



Level 2 Award in Counselling Concepts

A 30 hour programme – **Spring Term 2023 – Evening Attendance**
Wed 1st March 2023 – Wed 17th May 2023 (10 x Wednesdays ~ 6pm – 9pm)

This Skills and Education Group Awards accredited qualification provides a recognised introduction to counselling concepts and skills. It also provides opportunities to enhance a range of verbal and communication skills which can be utilised in many work environments. This level 2 (GCSE level of study) course is open to all and will be of interest to those who:

- Would like to enhance and improve their verbal and communication skills
- Would like to experience working in groups of different sizes
- Would like to enhance their career prospects through extra qualifications
- Would like a realistic understanding of the nature of counselling training
- Are undertaking voluntary work or work in the care sector
- Are seeking a career change
- Are returning to study
- Would like to enhance their self-awareness

The course consists of three units:

Unit 1 The Professional Context of Counselling: which includes counselling concepts and three most commonly applied counselling approaches: Psychodynamic, Person-centred and Cognitive Behavioural Therapy (CBT).

Unit 2 Communication Skills in Helping Relationships: six basic counselling skills are introduced, and students are supported to apply the skills competently in small group practice sessions.

Unit 3 Personal Development: where students are supported to reflect on their learning of theory, practice and of themselves in each of the five journal entries.

Workshop delivery: Face-to-face

Assessment and resources: The course is assessed through written work in the course handbook and reflective journal, skills practice sessions and has an 80% attendance requirement. Resources are accessed via Moodle, the SPTI e-learning site. Students therefore need access to a computer 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
Trainee Tutor: BSc

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!



Full payment, application form and submission of a **satisfactory reference** are required to secure a place on the course, as places are allocated on a first come first served basis.

Course fee: £340 – Fees include the registration and certification charges with Skills and Education Group Awards

Course dates:

Date				Workshop No
Wednesday	01	March	2023	1
Wednesday	08	March	2023	2
Wednesday	15	March	2023	3
Wednesday	22	March	2023	4
Wednesday	29	March	2023	5
Wednesday	19	April	2023	6
Wednesday	26	April	2023	7
Wednesday	03	May	2023	8
Wednesday	10	May	2023	9
Wednesday	17	May	2023	10