# THE GARNETHILL CENTRE



# DIPL?MA IN PSYCH?DYNAMIC C?UNSELLING

#### A two year part-time course in central Glasgow

(easy access to rail, subway and bus links)

### August 2024 to June 2026

### Validated by COSCA

### Accredited by

### University of the West of Scotland

(120 credits at SCQF level 10)

A scheme for Accreditation of Prior Learning is in operation.



Tel: 0141 333 0730

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# **OVERVIEW OF THE DIPLOMA PROGRAMME**

The Centre's Diploma in Counselling is a 400-hour, two-year part-time course that provides a full professional training for those wishing to train as counsellors. The diploma meets on Wednesday evenings from 5pm – 8.45pm and on one Saturday each month from 9.00am – 5.30pm during term-time.

The course has a modular structure with one module running each term from September to December, January to March and April to June each year. The course is experiential in nature and broadly comprises: theoretical seminars; clinical seminars; counselling skills practice; experiential groups; personal and group tutorials; supervised counselling practice; and personal therapy.



# THE PSYCH?DYNAMIC APPR?ACH

The psychodynamic approach focuses on and explores links between individuals' current experiences and significant events in early life. It is also central to the psychodynamic approach to explore those aspects of the self that are not fully known and that we may not be conscious of particularly as they emerge and are potentially influenced in the here and now of the therapeutic relationship.

While all successful therapies seek to relieve symptoms like depression and anxiety,



the aims of psychodynamic counselling extend beyond this. By providing a safe and deeply authentic relationship between counsellor and client, the counsellor seeks to foster and develop psychological capacities and resources in the client that enable them to live and relate to others in a more meaningful and fulfilling way.



## **MATURE ?F THE C?URSE**

While psychodynamic counselling has its origins in the ideas of Freud, current theory and practice have gone far beyond his initial formulation. Therefore, in addition to exploring these origins, the course also concentrates significantly on object relations and attachment theory in addition to contemporary psychodynamic theory and practice.

This exploration of theory is accompanied by a range of clinical training events that seek to equip students to undertake their own clinical practice. The course is experiential in nature, providing substantial opportunity for students to engage in skills practice work in support of their development in addition to affording the chance to participate in a weekly experiential group that draws on the tradition and practice of Group Analysis. Students also undertake a minimum of 100 hours clinical practice as part of their training and attending regular supervision in support of this work. The course process enables trainees to become safe and competent psychodynamic counsellors obtaining a recognised qualification to practise with which they may proceed directly towards membership of and registration with COSCA and/or BACP and thereafter to counsellor accreditation.

## O COURSE DATES [dates for 2025/2026 to be advised]

Introductory Pr	R?GRAMME :	[Attendance co	ompulsory]
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Wednesday 14th August / Saturday 17th August 2024 Wednesday 28th August / Saturday 31st August

[Wednesday evenings: 5.00pm until 8.45pm Saturdays: 9.00am until 5.30pm]

2024 <u>Module One</u>	Saturday 14th September Wednesdays from 18th September until 11th December Saturday 26th October and 30th November	
2025 <u>Module Two</u>	Wednesdays from 8th January until 26th March Saturday 25th January, 22nd February and 22nd March	
<u>Module Three</u>	Wednesdays from 9th April until 25th June Saturday 26th April, 24th May and 21st June	
Timings: Wednesdays: 5.00pm to 8.45pm Saturdays: 9.00am to 5.30pm		

#### **C?URSE FEE**: Year 1 - £3500 Year 2 - £3500

(Fees can be paid throughout the year – further information is available)

- The course fee includes all tuition costs and an initial non-refundable registration fee of £500. It does not include costs for clinical supervision or personal therapy.
- Students need to complete a minimum of 100 clinical hours and undertake clinical supervision at a ratio of 1:6 as required by COSCA. Therefore they can expect to attend approximately 20 supervision sessions.
- Students are required to undertake a minimum of 40 sessions of Psychodynamic counselling during their training

## ENTRY REQUIREMENTS AND SELECTION PROCEDURE

To be accepted for the course an applicant must have the potential to complete requirements and to develop into a safe and competent psychodynamic counsellor. In keeping with this aim, both personal and academic attributes will be considered in addition to related experience. **Applicants are required to have completed the COSCA Counselling Skills Certificate or similar attainment (original documentation required).** 

Since the academic and written work of the course will be expressed at honours degree level, applicants will be required to evidence a capacity to achieve standards necessary to complete the course satisfactorily.

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Applications are now invited for the programme. Early application is advisable with a limited number of places available. Interviews will be scheduled following the receipt of applications. Applications and enquiries to:

Course Administrator The Garnethill Centre 28 Rose Street Glasgow G3 6RE Tel: 0141 333 0730 Email: admin@garnethillcentre.org.uk Website: www.garnethillcentre.org.uk The Garnethill Centre Ltd is a recognised Charity: Reference No. SC002096

