



Foundation Access Course

Part-time programme over four months

20th March 2023 – 26th June 2023

This popular **12-day course**, spread over four months, is designed to give you the opportunity to:

- Experience training at the SPTI before deciding on a career in Counselling or Psychotherapy.
- Develop counselling skills and personal growth, in a relational and experience-based learning environment (for people from other professions and other psychological disciplines)
- Find out about the counselling and psychotherapy process and the role of the therapist within this.
- Learn about and test out study skills designed to facilitate independent and co-operative learning as appropriate to continuing to a higher level course.
- Encourage exploration of self-awareness for your own personal growth.
- Identify and practice communication skills and techniques.
- Develop awareness of personal values, ethics, culture and diversity and how these are relevant to counselling and psychotherapy.
- Achieve an entry level award required for the BACP accredited BSc (Hons) Counselling & Psychotherapy degree (where applicants do not currently possess a level three / equivalent qualification).

There is an emphasis on personal development with frequent opportunities to work in small and large group settings. The course provides a general introduction to personal growth, the field of counselling and psychotherapy, as well as the chance to be guided and supported while developing academic skills. Along with being informed by the above, it will also be uniquely shaped by the particular needs of the group members.

Workshop delivery: Delivery will be face-to-face unless directed otherwise by the Government in response to Covid-19 restrictions. In the event of delivery moving online, students will need access to a computer with either a webcam or a laptop with an inbuilt camera, or tablet/phone with a front facing camera in preparation for video conferencing, along with a quiet workspace and the time to attend online learning.

Assessment and resources: The Foundation Access Certificate will be awarded on minimum 80% attendance and the successful completion of a portfolio, which consists of workshop specific questions covering an overview of counselling approaches, a reflective journal, a record of practical skills sessions feedback and development, self and peer assessments, and a personal development profile (PDP). There is an academic writing component in the form of two essay questions (supported by additional workshop time) which are marked and are an excellent opportunity to gain or refresh your experience of academic essay writing.

Resources are accessed via Moodle, the SPTI e-learning site. Students therefore need access to a computer, the internet and be competent in word processing to complete written work.

The course is taught by a team of experienced and qualified counselling specialists and trainers whose profiles can be found overleaf:



Emily Bellaby-Pearson, UKCP Registered Psychotherapist
Programme Leader: Introductory Courses
Level 2 Award in Counselling Concepts & SPTI Foundation Access Course
Tutor: BSc Trainee Tutor

Emily is a UKCP accredited psychotherapist with an MA in Humanistic Person Centred Psychotherapy. She qualified in 2005 and has worked in a variety of settings including Nottingham city schools and the NHS. Emily qualified as a clinical supervisor in 2018 and now manages a private practice providing psychotherapy, counselling and supervision to individuals, couples and groups.



Suzanne Robertson, BACP Registered Psychotherapist
Tutor: Introductory Courses
Level 2 award in Counselling Concepts & SPTI Foundation Access Course

Suzanne is a BACP registered psychotherapist and is a graduate of the SPTI BSc (Hons) Counselling and Psychotherapy degree. Suzanne works from an Integrative and Pluralistic perspective and particularly enjoys working creatively with clients. Suzanne has worked with survivors of sexual violence for over three years and is currently working within the well-being service for students at a local university as well as private practice. Suzanne has a background of over fifteen years as a healthcare professional in the NHS where she also gained teaching experience as a clinical educator and lecturing at university. Suzanne's particular interest is psychosexual therapy, and she is currently completing a Postgraduate Diploma in Clinical Sexology, combining psychotherapy with her healthcare experience and knowledge. Outside of psychotherapy, Suzanne can be found walking through the countryside with her border collie Arthur or sitting in the sunshine watching cricket at Trent Bridge cricket ground.



Maggie Hall, UKCP Registered Psychotherapist
Tutor: Introductory Courses
Level 2 Award in Counselling Concepts & SPTI Foundation Access Course

Maggie is an accredited UKCP psychotherapist and clinical supervisor with 16 years clinical experience. She graduated in 2009 from SPTI with an MA in Integrative Psychotherapy and then in 2015 with a Diploma in Clinical Supervision. She has experience of working as a therapist within the NHS, with children at Place 2 Be, and with young people and adults within her private practice. She is also a clinical supervisor to both trainee and experienced psychotherapists, and has worked at The Children's Society providing coaching, supervision and support to both counsellors and project workers. Prior to this Maggie had a successful career within the emergency services and their associated agencies. Maggie believes the key to any successful therapy, supervision or training is the relationship she is able to build with her clients or trainees. She has a particular interest in neurodiversity both within the therapy room and in the classroom and is passionate about providing supervision and training which accommodates all learning styles. When Maggie isn't working she enjoys walking her 2 Labrador dogs Sooty and Oakley, spending time with her children and trying to keep fit – although this is still a work in progress!



Training Dates: Mondays - 9.30am - 3pm (with two academic component workshops held from 3.15pm – 4.15pm in weeks 3 and 8)

(1) Mon 20 Mar 2023	(4) Mon 17 Apr 2023	(7) Mon 15 May 2023	(10) Mon 12 Jun 2023
(2) Mon 27 Mar 2023	(5) Mon 24 Apr 2023	(8) Mon 22 May 2023	(11) Mon 19 Jun 2023
(3) Mon 03 Apr 2023	(6) Mon 08 May 2023	(9) Mon 05 Jun 2023	(12) Mon 26 Jun 2023

Each day includes a discussion/personal development group, theory input and skills practice. These will all be based around a particular theme making them self-contained.

Topics will include:

- Introduction
- Culture/Diversity
- Transactional Analysis Theory
- Psychodynamic Theory
- Spirituality in Counselling
- Integration of Approaches
- Personal Values and Ethics
- Humanistic/Person Centred Approach
- Gestalt Theory
- CBT Theory
- Loss and Experiences of Grief
- Self-Care and Endings

Standard Tuition Fee: £799

This fee covers the full academic programme of 12 training days and the SPTI certificate. Please note that 80% attendance is required to pass the programme.

Tuition Fees	
Deposit £100 <i>Required to secure place</i>	
Instalment Plan Costs (after payment of the required £100 Deposit)	
Full Course Payment <i>Due by 20 Feb 2023 or</i>	Fee - Deposit £699 (€799 - €100)
20 Feb 2023 <i>Instalment 1</i>	£242
20 Mar 2023 <i>Instalment 2</i>	£242
20 Apr 2023 <i>Instalment 3</i>	£242
	Total Cost £726 <i>(Inc. £27 Instalment Admin Charge)</i>

Please note that two references are required for this course. Application materials (the SPTI **application form** and **reference request form**) can be downloaded from our website:

<http://www.spti.net/courses/cfac/>

For more information, please contact Admissions:
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 Thiskney House, 2 St James Terrace, Nottingham, NG1 6FW
Telephone: 0115 844 7904 • **email:** admissions@spti.net