



**BRIDGE
PASTORAL
FOUNDATION**



**Professional
Diploma in Psychotherapy
&
Counselling**



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COURSE ORIENTATION & OBJECTIVES

This 4 year programme aims to train to a professional level psychotherapists / counsellors who wish to work from humanistic and integrative orientations with individuals. This training is suitable for health professionals, counsellors, teachers, pastoral care workers, and others who are interested in obtaining a professional qualification in counselling and psychotherapy.

Psychotherapy is understood as a journey in relationship through intrapsychic, interpersonal and transpersonal frontiers which accommodate the developing awareness and healing of the whole person.

Within this orientation the person is acknowledged as an **embodied, spiritual, psychological** and **social** being. Each person is also seen as a private separateness, and yet there is also the recognition that as we move progressively inward we may encounter a depth that is beyond individuality – that is more than personal – and through which we are sustained.

In association with Dublin Counselling & Therapy centre,
provider of Post Graduate Psychotherapy Training.

ENTRY REQUIREMENTS

In consonance with professional standards, training is offered at post- graduate level. Therefore, applicants shall normally possess either

- a) a relevant primary degree or
- b) equivalent training e.g. caring and pastoral work / experience in a field relevant to psychotherapy

In addition to these entry requirements, candidates will also be expected to have an appropriate level of maturity and life experience.

QUALIFICATIONS & PROFESSIONAL ACCREDITATION

On successful completion of the four year course students are awarded a Diploma in Psychotherapy. Students successfully completing the third year and not continuing onto the fourth year will be awarded a diploma in Therapeutic Counselling. We will hold the standards of both The British Association of Counsellors and Psychotherapists (BACP) and The United Kingdom Council of Psychotherapists (UKCP) within the course so that successful students will be en route to apply to the body which is most appropriate for them.

COURSE STRUCTURE

1. Personal Development:

The philosophy of this training programme espouses the primacy of self awareness and personal growth in the professional development of the counsellor / psychotherapist. To this end, students are required to engage in regular individual therapy throughout the duration of the course. A student's personal therapist will need to be registered with UKCP and in keeping with the orientation of the course.

Experiential weekends and workshops form an integral part of the training programme and aim to further enhance and foster new levels of personal awareness and integration.

2. Theoretical Learning:

Through the use of interactive tutorials students are enabled to explore and understand the theoretical perspectives which offer background to and inform the practice of counselling & psychotherapy.

Students are expected to read widely and to present up to three written papers per year. We have a library for students use and there will be a substantial reading list given for each term.

3. Skills Development:

This training aims to integrate theoretical learning with practice of the skills required in the therapeutic relationship. Methods include one to one practice, demonstrations, role play, group exercises and supervision /feedback.

Experiential training group:

Students will attend a one and a half hour session of experiential group in the last part of each day.

4. Supervised Clinical Practice:

Students are required to complete a minimum of 100 supervised practice hours per year in years II, III and IV to complete the requirements of the psychotherapy diploma. The ratio is one hour supervision to 6 client hours and a minimum of one and a half supervision hours per month.

Students will need 450 hours of supervised practice to seek UKCP registration.

COURSE SYLLABUS

YEAR I:.....Page 7

YEAR II.....Page 8

YEAR IIIPage 9

YEAR IV.....Page 10

Note: The content of the course syllabus is reviewed on a regular basis and may be modified during any given programme of training.

YEAR I:

1. Drawing on the human relations and developmental theories of Rogers, Erikson, Lake, Pearls, Berne, Lowen, Assagioli and others.
2. Counselling theory.
3. Basic counselling skills practice.
4. Theories concerning the therapeutic relationship.
5. Relaxation therapy & the practice of meditation.
6. Creative use of the arts.
7. Inner Journey Weekends – experiential weekends to help trainees to explore certain themes in their interior and exterior lives.
8. Student’s individual personal therapy.
9. Group dynamics.

YEAR II:

1. Exploring the theory and practice of the Psychodynamic approach – Freud, the Existential – Laing and further developing the Transpersonal – Jung.
2. Comparing and contrasting approaches towards an integrative practice.
3. Projection, transference and counter-transference.
4. Personality traits.
5. The dynamics and effective intervention in the following areas of special concern:

Depression – anxiety – bereavement – sexuality – abuse-dependency - eating disorders - suicide etc.
6. Clinical practice in placement and supervision.
7. Equality and diversity in the therapeutic relationship.
8. Inner Journey Weekends.
9. Students' individual personal therapy.
10. Group dynamics.

YEAR III:

1. Exploring Object Relations & Primal Integration – Winnicott, Bowlby, Lake etc.
2. Mental Health procedures – recognising severe mental illness.
3. Psychopharmacology.
4. Placement in Mental Health Unit (Psychotherapy Dip.)
5. Recognising and working with trauma & shock.
6. Case management & knowing limitations.
7. Process-oriented Psychotherapy – Mindell.
8. Preparation for Dissertation & case studies.
9. Philosophy of counselling and psychotherapy.
10. Dissertation & case studies etc. for those completing Counselling Dip.
11. Inner Journey Weekends.
12. Students' individual personal therapy.
13. Group dynamics.

YEAR IV:

1. Working with aspects of expanded states of unconscious.
2. Breath and body work.
3. Working without words.
4. Family systems.
5. Ethical dilemmas.
6. Burn out in Psychotherapists.
7. Crisis Management.
8. Religious & spiritual complications.
9. Preparation for dissertation.
10. Dissertation, case studies etc towards completing Psychotherapy Dip.
11. Group dynamics.
12. Endings – Beginnings – Future.
13. Inner Journey Weekends – experiential weekends to help trainees to explore certain themes in their interior and exterior lives.
14. Student's individual personal therapy.

ASSESSMENT & ACCREDITATION PROCEDURES

1. Self-Assessment:

Each trainee to keep a personal journal throughout the course and at times to submit extracts acknowledging difficulties and growth. Students will evaluate their own progress and also give and receive feed back in their peer group.

2. Mid- Year Review:

Individual tutorials are arranged mid year offering students the opportunity to discuss their progress and to receive feedback.

3. Written Material:

Up to three written papers will be needed each year and some will be externally assessed.

4. End-of-Year Interviews: (I, II, and III)

Individual assessment interviews at the end of Years I, II, and III contribute to determining a student's suitability for progression to the next year of training. All relevant information is taken into account, including results of written assignments, self, peer and tutor evaluation, supervisor's reports and clinical work (years II, III,) attendance and participation at seminars, weekends and tutorials.

5. Final Accreditation (Years III & IV)

Students who attain all the required standards of the four year course, have the satisfactory completion of at least 300 hours of supervised clinical practice and have undergone the final assessments will be awarded the Psychotherapy Diploma.

Those students wanting to gain a Therapeutic Counselling Diploma will need to attain all the required criteria of the three year course, have satisfactorily completed 200 hours of supervised clinical practice and have undergone the final assessments required for this award.

6. Extensions

In circumstances where a student has not met all the requirements of training by the end of the final year, he or she may be invited to have their student status extended for a period of time as is appropriate.

APPLICATION & SELECTION PROCEDURES

Applications forms are available from:

The Administrator
8 Kingsmead Road North
Prenton
Birkenhead
CH43 6TB
Tel: 0151 6520429
info@Bridgepastoral.org.uk
www.bridgepastoral.org.uk

An application fee of £100 must accompany completed forms. This is to cover administrative and interviewing costs.

SELECTION:

Interviews are offered to eligible applicants based on the information provided on the application form. These interviews are to be held early in the year.

Note: applicants who are ineligible prior to interview will receive a part – refund of their application fee.

COURSE COST & VENUE

Applicants who are offered a place are required to remit a **non-refundable deposit of £300** in order to secure their place.

The cost is £895 per term - £2685 per year.

Payment for the remainder of course fees may be paid each term **in advance**.

The cost of students' individual therapy and supervision is additional to this annual fee.

The two residential weekends are included in the course fee.

The course will be held on **Thursdays** at Douai Abbey – see page 17.

TIME COMMITMENT

Tutorials / Workshops take place on one full day per week (9.15 am - 6.00 pm). This will be 26 days over three terms, beginning the end of September and ending in July. Breaks include Easter and Christmas and some reading weeks.

The two residential weekends will be from 4.00 pm Friday till 4.30 pm Sunday.

Additional time commitments will include individual psychotherapy weekly and time for study and written work. In the years II, III, and IV there will be additional time needed for placements and supervision in accordance with course requirements.

TRAINING FACULTY (YEAR I)

ANN BOYD: Course Director:

Dip. Therapeutic Counselling, Dip. Psychotherapy,
Dip Supervision - member UKAHPP & BAPPS. Reg UKCP.

She is an experienced psychotherapist, supervisor and trainer working in full time private practice. She helped establish and is co-director of her local church based counselling service. Has been an active member of the leadership team of BPF for many years. She is responsible for training tutors and group work facilitators. She helps in the planning of conferences, supervises the small group work, and runs workshops and Primal Integration weekends.

BARBARA MACE: Senior Tutor

B.A. (Hons), M.A Integ. Arts Psychotherapy, Dip. Psychotherapy,
Cert. in the Therapeutic use of Arts. Mem. I.A.T.E, MBACP Reg.
UKCP.

Barbara is an experienced psychotherapist and artist; she has worked long term within a community service and runs a private practice. Barbara also runs specialised workshops on therapy and the creative process.

Additional tutors who train in specialised subjects will contribute to the training programme.

Tutors to be appointed for further years.

**BRIDGE PASTORAL FOUNDATION
ORIGINS & AIMS**

WHO ARE WE:

The Bridge Pastoral Foundation (formerly known as the Clinical Theology Association) is an educational and training charity based on a Christian foundation that is open to all faiths or none.

BPF is also a limited company.

We are a network of over 300 members and authorised tutors spread throughout the UK. We offer seminars, workshops and conferences to further the development of personal growth and human relations.

A RICH LEGACY

The unique insights of Dr Frank Lake have stood the test of more than 40 years and they remain as important and valuable today as they were at the time of their original conception. Frank Lake's exploration into the origins of early development contains essential truths regarding the struggle and what it means to be human. This is the legacy for which we are both the custodians and the executors. We see this psychotherapy course as the next step to taking his work forward for future generations.

Address & website details page 13

Registered Charity No.296816
Registered as a Company by Guarantee No. 737881.



DOUAI ABBEY

We will be holding the course in Douai Abbey, which is run by Benedictine Brothers. It is located on the edge of Reading, Berkshire just off the M4. This is a lovely venue; the Brothers have the ability of encompassing the old and the new in their building and their outlook. They have accommodation to hold the residential weekends and space to walk in the countryside during breaks. The community has an ethos of being open to people of all faiths or none, which is intrinsic to BPF and the Psychotherapy and Counselling course.

**It is situated between Reading and Newbury, in the Royal
County of Berkshire, about one hour west of London.**

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