets The Counselling Foundation training criteria (see therapist requirements) for at least six months prior to starting year two of the Diploma course and for duration of the Advanced Diploma. This is an additional student cost. Therapy must continue throughout the Diploma and the Advanced Diploma programmes until the course qualification is awarded (approx. 46 weeks per year).



Professional counselling provides a relationship in which you and the client can safely explore experiences and become aware of hidden feelings whilst discovering new perspectives and insights about yourself and your relationship with others. It is partly through your own personal therapy that students develop the qualities required to provide this sort of relationship.

It is a requirement for all prospective clinical students to be in personal therapy six months prior to client work, and increasing emotional openness and maturity are all important. Sustaining the counselling relationship, sometimes over a considerable period requires a commitment of time and energy. If at any point your therapy is ending, you must inform your Programme Lead. No student can be on the course and see clients without being in therapy. Failure to discuss this with your Programme Lead may jeopardise your place on the course.

All communication between you and your therapist is confidential.

Clinical Placements in Professional Training

Diploma students are required to undertake a clinical placement within an approved counselling agency. A clinical placement offers regular supervision, the opportunity to work with clients under supervised conditions, access to the clinical team and overall support throughout your clinical work. Supervised clinical placements are necessary to practise skills taught during the theory-based sessions. **Please note supervision groups are only available at limited times, on certain days and certain locations during the week. It is unlikely that supervision will take place on the same day as seminars.** Students begin attending group supervision during term 1 of year 2 of the Diploma and would commence seeing clients when ready.

Students are given information and guidance to apply for internal and/or external placements during the course. The Foundation offers a supervised internal clinical placement to students on the Diploma. **Students who choose to also apply for an external placement with an approved partner agency are responsible for securing and seeking approval from The Foundation Training Centre.** For the Advanced Diploma and the Advanced Clinical Skills programme, students may apply for an internal supervised placement within the Foundation subject to availability or external supervised placement with an approved partner agency. Alternatively, students may apply for an internal placement and arrange private supervision at their own cost subject to securing approval from the Training Centre and meeting course requirements.

Client Hours

Students will undertake supervised client work in an agency setting. To meet the full clinical requirements of the Programme, students need to work with a range of clients; normally building up to 4 clients or more on a weekly basis (Approx. 46 weeks per year). It is the student's responsibility on the Diploma, Advanced Diploma and Advanced Clinical Skills courses to ensure they complete the required clinical hours for their course.

Obtaining adequate client hours from a placement within the academic cycle can never be guaranteed. It is dependent upon many factors, particularly the flow of clients who are appropriate for students and your availability. Therefore, the regulations allow an additional 24 months beyond the course for the Diploma and an additional 12 months for the Advanced Diploma and the Advanced Clinical Skills course to complete all clinical hours and other course requirements.



Supervision

Students with a clinical placement are required to attend regular group supervision throughout the year, as they work towards completing the minimum hours of counselling practice. Supervision is essential to therapeutic effectiveness, so students are required to attend supervision until all course requirements are completed. Attendance at supervision is mandatory and must meet the guidelines and requirements of the BACP code of ethics and practice.

Where a student has supervision for an external placement or external supervision this must also meet the guidelines and requirements of the BACP. Some agencies or external supervisors may levy a contribution towards the costs of supervision of a student. This cost will be borne by the student.

Whilst enrolled on any of our courses, students in a Counselling Foundation supervised placement may not enter into any additional private supervision arrangements without Counselling Foundation approval.

Disclosure & Barring Service Approval (DBS)

All student counsellors are required to complete a DBS application form so that an Enhanced DBS check may be conducted prior to starting their clinical placement. **The Foundation strongly encourages all student counsellors to subscribe to the DBS online update service. The DBS update service can save you time and money as it allows applicants to keep their DBS certificates up to date without having to re-apply. It also allows employers to check a DBS certificate online with your consent.**

The initial DBS check will be at the cost of the Counselling Foundation, but any additional or subsequent checks and the update service will be at the student's cost. If the student does not subscribe to the DBS update service, students must have a DBS dated within 3 years.

Only those applicants who obtain satisfactory DBS approval can work with clients, therefore, applicants who fail to obtain DBS approval will not be able to continue training.

Attendance

It is the student's responsibility to inform tutors, programme leads and the training team if they will be absent from seminars or unable to attend the full seminar or PD Group. If a student will be absent for more than three weeks, a doctor's certificate will need to be provided. In order to pass the course 8 out of 10 weeks each term, and an overall percentage of 80% of the course must be attended. The Final Board will discuss any student that falls below this amount.

Additional Requirements

- It is essential while on the Certificate in Psychodynamic Counselling Course that you provide the Training Centre with a **personal email address that other people do not have access to**. A work email address or group family email is not acceptable due to the sensitive nature of some correspondence that you may have with your tutors. Whilst on the Diploma, Advanced Diploma or Advanced Clinical Skills course, The Counselling Foundation will provide you with a Counselling Foundation email address. It is essential that this email address is always used for correspondence pertaining to the course and for correspondence with counselling clients.
- Attend meetings and undertake administration duties as required by your placement organisation.
- Attend weekend workshops, as required.



Equal Opportunities

We welcome applications from all sections of the adult population and particularly from areas of the community which are underrepresented within the counselling profession as a whole. Equality, difference, diversity, the importance of a non-discriminatory approach and anti-oppressive practice and how these are important to counselling work will be explored in the course. The course will be conducted in English and students will be expected to practise their skills and submit all their written work in the English language.

Student Groups

There are a number of different ways in which students engaged in professional training can participate in the wider life of the Counselling Foundation should they wish to do so. The Student Representative Programme provides a unique insight into how training and counselling at The Counselling Foundation complement each other.

Student Representatives foster a sense of collectiveness and community among people within the organisation, which can make other students feel welcome and valued - allowing them to get the most out of their time as a student. The Counselling Foundation students run a valuable student mentoring scheme for all students engaged in professional training.

There is a student led CPD Programme which meets monthly where students help shape the programme and engage with professional speakers and learn to host webinars. Finally, there is an active Difference and Diversity Group composed of colleagues and students across the Counselling Foundation which meets monthly to consider all aspects of EDI related matters both on a personal micro level and those affecting the organisation as a whole.

Learning & Pastoral Support

- The Counselling Foundation offers support and pastoral care with all aspects of the course (both academic and clinical). Students are allocated a Programme Lead for each year of the course who is responsible for advising students on the programme as a whole.
- A designated administrative training team deal with day-to-day administration associated with the modules within the programme. In addition, students **will also have individual academic support from seminar tutors and clinical support from the clinical team.** For information about learning support provisions and accessibility we ask that students inform the Training Centre of any specific requirements on their application form, along with any supporting documents.
- The Training Centre will try to provide access to all facilities on site and to meet individual needs so far as reasonably possible. However please note that our training suite is on the first floor of an old building and there is no lift.
- We are able to offer:
 - Extra support on the completion of assignments with an academic tutor throughout each year of the course.
 - Extensions on assignments to manage the pressure of deadlines.



PERSONAL THERAPY

Students are required to be in once weekly personal therapy, with a therapist who meets The Counselling Foundation training criteria (see therapist requirements). This therapy must continue throughout the Diploma (from the start of the third term of year 1), and Advanced Diploma programmes until the course qualification is awarded (approx. 46 weeks per year).

Personal therapy provides a relationship in which you, the client, can safely explore experiences and become aware of hidden feelings whilst discovering new perspectives and insights. It is partly through their own personal therapy that students develop the qualities required to provide this sort of relationship for their own clients. Stability, personal suitability for the work, and increasing emotional openness and maturity are all important. Sustaining the therapeutic relationship, sometimes over a considerable period requires a commitment of time and energy.

It is an integral part of the student's training and a requirement for all prospective clinical students to be in personal therapy six months prior to the start of **year 2 of the Diploma**, as you need to be ready to work with your own clients within the first term of year 2.

Good therapy should have a mix of support and challenge. If a student has concerns about their therapist, it is important that they raise this with their Programme Lead sooner rather than later. If at any point your therapy is ending, you must inform your Programme Lead. No student can be on the course and seeing clients without being in therapy. Failure to discuss this with your Programme Lead may jeopardise your place on the course.

We strongly recommend that students work mainly in person with their therapist as this will model the in-person training at The Counselling Foundation and the majority of clinical work in placement. If a student wishes to work remotely with their therapist (by telephone or video) then they should carefully consider their motivation for this and whether this is really in their best interest. Students must choose a therapist who is trained and experienced in this modality.

Therapy arrangements are strictly private and confidential. Professional Ethics involving confidentiality and boundaries imply that students do not disclose the name of their therapist. It will be considered a breach of ethical boundaries for students to disclose their therapists or discuss their therapist with anyone except the Training Office or teaching staff. You may be required to confirm the start date and end date of therapy, and the number of sessions attended and communicate that to the Training Office.

The designation 'who meets our criteria/approved by the Training Centre' is not intended to make or imply any judgement about the qualities of individual therapists or their trainings nor is it intended to imply any endorsement or recommendation by The Counselling Foundation.

All communication between you and your therapist is confidential.



REQUIREMENTS FOR PERSONAL THERAPY

Students who would like to apply for the Diploma or the Advanced Diploma should be with therapists who work in a way that is congruent with the psychodynamic approach, and meet the minimum requirements set out by The Counselling Foundation Training Centre. Students are required to be in weekly personal therapy prior to the start of term 3 of year 1 of the Diploma.

THERAPIST CRITERIA

Qualifications

- Advanced Diploma/Post-Graduate level and above
- Evidence of at least 4 years training in the psychodynamic model

Experience

- 3 years post-qualifying experience
- Currently working from a psychodynamic orientation

Their Accreditation

With one of the following professional bodies: BACP, UKCP (Psychodynamic Section), BPC.

PROCEDURE FOR OBTAINING A THERAPIST

If you are already in therapy, please submit therapist details to the Training Team for confirmation as they must meet all the criteria above to qualify.

Finding A Therapist

- It is the student's responsibility to search for a therapist using the criteria above.
 - There are many places to search, for example:
 - <https://www.bacp.co.uk/search/Therapists>
 - <https://www.bpc.org.uk/find-a-therapist/search>
 - <https://www.psychotherapy.org.uk/find-a-therapist/>
- Once you have found a therapist, **before contacting them**, you will need to have their details checked by a member of the team. Please email the Training Team who can help you with this.
- Once you have heard back, and the therapist is suitable, you can then contact the therapist for appointments. You will need to inform them which course and time you would be applying for.
- If they are not suitable you will need to repeat the search process until one is found.



HOW TO APPLY?

Introduction to Counselling

To apply to an [Introduction to Counselling](#) course please use the link on our website to go to our Eventbrite page. Here you can book a course that suits your availability.

There is no application form or interview needed to apply for the Introduction to Counselling course.

Certificate, Diploma, Advanced Diploma, Advanced Clinical Skills, Diploma in Supervision and Introduction to Body Awareness

Assessment of applicants for this training is through application and if required, an individual interview.

Application Forms

You can request an application form on The Counselling Foundation website. Once you submit a request, you will receive an email with the application form and instructions.

To Apply you will need:

- An application form
- Application deposit

Please visit the website for further details.

<https://counsellingfoundation.org/counselling-training/>

Deadline For Applications:

- **Certificate**
 - **April 2026 Intake:** 13th April 2026
 - **September 2026 Intake:** 30th June 2026
 - **January 2027 Intake:** 16th December 2026
- **3-Year Diploma:** 30th June 2026
- **Advanced Diploma:** 30th June 2026
- **Advanced Clinical Skills:** 30th June 2026
- **Diploma in Clinical Supervision:** 30th June 2026
- **Introduction to Body Awareness:** 30th November 2026

Our courses are likely to be oversubscribed, and places are limited. Dates, times and course venues are set according to demand and tutor availability and so are subject to change. We reserve the right to cancel and/or rearrange the courses if recruitment does not reach the minimum student numbers required. Subject to availability, we may be able to accept late applications, however this is not guaranteed.

Interviews

Applicants attending an interview will need to demonstrate personal qualities relevant to therapeutic practice and training. Each interview will be conducted by a Counselling Foundation Programme Lead, or Clinical colleague and will last about an hour. During this time applicants will be offered the opportunity to ask any questions about the Course Programmes. Interviews may be conducted in person or online.

Certificate and Introduction to Body Awareness



- Most offers are made based on the application alone. However, some students may be invited for an interview to discuss their application in more detail before a decision is made.

Diploma, Advanced Diploma, Advanced Clinical Skills and Diploma in Clinical Supervision

- **Diploma Year 1** and **Diploma in Supervision** offers will be based on application and an interview.
- **Advanced Diploma** and **Advanced Clinical Skills course**: Offers will be based on application and an interview.

Selection Criteria

Offers of a place are determined by the application and interviews. Upon request by the Training Office **ONLY**, references may also be considered.

Successful completion of the previous course does not constitute entry onto the next stage of training.

ACADEMIC CALENDER FOR 2026/27

Term 1	
Start Date	WC Monday 21 st September 2026
Reading Week	WC Monday 26 th October 2026
End Date	Week ending Saturday 5 th December 2026
Term 2	
Start Date	WC Monday 11 th January 2027
Reading Week	WC Monday 15 th February 2027
End Date	Week ending Saturday 27 th March 2027
Term 3	
Start Date	WC Monday 26 th April 2027
Reading Week	WC Monday 31 st May 2027
End Date	Tuesday – Saturday Courses: Week ending Saturday 10 th July 2027 Monday courses: Monday 12 th July 2027



COURSE FEES

Introduction to Counselling course

The fee for the Introduction to Counselling course is £155. Payment for the Introduction to Counselling course is taken at the time of booking through our Eventbrite page which can be accessed through our website.

Certificate, Diploma, Advanced Diploma, Advanced Clinical Skills, Diploma in Supervision and Introduction to Body Awareness

The fees for our 2026/27 academic year are listed in the table below.

For 26/27 year (except in relation to 2027/28 Advanced Diploma 2)	Tuition fees	In-house supervised placement	Total Course fees (tuition fees plus in-house supervised placement)
Certificate	£849	n/a	£849
Diploma 1	£4,245	n/a	£4,245
Diploma 2 *	£5,475	£906	£6,381
Diploma 3 *	£5,475	£906	£6,381
Advanced Diploma 1	£5,745	£906	£6,651
Advanced Diploma 2 *	£5,745	£906	£6,651
2027-28 Advanced Diploma 2 *	£1,530	£302	£1,832
Advanced Clinical Skills	£5,745	£906	£6,651
Supervision Course	£2,832	n/a	£2,832
Introduction to Body Awareness	£550	n/a	£550

** Fees are shown for each year for the 26/27 year (except in relation to the 2027-28 Advanced Diploma 2 where indicative fees are shown as a guide for information). Where the course covers more than one academic year, the course fees for the next or subsequent years (including for 2027-28 Advanced Diploma 2) will be set nearer the time, having regard to inflation and the parameters set out in the Student Terms and Conditions.*

As shown in the table below, a reduced course fee for payment in full in advance applies where the student is offered and accepts a place on the course, submitting all required documentation and information and paying in full before the start of the course and within 14 days of the offer of a place.

Course fees also include access to an in-house supervised placement fee where indicated (does not apply to Certificate, Diploma 1, Supervision courses or Body Awareness), subject to availability and (in relation to Advanced Diploma and Advanced Clinical Skills) where agreed by the Counselling Foundation. Supervision is based on fortnightly group supervision only at certain limited days, times and locations.

In the event that the student on the Advanced Diploma or Advanced Clinical Skills course has an in-house placement but external supervision (not an applicable option on the Diploma course), the supervised placement fee is reduced from £906 to £267.

Application Deposit

A deposit payment of **£132** is payable at the time of application for the following courses: Diploma 1, Advanced Diploma 1, Advanced Clinical Skills and Supervision course. A deposit payment of **£24** is payable at the time of application for the Certificate and Introduction to Body Awareness course.

Please note that the payment of the application deposit needs to be made upon application.



Payment of the application deposit allows you to apply and be considered for (but not guaranteed) a place on the course. The application deposit will be offset against your course fees if you are successful in securing and accept a place on the relevant course and is non-refundable unless the Counselling Foundation is unable to offer you a place on the course that you apply for.

Early Bird

Our courses are likely to or might be oversubscribed and places are limited. We therefore encourage early applications. For Diploma Year 1, Advanced Diploma Year 1, Advanced Clinical Skills and the Supervision courses, those applicants who return their application form (fully completed) by the given date and subsequently secure a place on the course will be eligible for an early booking discount of £102 (to be given by reduction of course fees), for applications for those courses sent in by:

- **Year 1 of the 3-Year Diploma:** 26th April 2026
- **Advanced Diploma Year 1:** 26th April 2026
- **Advanced Clinical Skills:** 26th April 2026
- **Supervision Course:** 26th April 2026

Bursaries (Diploma, Advanced Diploma and Advanced Clinical skills, only)

We usually offer a limited number of bursaries to students on designated courses, being for 26/27 the Diploma, Advanced Diploma and Advanced Clinical Skills courses, on application and subject to availability, demand and eligibility. Further information will be available separately.

Finishers fees

If you have outstanding academic work at the end of the course, finishers fees will be payable (currently based on £129 per term from September 2026). If you have outstanding clinical hours and wish to extend your placement and supervision, you will incur further placement and supervision fees (currently £906 annually for a supervised placement and £267 annually for a non-supervised placement). These fees are subject to amendment having regard to inflation and the parameters set out in the Student Terms and Conditions.

Other Costs

Your course fees include the undertaking by us on your behalf of one DBS check, for the purposes of your inhouse placement, where agreed but do not include further DBS checks (an additional DBS check will be required within 3 years after the first DBS check if you continue to be in an inhouse placement, at your cost) or the annual costs of the DBS update service.

There will or may be additional costs relating to your course which must be paid by you, whether to The Counselling Foundation or to a relevant third party (as appropriate). Additional costs may include, but are not limited to, costs relating to external personal therapy, any external placement or supervision, any supervision requirements over and above the level of supervision provided as part of your course, travel to and from and parking at our locations and external placements, professional body memberships, travel, parking, subsistence, computers, mobile phone, Wi-Fi, data and telecommunications, textbooks and any second, subsequent or update disclosure and barring service checks.



COURSE PAYMENTS

The courses have options for paying by: A) deposit and instalments; or B) payment in full in advance.

Instalment Payments

Where paying by deposit and instalments, a course deposit is payable **(in addition to the application deposit payable at the time of application)** prior to the start of the course on the dates to be set out in any offer letter for a place, followed by monthly instalments. These monthly instalments are payable in:

- **Certificate course:** 3 monthly instalments, on dates to be notified.
- **Diploma, Advanced Diploma and Advanced Clinical Skills courses:** 10 monthly instalments from September 2026 to June 2027.
- **Supervision course and Introduction to Body Awareness:** 6 monthly instalments, on dates to be notified.

Payments are as follows:

Course	Course fees for 26/27 year	Application deposit	Course deposit	Number of instalments	Monthly instalments, each of
Certificate	£849	£24	£275	3	£183.33
Diploma 1	£4,245	£132	£1,371	10	£274.20
Diploma 2 *	£6,381	n/a	£2,127	10	£425.40
Diploma 3 *	£6,381	n/a	£2,127	10	£425.40
Advanced Diploma 1	£6,651	£132	£2,173	10	£434.60
Advanced Diploma 2 *	£6,651	n/a	£2,217	10	£443.40
Advanced Clinical Skills	£6,651	£132	£2,173	10	£434.60
Supervision course	£2,832	£132	£900	6	£300.00
Introduction to Body Awareness	£550	£24	£176	6	£58.33

** Fees are shown for each year for the 26/27 year. Where the course covers more than one academic year, course fees for the next or subsequent years will be set nearer the time, having regard to inflation and the parameters set out in the Student Terms and Conditions.*

If you would like to request a different mix between the course deposit and the amount of each of the monthly instalments, please get in touch with us to do so. However, please note that in any event and in all circumstances (where paying by deposit and instalments):

- A course deposit (prior to the start of the course) and regular monthly payments (starting September 2026 or, in relation to the Certificate, Supervision and the Introduction to Body Awareness courses on dates to be notified) must both be made.
- All course fees must be paid in full by June of the academic year in relation to the Diploma, Advanced Diploma and Advanced Clinical Skills courses.
- All course fees must be paid in full before the end of the course for all courses.



Paying in full in advance

As shown in the table below, a reduced course fee for payment in full in advance applies where the student is offered and accepts a place on the course, submitting all required documentation and information and paying in full before the start of the course and within 14 days of the offer of a place.

Course	Course Fees (where paying by deposit and instalments, as above) for 26/27 year	Application Deposit	Course fees with reduction if paying in full in advance (after deducting application deposit)
Certificate	£849	£24	£792.00
Diploma 1	£4,245	£132	£3,948.10
Diploma 2*	£6,381	n/a	£6,125.76
Diploma 3*	£6,381	n/a	£6,125.76
Advanced Diploma 1	£6,651	£132	£6,257.00
Advanced Diploma 2*	£6,651	n/a	£6,383.70
Advanced Clinical Skills	£6,651	£132	£6,257.00
Supervision	£2,832	£132	£2,592.00
Introduction to Body Awareness	£550	£24	£504.96

** Fees are shown for each year for the 26/27 year. Where the course covers more than one academic year, course fees for the next or subsequent years will be set nearer the time, having regard to inflation and the parameters set out in the Student Terms and Conditions.*

To be eligible for the reduced price for payment in full in advance, payment must be made in full before the start of the course by the date to be set out in any offer letter.

Notice-period

The Student Terms and Conditions set out relevant provisions and notice periods should you withdraw from or defer a course. Please note in particular that, subject to any statutory cooling off period, should you withdraw or defer for any reason after acceptance of a place, you remain liable for course fees (and supervision and placement fees, where applicable) based on sessions and/or training, supervision and placement that have taken place prior to the withdrawal/deferral date (based on a pro rata calculation) plus one third of the course/supervision/placement fees (or one third of the annual fees where the course/supervision/placement extends over more than one year).

Further information about fees and payment

Further information about fees and payment is or will be shown in the Application Form, the Student Terms and Conditions and any Offer Letter.



FREQUENTLY ASKED QUESTIONS (FAQ)

INTRODUCTION TO COUNSELLING

- 1) What qualifications will I receive from the course**
Upon completion of the course, you will receive a Certificate of Attendance. Please note that you must complete at least 80% of the course to receive the certificate.
- 2) What modalities do you cover**
During the course you will learn about various modalities of counselling including Psychodynamic, Person Centred, Cognitive behavioural therapy (CBT), Humanistic and Integrative.
- 3) What training can I do after this course**
One aim of the course is to introduce you to different modalities so that you can go on to do a Certificate or Diploma in the modality that you prefer.
- 4) How many days a week do I need to attend**
The course is three hours a week over four weeks. We run the courses on different days and times of the week so that you can choose one that fits in with you.
- 5) Will this course still be beneficial if I don't want to train to be a counsellor.**
Yes, the course will give you valuable skills in active listening techniques, teach you about the importance of empathy in communication and how to apply these core skills in real-time exercises.

CERTIFICATE IN PSYCHODYNAMIC COUNSELLING

- 1) Is the course BACP accredited?**
The Certificate course is an access course so this type of course is not accredited by BACP.
- 2) What qualifications will I receive from the course**
Upon completion of the course, you will receive a Certificate in Psychodynamic Counselling. Please note that you must complete at least 80% of the course to receive the certificate
- 3) What modalities do you cover**
The course will focus on the Psychodynamic model of counselling including theorists such as Freud and Jung.
- 4) How many days a week do I need to attend**
The course is three hours a week for 10 weeks. We run the courses on different days and times of the week so that you can choose one that fits in with you.
- 5) Are there any assignments?**
There are no assignments to complete on the Certificate course, however there is weekly reading to complete each week.
- 6) How many clinical hours do I need?**
There is no clinical hours requirement for this course.



DIPLOMA, ADVANCED DIPLOMA AND ADVANCED CLINICAL SKILLS

1) Is the course BACP accredited?

The Diploma course has been developed to map onto the SCoPEd Competency and Skills Framework Columns A and B and the course is accredited by BACP.

BACP have recently released the course accreditation criteria for the Advanced Diploma and the Advanced Clinical Skills course, and we plan to work with them towards course accreditation. Please note course accreditation is unlikely to apply retrospectively.

Whilst we are or will work with BACP to seek their course accreditation at the relevant times, we cannot guarantee that the Advanced Diploma or Advanced Clinical Skills courses will be accredited by BACP. The decision to apply for individual accreditation is up to each individual student.

2) What happens if I fail a written assignment?

You will have the opportunity to re-submit normally within a 2-to-8-week deadline (depending on the assignment).

3) How many clinical hours do I need?

There is no clinical hours requirement for Year 1 of the Diploma. You will be building your knowledge and skills in this year and preparing for clinical practice.

In Years 2 and 3 of the Diploma you will need to accrue a minimum of 100 client hours in total. You will need a total of 450 clinical hours for Column B individual accreditation (at least 150 of which need to be post qualifying).

Students are also need to be able to demonstrate that they can hold a caseload of up to 4 clients concurrently. If you opt for the Advanced Clinical Skills course, you will need to accrue 50 clinical hours during training and be in clinical practice with a caseload of at least 3 /4 clients.

If you go onto the Advanced Diploma you will need to accrue a total of 50 clinical hours during training. For Column C individual accreditation, a total of 500 client hours is required (including those gained on the Diploma). At least 200 out of the 500 clinical hours need to be completed once you have finished the course before you can apply for Column C individual accreditation. Students are encouraged to hold between 4 and 6 clients to gain experience and breadth of work.

Please refer to the BACP link below for the clinical hours' requirement for Columns A, B and C registration or accreditation.

4) What if I do not achieve my clinical hours during the Diploma, Advanced Diploma or Advanced Clinical Skills course ?

You would then enter a third (or more) year; become a Finisher and you may incur finisher fees. You would continue working with your clients attending your supervision and your personal therapy. The course CANNOT be extended beyond 5 years for the Diploma and 1 year for the Advanced Diploma and the Advanced Clinical Skills course so your training must be completed within this time.



5) Where can I get an external placement?

The Counselling Foundation assists students in providing information about external placements that we have previously approved as working in line with our policies and procedures. Nevertheless, if you know of a counselling agency that can offer you a placement, please contact the Programme Lead with the agency's details. A site visit may then be arranged to ascertain if they meet our criteria. Students may not have more than two placements at any one time. Internal placements are offered to students on our Diploma Course.

6) Will the 5 hours of theory be taught in one session or more than one?

This will be one session with 2 half hour breaks.

7) How many students will there be in a seminar group?

Our training room takes 12/14 maximum so that is our limit per group.

8) Will TCF be able to offer all Diploma, Advanced Diploma and Advanced Clinical Skills students enough clients/client hours in order to reach the required 100 or 50 hours?

It is important to remember that if you are offered and accept an internal placement, we can never guarantee client hours as it depends on your availability, your ability to hold clients, client flow, client availability etc. No placement will ever guarantee client hours. Other options might include a second placement. However, if for example you were to see 4 clients a week for 45 weeks a year that would be 180 hours per year.

9) Will we be able to take a break after year 1 or year 2 of the Diploma?

You can decide to take a break after year 1 or 2 or to exit the course at that stage. The whole course will need to be completed within 5 years in total (including required clinical hours)

10) What are the advantages of being aligned with Column C rather than Column B for a newly qualified practitioner? What does Column C provide in terms of options for working outside of the Foundation or being able to set up private practice?

Counselling is still an unregulated profession. There are no requirements to set up in private practice. We would recommend you do either the Advanced Clinical skills course or the Advanced Diploma course as both of these together with your Certificate and Diploma will prepare you well for the challenges of private practice. However, all of this is your choice. It is not yet clear how other employers will view a Column B rather than a Column C individual accreditation.

11) Can you apply for individual BACP accreditation at the end of the new 3-year Diploma course and if so, can you set up private practice?

You will need to meet BACP's requirements for individual registration - Column A (300 hours of theory and 100 hours of supervised clinical practice) and then individual accreditation Column B (450 hours of theory and 450 hours of supervised clinical practice of which 150 hours need to be post qualifying). The Diploma aims to give you all the required theory hours. The clinical hours component will vary from person to person depending at what speed they wish to progress. This is down to individual choice and lifestyle, and we recommend that you think carefully about what suits you. **Students should not expect to apply for individual accreditation immediately on completion of the course.**



DIPLOMA IN CLINICAL SUPERVISION

1) When is the written assignment due?

The assignment will be due on the 22nd April 2027.

2) What happens if I fail a written assignment?

You will have the opportunity to meet with a tutor to discuss how to improve and a deadline for re-submission will be agreed with the Programme Lead.

3) How many hours of supervision do I need to provide?

Trainees will need two supervisees or provide supervision of two peers for at least 20 hours in order to complete the written assignment.

4) When do I need to complete the 20 supervision hours?

The 20 supervision hours will need to be accrued by 6th March 2027.

5) How many students will there be in a training group?

The group limit will be 12-14.

6) Will TCF be able to offer all students a placement?

There may be an opportunity for some students who have trained psychodynamically, to have a placement at TCF. Enquires can be made once you have received an offer of a place.



USEFUL LINKS

SCoPEd	Accreditation
SCoPEd framework	Accreditation
SCoPEd framework FAQ	Accredited membership
SCoPEd implementation period FAQ	Applying for individual accreditation
SCoPEd partnership and origins FAQ	BACP Ethical Framework
SCoPEd transition mechanisms	Senior accredited membership
The Counselling Foundation website - BACP SCoPEd	
What is SCoPEd? FAQ	
Why is SCoPEd important? FAQ	

CONTACT US

If you would like any further information, please contact our Training Team who would be happy to answer any questions you have:

Phone: 0300 303 6690

Email: training@counsellingfoundation.org

Website: counsellingfoundation.org

