

Professional Diploma In Integrative Counselling and Psychological Therapy





Photos: Our training venue at Hill Street, Edinburgh

Professional Diploma in Integrative Counselling and Psychological Therapy

Launching October 2024 - a new professional training programme developed and delivered by First Psychology!

About us

First Psychology is a leading independent provider of counselling, psychological therapy/CBT and applied psychology offering a range of services to adults, children and families, and businesses. With 12 consulting venues throughout Scotland and Northern England and providing over 60,000 sessions of therapeutic work with clients each year, we are an expert provider of mental-health interventions with a team who are highly experienced in the field. Our expertise extends into training with significant experience in teaching, mentoring and supervising students in a range of settings.

About the programme

This high-quality, professional training is designed to provide a contemporary and practice-based pathway for those who wish to become professional practitioners in the counselling and psychological therapy field. Delivered by expert practitioners, it will offer a solid grounding in person-centred counselling/psychotherapy with an emphasis on the integration of contemporary CBT models focusing on compassion-focused therapy (CFT) and acceptance and commitment therapy (ACT). It will offer participants the ability to work in a range of ways with different client difficulties and experiences. It is based on a pluralistic perspective informing much contemporary research and practice in the area of mental health.

The programme will be informed by both counselling and applied psychology traditions in theory, knowledge and research.

Modules

Year 1 Therapeutic Skills 1 | Managing Therapeutic Relationships | Defining Counselling and Psychological Therapy | Approaches in Person-Centred Therapy | Knowledge, Evidence and Research in Practice 1 | Context, Diversity and Difference in Mental Health 1 | Personal Development 1 | Becoming a Professional 1.

Year 2 Therapeutic Skills 2 | Managing Therapeutic Relationships 2 | Perspectives on Integration in Counselling and Psychological Therapy 2 | Approaches in Contemporary CBT | Knowledge, Evidence and Research in Practice 2 | Context, Diversity and Difference in Mental Health 2 | Personal Development 2 | Becoming a Professional 2.



Length and structure

The programme is offered on a part-time basis over two years starting in October 2024. It will be delivered via eight weekends (Sat/Sun) of in-person teaching/learning over the year, located in our Hill Street training venue in Edinburgh. This will be supplemented by a weekly online workshop (Thursdays) and an intensive personal development retreat week each year (Perthshire and Southern Spain).

Placements

The programme requires students to undertake a minimum of 100 hours clinical practice in placement setting. A number of placement opportunities will be made available via services associated with First Psychology to students on the programme.

Accreditation

The programme has been designed to meet the requirements of BACP accreditation. An application will be made toward this once underway, in line with BACP process.

Outcomes

Upon completion of the programme, students will be eligible to apply for employment opportunities in the third sector, independent practice, the NHS and occupational health services.

Opportunities will also be available to apply to join the First Psychology Training Academy in an employed practitioner role or to apply to become a partner practitioner with First Psychology.

Who should apply?

The programme is suitable for graduates in a relevant discipline with some experience in a caring/supportive role. It is also suitable for those with considerable work experience/professional skills wishing to move toward a new career in counselling and psychological therapy.

Number of places

There are 16 places available in 2024

Find out more

Applications open: 19 February 2024

To register an interest or ask any questions prior to this please get in touch by email at:
enquiries@firstpsychologytraining.co.uk

Our website and prospectus launches on Thursday 1 February 2024.

You can find us at
www.firstpsychologytraining.co.uk