

## **Information Sheet: Level 5 Diploma in Counselling for Trauma**

### **Introduction**

This Diploma course has been developed with funding from Lloyds Foundation by a leading sexual violence organisation. New Pathways has over 25 years of experience of counselling adults and children affected by sexual abuse and of delivering training on sexual violence and on working with trauma. This course is suitable for people who have an interest in counselling clients affected by trauma. This may be an additional qualification, following on from a Level 4 Diploma in Counselling. Or, it may be an opportunity for practising counsellors to develop their knowledge, skills and experience in this area of work.

### **Development**

This course was developed as the result of consultation with service users, counsellors and partner agencies. Their feedback suggested that many counsellors lack the necessary knowledge, skills and experience to work safely and competently with clients who have experienced trauma. Organisations, such as New Pathways, have traditionally found it difficult to recruit counsellors externally who are equipped to work with the levels of trauma experienced by this client group. Research with trauma survivors, conducted by Swansea University in conjunction with New Pathways, has enabled the creation of this trauma informed course. The content and materials have been developed, in partnership with service users, by experienced practising counsellors who have additional qualifications in teaching and assessing.

### **Validation**

This Diploma is validated by CPCAB (Counselling & Psychotherapy Central Awarding Body) and has a credit value of 120. CPCAB is a UK awarding body that is managed by professional counsellors, trainers and supervisors. Operating for 25 years, they are the only awarding body in Europe to specialise in the field of counselling.

### **Teaching**

The Diploma is taught by experts in the field of working with trauma who are both practising counsellors and qualified teachers. The teaching is based on experience of working with trauma both on an individual and group basis over many years.

### **Content**

The course will take an integrative approach to counselling for trauma and aims to ensure candidates have a sound theoretical understanding whilst also refining the practical counselling skills that are necessary to work safely with a client who has experienced trauma. The weekly sessions will be varied but generally will include a theory / knowledge- based seminar or lecture in addition to a session which focuses on skills and professional considerations. There will also be regular counselling practise with time for feedback, reflection, supervision and a personal development group.

The course includes study days on the impact of different types of traumatic events including sexual violence, domestic abuse, pregnancy and birth trauma and complex bereavement. However, the focus throughout the course is on how to work with trauma safely and ethically. As such the emphasis will be on skill development to enable counsellors to develop their confidence and competence in counselling clients who have been affected by trauma.

### **Assessment**

A variety of assessment methods will be used throughout the course including:

- Assignment
- Case Review
- Candidate portfolio, referenced against learning outcomes
- Satisfactory tutor observation / report
- Reflective journal – to be submitted each term
- Personal therapy record – minimum of 10 hours
- Client work record – minimum 60 hours
- Satisfactory supervisor report

Candidates must successfully complete all assessment requirements in order to successfully complete the course.

### **Location**

This course has its base in New Pathways' Lime Tree Centre in central Cardiff. This is accessible by public transport with a car park and disabled access. The centre boasts a large training room with numerous counselling and group-work rooms. It is a beautiful venue designed to provide a safe and comfortable environment to maximise the potential for academic and experiential learning.

However, due to the current climate, we will be offering a blended learning approach. Pending approval from CPCAB, we are anticipating that the weekly sessions will be delivered via Zoom, with a weekend in- person session every term.



Terms dates will be as follows:

Term 1	21 <sup>st</sup> September 21 – 30 <sup>th</sup> November 21 Half Term – 26 <sup>th</sup> October 21
Term 2	4 <sup>th</sup> January 22 – 15 <sup>th</sup> March 22 Half Term – 22 <sup>nd</sup> February 22
Autumn Term	26 <sup>th</sup> April 22 – 5 <sup>th</sup> July 22 Half Term – 31 <sup>st</sup> May 22

Term One	Weekend Workshop - 16/17 October 2021
Term Two	Weekend Workshop - 5/6th February 2022
Term Three	Weekend Workshop – 11/12 <sup>th</sup> June 2022

### **Entry Requirements**

Candidates must hold at least a Level 4 Diploma in Therapeutic Counselling\*, or an equivalent qualification. Candidates must also be willing to work with clients who have experienced trauma in order to complete the required number of practical counselling hours. All candidates will be interviewed in order to assess their suitability for this qualification. Candidates will need to complete a minimum of ten hours of personal therapy and be academically and emotionally able to cope with the content and level of this training.

In order to apply for this qualification completed application forms should be returned to:

[training@newpathways.org.uk](mailto:training@newpathways.org.uk)

\*Copies of your Counselling Diploma certificate should be sent with your application form.

### **Selection Criteria**

The following criteria will be assessed prior to a candidate being offered a place on this course:

- Personal suitability for working as a counsellor with clients who have experienced trauma.
- The capacity for self-awareness and the ability to be reflective about own life experiences.
- A genuine interest in working with people who have experienced trauma.
- The successful completion of appropriate Level 4 counselling qualifications.
- The academic potential and ability to complete the theoretical elements of the course, including written assignments.
- The financial capability to commit to the course.
- The ability to commit time to regular study and attend weekly sessions and occasional study days.

Candidates who are not offered a place on the course will be given feedback about their application and interview. The limited number of places on the course means that it may not be possible to offer all suitable applicants a place. It is a course requirement that students complete a placement with at least 60 hours of counselling with clients who have experienced trauma.

### **Course fees**

The course fees for 2021/2 are £2,500. The fees are payable at the beginning of the course. Candidates may opt to pay in termly instalments. Further details of amounts and dates that instalments are due will be made available when offers of places are confirmed.

There is an additional charge of £220 for CPCAB registration.

A non-refundable £400 deposit is required to secure a place, to be paid within one month of being offered a place on the course.

### **Application Process**

For an application form, or for further information, email: **training@newpathways.org.uk**

Completed application forms and copies of certificates should be returned to: **training@newpathways.org.uk**