



Foundation Access Course

Part-time programme over four months

Two Intakes per year (October and February)

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

- Experience training at SPTI before deciding on a career in Counselling or Psychotherapy.
- Develop counselling skills and personal growth, in a relational and experiential 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 that can be considered as part of the entrance requirements for SPTI's BACP accredited BSc (Hons) Counselling & Psychotherapy degree (where applicants do not currently possess a level three / equivalent qualification). Further BSc entry requirement information about is available via <https://www.spti.net/courses/bcap/>
- Students who already possess degree/equivalent/higher levels of education are welcome to explore academic progression by continuing their training at master's level with SPTI <https://www.spti.net/courses/postgraduate/>

There is an emphasis on personal development with frequent opportunities to work in both 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 input and experience of the group members.

Workshop delivery: Face-to-face in person training.

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 also an academic writing component in the form of two essay submissions (supported by additional workshop time) which are marked and provide 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 and submit written work for assessment.

The course is taught by a team of experienced and qualified counselling specialist facilitators.



Training Times: 9.30am - 3pm

The two academic component support workshops are held from 3 to 4pm in weeks 3 and 8

Training Days:

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: £907 (01 Sept 26 – 31 Aug 27)

This fee covers the full academic programme of 12 training days and the SPTI certificate. Please note that **80% attendance is required** alongside academic submissions to successfully complete the programme. Attendance that falls below 10 training days (e.g. 9 and half or less) would result in an automatic failure based on attendance.

A £100* non-refundable* deposit is required to secure your place (once any offer is made after a successful interview).

The remaining balance of £807 can be paid in full prior to the commencement of training.

Alternatively, students can opt to pay by Instalments. An instalment admin fee of £27 will be applied for this payment method. Three monthly instalments of £278 (due on the 20th of each relevant month) can be paid directly to SPTI.

Students confirm how they wish to pay by ticking their chosen payment method detailed in their online student contract (issued prior to the course commencement).

Tuition Fees				
Payment in full plan				
Deposit*	Balance due before start date			Total Repayment
£100	£807			£907
Instalment payment plan (Instalment Fee £27 - £9 per payment)				
Deposit*	Instal 1	Instal 2	Instal 3	Total Repayment
£100	£278	£278	£278	£934

Please note that two supporting references are required for this course. Due to the nature of the personal relationship and confirming consent, we request that applicants take responsibility for requesting references directly from their chosen referees and sharing our reference request form.

Application materials (the online SPTI **application form** and downloadable **reference request form**) are available from our Foundation webpage: <http://www.spti.net/courses/cfac/>

For additional information or support, please contact Admissions:

SPTI: The Sherwood Psychotherapy Training Institute

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Telephone: 0115 924 3994 • **email:** admissions@spti.net