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RETURNING TO STUDY

Increasingly individuals are becoming aware of the needs for counselling therapy and the many positive benefits that derive from it. Counselling, at its best, can help an individual to change the course of their life. That is why, here at LIFE-FORCE, we not only believe that it is crucial to offer the best training, but that in the process of training, students become more aware of their strengths, weaknesses and past problems. Experiential learning and support enable the student to learn in an enjoyable and safe atmosphere.

The LIFE-FORCE building incorporates specialist training rooms that are comfortable and superbly equipped. Facilities for refreshments are readily available and a well-equipped, hygienic kitchen is available for lunches and tea breaks. The Centre has on site I.T. facilities incorporating access to the internet and a small library containing the core texts as identified for each learning unit.

Course costs are included in the prospectus. Fees can be arranged to be paid monthly. In considering the study time commitment to the course, candidates should allow for at least double the amount of time on the course to be spent on personal study time.

INTRODUCTION TO INTEGRATIVE APPROACH

The core model of this course is integrative and the foundation of the course's philosophy is a theoretical integration of humanistic and existential ideas, theories and approaches. The course also draws on aspects of psychodynamic thought so as to enrich the understanding of both, human development generally and the dynamics of the therapeutic relationship. The holistic approach of the course emphasises the need for the integration of thinking, feeling and behaviour together with awareness of the social and cultural contexts of counselling.

An emphasis on the therapeutic relationship and empowerment of the client are seen as core to the process of therapeutic change at all times and we encourage our students to develop their own style of counselling within the core integrative model being offered.

During the Level 2 course, students are introduced to Egan's 3-stage model of counselling before then proceeding on to the Level 3 Certificate in Counselling Skills during which they study the humanistic approach from both, a theory and skills perspective. At Level 4, students go on to explore and integrate other existential models and by developing an increasing understanding of a range of other theoretical approaches, theories and therapeutic practice; they are led towards developing their own integrated approach wherein humanistic interventions are progressively informed by a growing understanding of counselling theory and the process of counselling itself. Throughout the course, the student will experience the process of counselling, both as a counsellor and as a client and during Level 4, having undertaken an extensive practical placement working with clients, the student can become a fully qualified counsellor by attaining a Diploma in Therapeutic Counselling (Integrative Approach).

Completion of Levels 2, 3 and 4 of this course fulfils the training hour requirements for individual accreditation with BACP which is highly recommended due to recent developments in the field and also for the professional recognition it affords individual counsellors.

During the training period, students will have a rich learning experience as they will be taught by different tutors all of whom are qualified counsellors practising in a variety of therapeutic approaches. The course is mostly experiential; taught in a creative, challenging and interactive way and double-staffed throughout, aside from the PD Group held during the second year of Level 4.

The programme is run under the aegis of ABC Awards, a national organisation whose regional office for the counselling sector is based in Taunton, Somerset.

ABC AWARDS

ABC Awards is one of the largest vocational awarding bodies in the United Kingdom with an established reputation for quality and customer service since 1998. ABC is fully recognised by the regulatory authority Ofqual (Office of Qualifications and Examinations Regulation) as a QCF (Qualifications and Credit Framework) awarding body.

ABC Awards' role in relation to the programme includes the administration of validation procedures, the process of moderation and the issue of certificates to successful candidates. Each level of the course is moderated to ensure the course is being carried out according to the criteria of the training programme.

ABC Awards is committed to raising the quality and standards of counsellor training. In pursuit of this commitment it provides a structure for the validation of counsellor training programmes, their monitoring and the certification of individual participants who have completed successfully the courses which it has approved. The outline structure of the programme is as follows:

Level	Course Certification	Hours	QCF Credit Value
Level 2	Award in Counselling Concepts	35	5
Level 3	Certificate in Counselling Skills	130	18
Level 4	Diploma in Therapeutic Counselling	375	62

LIFE-FORCE School of Counselling is proud to be an externally approved centre by ABC Awards. The LIFE-FORCE Three Year Training Programme is on the QCF Qualifications and Credit Framework, and is certificated as such. The course contact teaching hours are divided between theory and skills tuition in a balanced manner and incorporate personal and professional development in an integrated style of teaching.

Our Aims

LIFE-FORCE and ABC Awards are committed to excellence in a continually developing training field. We aim to:

- * be at the cutting edge of counselling training
- * maintain and improve high standards of teaching and learning

PROGRAMME OVERVIEW

The four areas of learning and assessment include theory, professional practice, skills and self-development and these are the foundation of the programme and are therefore developed throughout the three year training.

The course is presented as 14 units, these are as follows:

Counselling Course Total QCF Credit Value Awarded (5 + 18 + 62)	85
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Level 2	Award in Counselling Concepts	35 Delivery Hours		
Unit No.	Unit Title	GL H	Student Learning	Credit Value
1	The Professional Context of Counselling	12	20	2
2	Communication Skills in Helping Relationships	16	20	2
3	An Introduction to Personal Development	7	10	1
Students must complete all 3 units to achieve a total credit value				5

Level 3	Certificate in Counselling Skills	130 Delivery Hours		
Unit No.	Unit Title	GL H	Student Learning	Credit Value
1	Understanding Contexts of the Use of Counselling Skills	25	30	3
2	Understanding Counselling Theory	30	40	4
3	Using Counselling Skills	55	70	7
4	Personal Development for Users of Counselling Skills	20	40	4
Students must complete all 4 units to achieve a total credit value				18

Level 4	Diploma in Therapeutic Counselling	300 Delivery Hours		
Unit No.	Unit Title	GL H	Student Learning	Credit Value
1	Professional Organisational Issues in Counselling	70	100	10
2	Counselling in a Diverse Society	30	50	5
3	Counselling Theory	50	70	7
4	Advanced Counselling Skills	50	80	8
5	Self Awareness for Counsellors	40	50	5
6	Research Methodologies in Counselling	40	90	9
7	Counselling Placement Support and Tutorials	20	180	18
Students must complete all 7 units to achieve a total credit value				62
7a	Individual Supervision Work-Based Learning (50hrs) + Client Work (min.150hrs)	75 -	- 200	

Formally Assessed Written Course Work		
Level	Assignment Title	Word Count
Level 2	Learning Evaluation - Sections A, B & C	2,500
Level 3	Learning Evaluation - Sections A & B Essay Tape Analysis Personal Development Statement	2,000 3,000 2,000 2,000
Level 4	1 st Learning Evaluation – Sections A, B, C, D, E & F 2 nd Learning Evaluation – Sections A, B, C, D, E & F Professional and Organisational Issues Assignment Cultural & Diversity Assignment Extended Essay Tape Analysis Research Paper & Seminar Presentation Placement Visit Assignment - Section B Work-Based Learning Evaluation Report Case Study	4,000 4,000 3,000 1,500 5,000 2,000 3,000 1,500 1,000 3,500
Total Word Count		40,000

LEVEL 2

AWARD IN COUNSELLING CONCEPTS

35 hours - QCF Credit Value 5

ENTRY REQUIREMENTS

The course is open access at this level, but prospective students should be aware, that the course involves experiential learning and self-awareness exercises, that will be demanding of self in interaction with others. This will be explained at the individual interview.

Prospective students should be aware that this level of the course is not intended to train counsellors and that the student will not be qualified to practice as a counsellor on completion of this course, or even claim to be competent in the use of counselling skills.

AIMS

- a) To acquaint students with counselling processes and experiential learning.
- b) To introduce students to personal growth work and an understanding of its place in counselling training.
- c) To raise awareness of, what counselling is and is not, how its use is appropriate, and the basic ethics and responsibilities involved.
- d) To introduce students to basic counselling skills that can be used to improve their communication processes.

OBJECTIVES

By the end of the course students will be able to demonstrate:

- a) Increased self-awareness, both personally and professionally, especially with regard to helping relationships.
- b) An understanding of what professional counselling involves, including the ethics and code of practice of the professional counsellor, with an emphasis on confidentiality and professional boundaries.
- c) An awareness of their own limitations and knowledge of appropriate referral resources.

- d) A knowledge of further counsellor training available and an understanding of the central role of personal growth work in training, as well as an understanding of the implications for self of such work.
- e) An awareness of the distinctiveness of the counselling approach, including the inherent inequality of power in the counsellor/client relationship.
- f) An understanding of the basic counselling process including the basic skills of developing trust, active listening and attending, empathy, reflecting and summarising, focusing, challenging and enabling change.
- g) A knowledge of anti-oppressive counselling practice.

ASSESSMENT

Assessment is based on the following:

- a) A personal journal and learning evaluation.
- b) On-going assessment of skills and self-development.
- c) A final skills practical assessment.
- d) A minimum of 80% attendance is also required.

END RESULT

At the end of an introductory counselling course successful students:

- a) will have a basic understanding of the counselling relationship and what counselling is about to compare and contrast with other forms of helping.
- b) will have some basic skills of listening and responding and also interpersonal skills which will improve further their own communication processes.
- c) will understand more clearly what counselling training entails and be able to make a more informed choice as to whether or not she or he wants to undertake further counselling training, e.g., a Level 3 course.
- d) provided they fulfil and pass the assessment criteria, will be entitled to receive an **AWARD IN COUNSELLING CONCEPTS, ABC Awards Certificated.**

LEVEL 3

CERTIFICATE IN COUNSELLING SKILLS

130 hours including one residential weekend - QCF Credit Value 18

ENTRY REQUIREMENTS

Those wishing to enter a Level 3 course must satisfy the following entry requirements:

- a) Successful completion of the LIFE-FORCE Level 2 Course, or an equivalent level of counselling training totalling 30 hours. Evidence will be required in the form of certificates, relating to attendance, quality of the course and methods of assessment. Please note distance learning does not meet the entry criteria.
- b) At the group and individual interview, satisfy the course tutors of their suitability for and commitment to this level of the training programme.

AIMS

- a) To further develop self-awareness and reflect on how life experiences may facilitate or impede the counselling skills process.
- b) To increase knowledge, skills and awareness of the counselling skills interaction and process, and the inherent structural inequality in the process.
- c) To increase student understanding of the tasks, processes and dynamics of the learning group and the impact the group has on personal and professional development.
- d) To enable students to recognise and use a complete set of core counselling skills within the framework of the humanistic counselling model.
- e) To understand and operate, as appropriate, within the framework of the humanistic model of counselling.

OBJECTIVES

By the end of Level 3 students will be able to demonstrate:-

- a) An ability to reflect constructively on themselves and their own experience and also on their interactions with individuals and groups through exposure to personal and professional growth processes.
- b) A respect for other people's views, attitudes, belief structures and cultures, with particular respect to those who are disadvantaged in society by reason of class, race, religion, disability, age, gender or sexual orientation.

- c) A commitment to anti-oppressive and non-discriminatory use of counselling skills.
- d) An acceptance of and commitment to the ethics and code of practice for the use of counselling skills.
- e) An understanding of the differences between a counsellor and a person who uses counselling skills.
- f) A working understanding of the humanistic theory of counselling
- g) An ability to use counselling skills in their own settings, appropriately and with sensitivity.
- h) An awareness of other models and ways of working and of the need to avoid the danger of using techniques based on limited understanding.
- i) To value and make use of supervision in their own practice in which they use counselling skills, but are not counsellors.

ASSESSMENT

Assessment is based on the following:

- a) A personal journal and learning evaluation.
- b) On-going skills development, including a tape analysis of skills, with a peer client.
- c) Two personal development reflective statements.
- d) An essay considering practice, theory and self-development.
- e) A final skills practical assessment.
- f) A minimum of 80% attendance is required.

END RESULT

At the end of a Level 3 Counselling Skills Course successful students:

- a) will be able to use competently and effectively a range of counselling skills within a paid or voluntary helping relationship.
- b) will subscribe to the current BACP Ethical Framework relating to the use of counselling skills.
- c) will recognise that they are not trained as qualified counsellors.
- d) will have the basic knowledge, skills and attributes to undertake a Level 4 counselling course.
- e) provided they fulfil and pass the required assessment criteria, will be entitled to receive a **CERTIFICATE IN COUNSELLING SKILLS, ABC Awards Certificated.**

ENTRY REQUIREMENTS

The Course is Open Access at All Three Levels

No previous experience or qualifications are needed to enrol onto the introductory counselling course. However students wishing to join the course at either Level 2 , Level 3 or Level 4, must be at least 21 years old. Prospective students must be able to meet the English language entry requirements (see application form).

Cultural Diversity & Equal Opportunities

We welcome students from all backgrounds. Our training courses are enriched by the variety of experience and belief brought by students with diverse cultural experience. Students will be treated and valued equally and with recognition of the differences of race, gender, sexual orientation, age and where possible, disability. The Centre has limited disabled access and facilities.

APPLICATIONS

Candidates are asked to write an A4 page explaining their reasons for wishing to attend the course at each level of training. There is no automatic right of entry between levels. All students must apply formally in writing and follow the schools admissions policy and procedure. At Level 2 a personal interview and at Levels 3 & 4 a personal and group interview will be required prior to commencement of the course. Candidates will need to show they have the human qualities and potential that would enable them to become a responsible and capable therapist. Candidates will also need to demonstrate their interpersonal skills by their willingness to participate in the experiential work of the group which is part of the training programme.

Candidates applying for both Level 3 and Level 4 will need to provide two references, one personal and one professional from a previous counselling trainer. On the interview day, candidates will be required to complete a LIFE-FORCE Disclosure Form which covers both any prior disciplinary proceedings and current criminal convictions, either of which may not necessarily result in an unsuccessful application to join the course. However before applying candidates who have any such disclosures to make, are strongly advised to check with BACP that they would still be eligible for individual BACP student membership. Furthermore, candidates applying for Level 4 will need to provide an Enhanced CRB Disclosure, prior to commencement of clinical placement.

LIFE-FORCE reserves the absolute right to refuse admission onto a course or to request that a student discontinues a course, where this is deemed necessary.

COURSE DATES 2012-2013

OPEN DAYS - SUNDAYS - 10:30am - 4:00pm

2012 29 Jan or 29 April or 16 Sept

LEVEL 2

AWARD IN COUNSELLING CONCEPTS

5 Sundays Fortnightly 9:30am - 5:30pm

1. **2012** 12 & 26 Feb 11 & 25 March 15 April
2. **2012** 13 & 27 May 10 & 24 June 8 July
3. **2012** 30 Sept 14 & 28 Oct 11 & 25 Nov

NB. Selection for entry onto Level 3 is made from all three of the above Level 2 courses, on the Level 3 interview day.

LEVEL 3

CERTIFICATE IN COUNSELLING SKILLS

Pre-course Interview

Saturday 8 December 2012 - 10:00am - 5:00pm

18 Saturdays 10:00am - 5:30pm

2013 - 19 Jan & 9 & 23 Feb & 9 & 23 Mar

13 & 27 Apr & 11 & 25 May & 8 June

Residential 14 - 16 June 2012 5pm - 5pm

29 June & 13 & 27 July & 28 Sept

12 & 26 Oct & 9 & 23 Nov

LEVEL 4

DIPLOMA IN THERAPEUTIC COUNSELLING

Pre-course Interview

Sunday 9 December 2012 - 9:30am - 4.30pm

19 Sundays 9:30am - 5:45pm

2013 - 27 Jan & 3 & 17 Feb & 3 & 17 Mar

7 & 21 Apr & 5 & 19 May & 2 June

Residential 14 - 16 June 2012 5pm - 5pm

7 & 21 July & 8 & 22 Sept

6 & 20 Oct & 3 & 17 Nov & 1 Dec

Level 4 Year 2 2014 - Dates available upon request or on registration

N.B. Closing date for Level 3 & Level 4 applications is 20/11/12

LEVEL 4

DIPLOMA IN THERAPEUTIC COUNSELLING INTEGRATIVE APPROACH

300 hours including two residential weekends, spread over two years.
QCF Credit Value 62

ENTRY REQUIREMENTS

For the purpose of validation those wishing to enter study at Level 4 must satisfy the following entry requirements:

- a) Successful completion of a LIFE-FORCE Level 3 Course, or an equivalent level of counselling training totalling 160 hours. Evidence will be required in the form of certificates, relating to attendance, quality of the course and methods of assessment. Please note that distance learning does not meet the entry criteria.
- b) At the group and individual interview, satisfy the course tutors of their suitability and ability to undertake a course requiring an in-depth study of the philosophies and rationale of integrative counselling.
- c) Outside applicants may be required to sit a skills assessment on the interview day.

AIMS

- a) To raise students' awareness of how their own particular experience of life may influence the counselling process, both positively and negatively.
- b) To consolidate the use of the basic skills acquired at Level 3 and to expand the range of skills.
- c) To understand more about the theoretical background to the different counselling models. To acquire an in-depth understanding of the integrative model of the course, which is based on a humanistic-existential foundation, combined with elements of the psychodynamic approach, and which emphasises the therapeutic relationship as the source of growth and change.
- d) Students will examine two further models (cognitive-behavioural and Gestalt), in order to contrast, compare and complement the in-depth understanding of the integrative model of the course.
- e) To deepen students' understanding of anti-oppressive and non-discriminatory counselling and their commitment to a recognised code of practice and ethics for counsellors.

- f) To understand, accept and be committed to regular supervision of their counselling practice.
- g) To recognise the need for and be committed to ongoing professional and personal development and learning.

OBJECTIVES

By the end of Level 4 students will be able to demonstrate:

- a) An ability and commitment to practise as a competent professional counsellor who values and uses regular structured supervision.
- b) That they have worked sufficiently on their own material to be aware of its possible influence on their own counselling practice and be committed to continued personal and professional growth through the appropriate use of supervision and training.
- c) An ability to conceptualise case material arising in the counselling process, i.e. they should not work in a purely intuitive fashion.
- d) An ability to use the counselling relationship itself as a vehicle for change.
- e) An ability to use consistently a predetermined set of skills including those outlined for Level 3.
- f) An ability to respect and accept other people's views, attitudes, belief structures and cultures.
- g) An in-depth understanding of the integrative model of counselling.
- h) An understanding of the two other models of counselling to inform, contrast and complement the in-depth understanding of the main model.

PROFESSIONAL AND PERSONAL DEVELOPMENT

- a) The student may be required to obtain an Enhanced CRB Disclosure prior to commencement of work-based learning, but will definitely require this document prior to starting their clinical placement. Some agencies may provide this, alternatively, applications can be made via LIFE-FORCE office at a cost of £78.00.
- b) The student is required to become an individual member of BACP at the start of the Diploma Course. The current student BACP membership fee is £64 per year or £32 if in receipt of state benefit.
- c) The student is required to take out individual professional indemnity insurance, the cost for this is £41.00 per year.

- d) The student is required to complete a minimum of 50 hours of work-based learning by the end of Level 4, in a work experience setting. This learning provider must be a different organisation from the clinical placement provider. The voluntary work experience can include admin, reception duties, in-house training sessions, attending meetings, case management, support work, group supervision and other relevant activities. Students will need to find their own work settings. However, a list of potential learning provider organisations will be provided. The work experience can commence at the beginning of Level 4, term 1.
- e) The student is required to complete a minimum of 150 hours of client counselling practice during the two year Diploma Course in a placement setting. The work must be face to face with adults over 18 years of age. Students will need to find their own placements. However a list of previous placements is available and placements are also available at The LIFE-FORCE Centre. Placements normally commence after Easter in the first year of the Diploma course. All clinical placement clients hours will count towards individual BACP accreditation.
- f) The Student is required to complete a minimum of 1 hour supervision per fortnight during the period of the Diploma Course. Supervision must commence at the same time as client work, or preferably, just before. A Directory of LIFE-FORCE School of Counselling Approved Supervisors is available. The approximate cost for supervision ranges from £25 to £50 per session.
- g) The student is required to actively participate in an on-going personal development group during year two of the Diploma Course. The group is facilitated by an outside qualified experienced counsellor, who has no other involvement in the course programme.
- h) The student is required to complete a minimum of 50 hours of individual personal therapy during the two year diploma course. Previous therapy hours do not count for this. Also the student must complete at least 8 sessions of their own personal therapy before commencing client work (previous counselling within the last year does count for this). Students can choose their own counsellor whose therapeutic approach must be in line with the integrative core model of the course programme. The approximate cost for therapy ranges from £25-£40 per session. A full counselling service is available at the LIFE-FORCE Centre where the office aims to provide a student service from £25 per session. The students personal therapy hours will count towards individual BACP accreditation.

ASSESSMENT

A minimum attendance of 80% is required.

Assessment is based on the following:

Year 1

- a) Pre-placement skills assessment
- b) On-going journal and learning evaluation.
- c) Evidence of 8 hours of weekly personal therapy.
- d) Placement assignment and placement portfolio
- e) Tape analysis of skills on a session with a peer client.
- f) Research Paper on a chosen aspect of counselling.

Year 2

- a) Professional and organisational issues essay.
- b) Case study based on work with a real client.
- c) On-going journal and learning evaluation.
- d) Extended essay.
- e) Personal development group peer witness statement.
- f) Evidence of 50 hours of weekly personal therapy.
- g) Placement portfolio.

END RESULT

At the end of a Level 4 Counselling Course, successful students:

- a) Will be able to practise as a competent qualified counselling practitioner eligible to start meeting the requirements for full individual accreditation by the British Association for Counselling & Psychotherapy.
- b) Will subscribe, as a minimum, to the current BACP Ethical Framework for Good Practice of Counselling and Psychotherapy.
- c) Provided they fulfil and pass the required assessment criteria, will be entitled to receive a **DIPLOMA IN THERAPEUTIC COUNSELLING, ABC Awards Certificated.**

QUALIFICATION

Upon successful completion of the three year programme, the LIFE-FORCE graduate will hold a Diploma in Therapeutic Counselling (Integrative Approach) which qualifies her/him to work with individual adults over 18 years of age. The graduate counsellor will be competent to work in a variety of setting including agencies, GP surgeries, medical settings and independent practice.

COURSE FEES

Award in Counselling Concepts - Duration 10 weeks - 35 hours
Total tuition cost £540

Interview fee £60 + £480 payable 2 weeks prior to course start date.

Certificate in Counselling Skills - Duration 1 year - 130 hours

Total tuition cost £2,220.00 including £312 for residential weekend.

Interview fee £60 + Registration fee £120 + 12 instalments of £144 + £312

Diploma in Therapeutic Counselling - Duration 2 years - 300 hours

Total tuition cost £4,926 including £312 for each residential weekend

Interview fee £60 + Registration fee £210 + 24 instalments of £168 + £312 x 2

Total Tuition Cost of Course Programme - £7,686

NB. The above tuition fees include VAT

Finances

The interview fee at each level, is non-refundable for both successful and unsuccessful applicants. The registration fee covers, ABC Awards student registration, course handbook, moderation fee and external examination fee when applicable. The remaining payment can be either settled in full at the beginning of the course or made by monthly instalments, as long as the last payment is by the last date of the course.

Additional Costs

During the course students might want to purchase a few books, which will be an additional expense. However extensive handouts are provided covering all the subjects being taught on the course, either by email or via the LIFE-FORCE website, which will need to be printed by the student at their own expense. The course library contains all the core texts as identified for each unit.

The candidate should also be aware of Enhanced CRB Disclosure, BACP Membership, Professional Indemnity Insurance, Supervision and Personal Therapy costs during the Diploma Course - see pages 13-14.

Financial Support

- Students can apply to BACP for a bursary of £500 per year. Applications will be considered on an individual basis.
- Level 4 students can apply for financial support to the Student Loans Company on 08456 020583. Grants are awarded according to personal financial circumstances but may be declined if Government funding has been previously received.
- Level 4 students can apply to YPLA for a Professional & Career Development Loan (PCDL) by calling 0800 100 900 or visiting www.direct.gov.uk/adultlearning.

BRITISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY

BACP is an independent professional organisation who accredit counselling courses and also individual counsellors. To become a BACP Accredited Practitioner, the counsellor needs to complete an appropriate course of 450 training hours and also complete a minimum of 450 hours of supervised counselling practice, over a period of 3-5 years.

The Level 2, Level 3 and Level 4 has been a BACP Accredited Course Programme since February 2005, and in February 2010 gained re-accreditation according to BACP Gold Book Criteria. We understand that the LIFE-FORCE School is the first training organisation to meet these new standards. Students qualifying with the LIFE-FORCE Diploma in Therapeutic Counselling will have the required number of training hours to enable them to work towards individual BACP accreditation.

For further information, contact the BACP, BACP House, 15 St John's Business Park, Lutterworth, LE17 4HB. 01455 883300.

SUPPORT SYSTEM

LIFE-FORCE acts as a support system for its students from registration to qualification. Students will receive regular individual tutorials throughout both Level 3 and Level 4 of the course programme. LIFE-FORCE staff will offer professional input, tuition and guidance as required to support students during their learning and personal development process. The course director is also available should students have the need to consult the programme provider and placement co-ordinator.

Upon qualifying, counsellors can hire rooms at LIFE-FORCE and run their private practice at The Centre should they wish to do so. All counsellors practising at LIFE-FORCE need to hold current BACP membership and professional indemnity insurance, and must be undergoing regular supervision in line with BACP requirements.

The Centre also houses an on-going BACP individual accreditation support group facilitated by Pam Harris. The group is open to recently qualified counsellors as well as those who are further down the road towards submitting their application for individual accreditation to BACP.

COURSE TUTORS

LEVEL 4 - Course Leader

Anne Gisby MBACP - Accredited

BSc Hons Counselling & Education

Dip. Post Traumatic Stress Counselling (CBT)

Certificate in Groupwork, Certificate in Solution Focus Approach,

Professional Development in Psychosynthesis

Anne has worked as a counsellor since 1996 in the voluntary sector, health and palliative care as well as private settings. Anne's approach is Humanistic and integrates specific CBT skills in trauma, cancer, obesity, stress and anxiety. Her teaching career has spanned over 20 years, run in parallel with therapeutic work, encompassing Further and Adult Education, voluntary and private sector. Anne believes that her experiences in life, therapeutic work and her continuing professional development inform her practice, and that it is a privilege to engage in the process of exploring inner resourcefulness.

LEVEL 4 - Co - Tutor

Karen Gardner MBACP - Accredited

Dip. Counselling, Professional

Dip. in Client-Centred Psychotherapy

Dip. in Working with Survivors of Childhood Abuse

Cert. in Groupwork and Couples Counselling.

Karen has worked as a counsellor since 1991 in a variety of counselling settings. Presently, she works as the Counselling Team Manager at Inspire, a counselling service in Ipswich. Karen has written and delivered various experiential workshops for those in training. She loves watching and encouraging individuals to grow and develop, both personally and professionally. Karen seeks to hold a deep respect for all those she works with and has an absolute trust in the counselling process.

LEVEL 4 - Personal Development Group Facilitator

Denise Fitzsimmons MBACP - Accredited

Dip. Counselling

Denise qualified as a Person-centred Counsellor in 2006, gained individual counsellor accreditation in 2009 and joined the teaching team in 2010. She has undertaken Group Work Training using Gestalt and Psychodramatic techniques, Cognitive Behavioural Therapy and Solution Focused Therapy as part of her continuing professional development.

Denise facilitates psycho-educational groups for Pathways to Work, enabling clients to develop self-esteem and confidence in order to return to work. In addition, Denise has extensive counselling experience of short-term NHS work as well as providing counselling in her private practice.

Denise believes that one's own self-awareness is the key to providing a safe, empathic and non-judgemental environment to facilitate personal growth in others.

COURSE TUTORS

LEVEL 4 - Personal Development Group Facilitator

Jeanette Johnston MBACP - Accredited

Dip. Psychodynamic Counselling, System Practitioner- Families & Couples. Jeanette has worked as a Psychodynamic Counsellor in private practice since 2004 and as a Systemic Family Counsellor for a local charity since 2007. She has also worked short-term within IAPT for the NHS. Her extensive experience teaching in Further and Adult education included F.E. teacher training, Introduction to Counselling courses and facilitating Personal Development and Dream Groups. She has a BA and MA in Literature, which she feels continues to inform and broaden her client awareness.

Her approach is Humanistic, combining aspects of Psychodynamic and Systemic best practice to suit each individual, couple, family or group she is working with. A respect for the individual and a deep trust in their innate goodness lie at the heart of her practice.

LEVEL 2 & LEVEL 3 - Course Leader

Colin Jones MBACP

Dip. Integrative Counselling

Colin gained his Counselling Diploma at LIFE-FORCE in 2006 where he practices as a counselling team member as well as in private practice. He joined the teaching staff in 2008 and works from an integrative framework; drawing on Humanistic, Psychodynamic, Cognitive Behavioural and Creative Therapeutic approaches. He has wide-ranging group experience including facilitative work with the Depression Alliance and Macmillan Cancer Support.

Colin sees CPD as an extremely important aspect of his development, knowledge, understanding and experience as a counsellor. Colin acknowledges the personal growth he gained through his own counselling training but feels it is his life experience, self development and absorbed knowledge of his group and personal therapy that profoundly informs his counselling and teaching work.

LEVEL 2 & LEVEL 3 - Co - Tutor

Sara Swinn MBACP

Dip. Integrative Counselling, Cert. in Creative Therapies Skills

Sara qualified as an Integrative Counsellor at LIFE-FORCE in 2009, where she practises in private and as a counselling team member. She recently joined the teaching staff and works using an integrative approach, incorporating psychodynamic, Gestalt, person-centred and cognitive behavioural approaches. She finds inner child work particularly beneficial when working with clients. Sara has also trained as a Spiritual Healer and sees spirituality as an important aspect of her work.

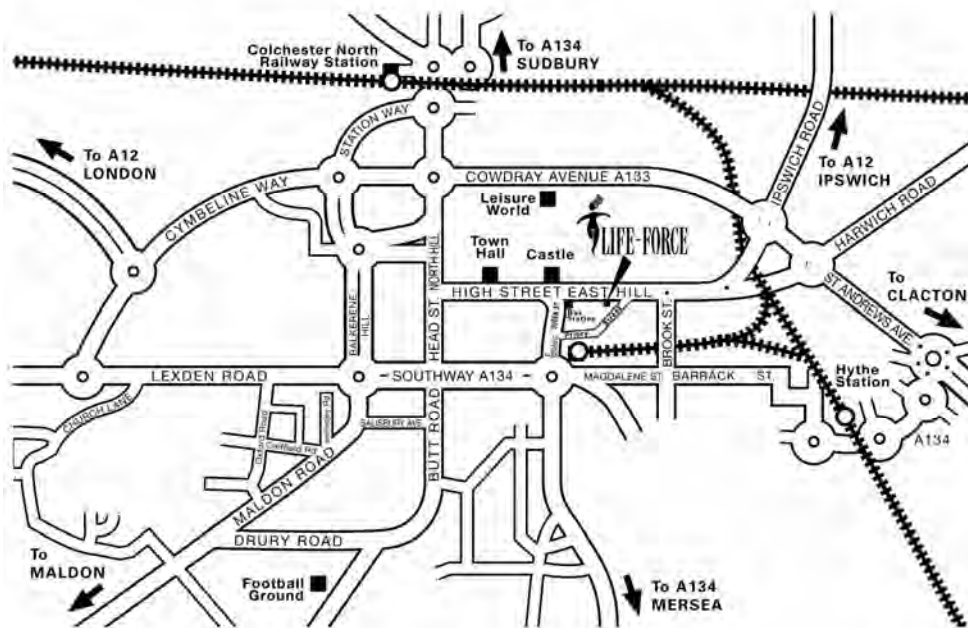
Sara believes that an open, honest and caring approach facilitates the client's and student's therapeutic process. Sara feels that personal development is vitally important to students and tutors alike and has spent years working on her own personal professional development.

COURSE DIRECTOR & PLACEMENT CO-ORDINATOR
Nicole Joyce MBACP - Senior Accredited

Nicky has been the founder of LIFE-FORCE Centre for Natural Well-Being since 1990. The LIFE-FORCE School of Counselling was created in 1995 and after much development the Counselling Course went on to gain BACP accreditation in February 2005 .

Nicky qualified as a Person-Centred Counsellor in 1992 and achieved her personal BACP accreditation in 1996.

As Course Director for the three-year programme, Nicky assumes overall responsibility for the professional delivery of the course and as its' Placement Co-ordinator, oversees all placement and supervision arrangements including the students' placement portfolios. She is not, however, involved in student selection or assessment processes.



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