



Foundation Access Course

Part-time programme over four months

22nd February 2025 – 24th May 2025

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.

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.

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



(1) Sat 22 Feb 2025	(4) Sat 15 Mar 2025	(7) Sat 12 Apr 2025	(10) Sat 10 May 2025
(2) Sat 01 Mar 2025	(5) Sat 29 Mar 2025	(8) Sat 26 Apr 2025	(11) Sat 17 May 2025
(3) Sat 08 Mar 2025	(6) Sat 05 Apr 2025	(9) Sat 03 May 2025	(12) Sat 24 May 2025

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: £840

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 2025 or</i>	Fee - Deposit £740 (£840 - £100)
20 Feb 2025 <i>Instalment 1</i>	£255.67
20 Mar 2025 <i>Instalment 2</i>	£255.67
20 Apr 2025 <i>Instalment 3</i>	£255.66
	Total Cost £767 <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:
SPTI: The Sherwood Psychotherapy Training Institute
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Telephone: 0115 924 3994 • **email:** admissions@spti.net