



**Wealden College**  
of  
**Counselling & Psychotherapy**  
*Est. 1986*

**Course Prospectus**  
(Courses offered at the Crowborough branch)

**2010 - 2011**

Issue 1

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## **WELCOME**

Welcome to our Prospectus for 2010/2011, which provides information about each of our vocational training courses in Counselling, Psychotherapy, Supervision and Groupwork.

**Wealden College of Counselling and Psychotherapy** (established in Crowborough in 1986) is an independent vocational training college offering courses accredited and recognised by the British Association for Counselling & Psychotherapy (BACP) and recognised by the Institute of Transactional Analysis (ITA) and the European Association for Transactional Analysis (EATA). The College is part of the Wealden Psychology Institute; an organisation dedicated to the provision of excellence within the psychology and psychotherapy fields.

We enjoy a long established reputation for developing highly skilled practitioners of counselling and psychotherapy, who remain committed to their ongoing professional and personal development. We also offer training in life coaching, business and executive coaching.

We also have a centre in south west France offering an expanding range of events. This programme is published in a separate document.

Our courses are delivered by highly experienced and skilled professionals who are in practice with clients, receive ongoing supervision and remain committed to their own personal therapy. Our courses receive external moderation, and independent practitioners are involved in the assessment and examination process.

To find out more about our courses and us, you are very welcome to contact us or to attend one of our Open Days.

We look forward to welcoming you to Wealden College.

Robert T Haddock  
Director

### **Open Days**

Our Open Days in 2010 are:

13<sup>th</sup> March, 15<sup>th</sup> May, 19<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 9<sup>th</sup> October  
3 pm to 6:30 pm

There is no need to make an appointment but it would be helpful if you could let us know beforehand if you are planning to attend.

**Individual appointments on other days are readily available by arrangement  
– please feel free to contact our office to make an appointment.**

## **THE COLLEGE AND ITS PHILOSOPHY**

**Wealden College** is a part of the Wealden Psychology Institute, which specialises in the application of research findings in the behavioural sciences to a range of human situations, issues and difficulties. Institute services include: consultancy, coaching and mentoring for organisations, assessment, treatment, report writing and risk assessment in relation to criminal and civil legal proceedings, clinical psychology, counselling and psychotherapy for individuals, couples and families. We also have a small organic farm which is involved in our educational, research, therapeutic and assessment work.

The Principal of the Institute and College, Joanna Beazley Richards, is a Chartered Psychologist and Psychotherapist registered with the United Kingdom Council for Psychotherapy and as such has a wealth of experience working with clients and organisations. She is a registered Trauma Specialist. Joanna contributes greatly to the profession and plays an active part in professional organisations such as The National Organisation for the Treatment of Abusers (NOTA), South East Branch. All the tutors and core staff team at the college are highly trained and experienced in the field of Counselling and Psychotherapy.

Situated in the East Sussex town of Crowborough, the College building offers a unique, relaxed and comfortable environment for all our courses and services.

### **The college philosophy is broadly humanistic in that we believe:**

- Individuals are worthy of respect, acceptance and understanding because they are human.
- People are responsible for the decisions they make, how they think, feel and behave and can change these decisions.
- People are responsible for making their own meanings and for their beliefs about themselves and others.
- People are experts on themselves.
- People have a tendency to seek self-actualisation (to realise their own potential).
- Behaviour is functional, or at one time was functional, even if it now seems not to be.
- Ownership of positive goals will enable people to work towards them more energetically.

### **These values/beliefs are embedded in all our training programmes and are reflected in their content and structure and in the kind of people who are tutors.**

We believe that all techniques and theories are limited and should never be used in ways that avoid or distort contactful relationship between client and counsellor or therapist. We are aware that within our society not everyone is treated equally or justly, and we are committed to doing what we can to ensure equality of treatment and seek to offer a learning environment in which people are valued for themselves.

The College offers training in humanistic integrative counselling that is fully accredited by the British Association for Counselling and Psychotherapy.

We offer training in Transactional Analysis counselling and psychotherapy. This is fully recognised by the Institute for Transactional Analysis (ITA), which is a member

of the European Association for Transactional Analysis (EATA). The Institute of Transactional Analysis is a member of the United Kingdom Council for Psychotherapy and graduates of our psychotherapy training can register as fully qualified psychotherapists. The UKCP is the main professional body for psychotherapy in the UK and represents over 70 organizations.

Our advanced programme includes training in supervision, forensic counselling and psychotherapy, in therapeutic work with children and families, and in the supervision of people working in the caring professions.

The college believes that all students on clinical courses need to be in personal therapy/counselling as this experience as a client is crucial in developing the individual student's competence as a practitioner. We believe that this enables the students to deal with their own painful emotional material thus enabling them to deepen their competency as counsellors/therapists.

## **CODE OF ETHICS AND PROFESSIONAL PRACTICE**

The College develops professional practitioners and students are expected to make a commitment from the start of their training by joining the relevant professional body.

**Diploma in Counselling trainees** must be members of the British Association of Counselling and Psychotherapy and adhere to their Code of Ethics and Professional Practice.

**TA trainees** must be members of the Institute for Transactional Analysis (or member of ITAA) and must adhere to the Code of Ethics and Professional Practice of the European Association for Transactional Analysis, or the ITAA.

**Our trainers, tutors and supervisors** are all members of BACP and/or ITA and adhere to the relevant codes of practice for trainers and supervisors.

**We also have a list of recommended graduates and associates** of Wealden College of Counselling & Psychotherapy who are currently accepting clients. Inclusion in this directory is only given to people who are members of the above organisations, and adhere to their code of ethics and professional practice. In addition, we insist that these practitioners are in regular supervision and in personal therapy or counselling themselves, with a bona-fide professional.

**College Farm.** We have a small Soil Association certified organic farm, 4 miles from the college, which is managed in a way that is sensitive to the environment. Students of the college are encouraged to become involved in our work with animals and plants.

We offer short courses in therapeutic work with animals, and a chance to join in with work with people with special needs who are learning at the farm.

# **GENERAL AIMS OF THE TRAINING CURRICULUM**

## **PERSONAL ATTRIBUTES AND EXPERIENCE**

**We aim to provide the student with a training journey that will develop the personal attributes and qualities needed by a professional coach, counsellor and/or therapist. To this end the student will:**

- be in personal coaching, counselling or therapy with a qualified practitioner on at least a weekly basis, which is of the type that they are intending to practice.
- participate in a process group "check in" at the start of each module of training.
- participate in frequent experiential exercises which aim to provide change and development in personal growth and attributes.
- receive regular feedback on the way that their peers and tutors experience them, including their attributes, qualities and attitudes.
- be asked to develop an attitude of personal responsibility toward their own learning, their group participation, and care for their environment.
- explore issues of race, culture, class, gender and sexuality.

**The aims of the above are that by the end of training, our graduates will demonstrate an ability to:**

- make contact with their clients with depth and immediacy.
- relate to clients with genuineness, unconditional positive regard and empathic understanding, with good boundaries and clear contracts.
- maintain appropriate self-support.
- give and take feedback constructively.
- be stable under stress and help clients through crises.
- use supervision conscientiously and effectively.
- work constructively with colleagues from other professions.

# **COURSES**

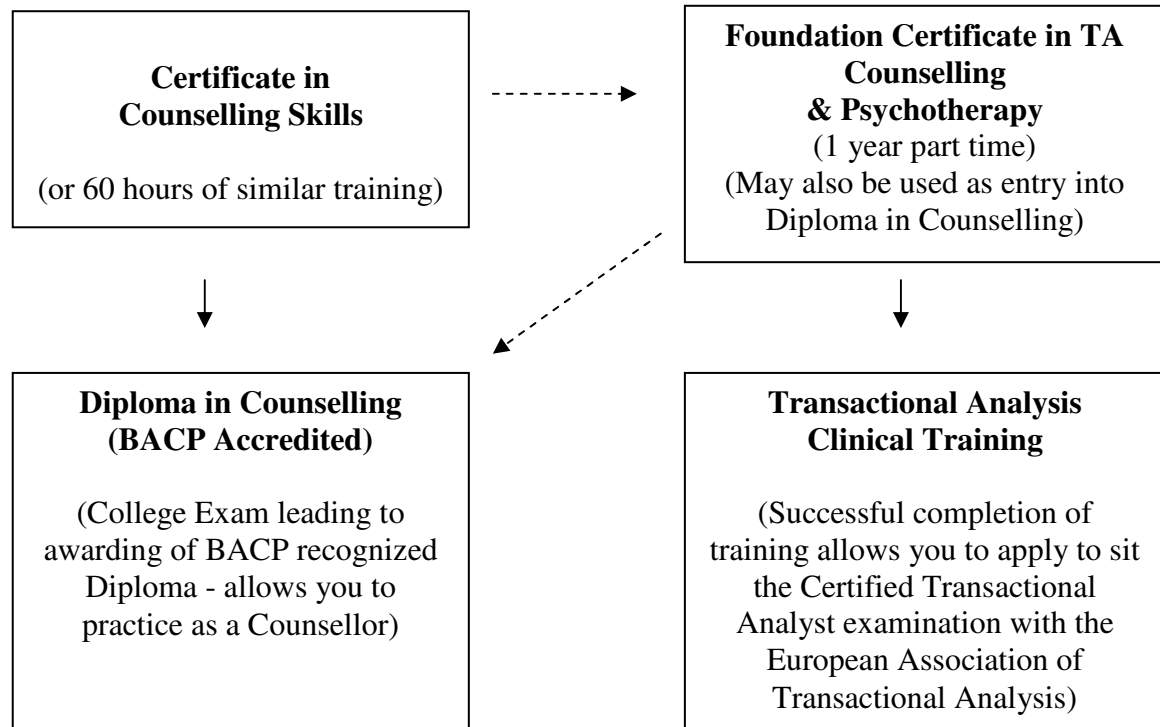
- **Certificate in Counselling Skills**
- **Diploma in Humanistic Counselling**
- **Foundation Certificate in TA Counselling and Psychotherapy**
- **Advanced Training in Transactional Analysis**
- **Diploma in Supervision**
- **Advanced Diploma in Forensic Counselling & Psychotherapy**
- **Advanced Diploma in Counselling & Psychotherapy with Children and Families**
- **EMDR Training**
- **Continuing Professional Development and Short Course Programme (including the TA 101 course)**
- **Programme of courses and workshops at Wealden Institute France**

## **Details of Courses for 2010/2011**

We offer two different vocational training paths in Counselling and in Psychotherapy. The route you choose to follow will depend on a number of factors, including your interests and the kind of work you may wish to do in the future. If you are unsure as to which route is best for you please come and talk to us.

### ***Training as a Counsellor***

### ***Training as a Psychotherapist***



### ***Further Specialist or Advanced Training***

- **Diploma in Supervision**
- **Advanced Diploma in Forensic Counselling & Psychotherapy**
- **Advanced Diploma in Counselling & Psychotherapy with Children & Families**
- **Continuing Professional Development and Short Course Programme in Crowborough UK and at the Wealden Institute in France**

## CERTIFICATE IN COUNSELLING SKILLS

**TUTORS:** Stephen Richards Dip. TMHC, Dip.Sup. Pippa Copleston MA, UKCP Reg., MBACP. Joanna Beazley Richards MSc, BA (Hons), Dip.TMHA, CPsychol, TSTA, AFBPS, FRSM, MBIM. John Baxendale BA, Adv.Dip.FCP.

**The Certificate in Counselling Skills course** is a 60 hour introductory course designed to equip people with basic skills and an understanding of some of the theories underlying counselling. It is particularly suitable for:

- people who are thinking of going into professional training in counselling and psychotherapy,
- people who wish to enhance their people skills in their current work,
- people who wish to develop their understanding of counselling processes and what they may offer for their personal or professional growth.

**The course is offered in 2 formats:**

**Either:**

30 evening modules in 3 ten-week terms running from October to June on Tuesday evenings from 7 to 9.30pm.

**Or**

5 weekends (4 in August and 1 in September).

**Or**

2 block weeks in France.

**The course content includes:**

- (a) An overview of major theories of counselling and psychotherapy
- (b) Boundaries and ethics.
- (c) Basic skills of attending, listening and questioning.
- (d) Human development over time.
- (e) Maintaining and developing helping relationships.
- (f) Managing successful endings.

The course is a combination of teaching exercises and practicing and observing skills with each other.

To gain the Certificate, students must actively participate on the course and complete a learning journal, reporting what has been taught and their personal response to the experience. Feedback will be given on the best ways to fulfil this requirement and additional advice and support given for those students who have limited experience in completing written work. In the event that students cannot attend any specific module, tutors may require that the student reads a particular passage or complete a task that relates to the content of the module.

If attendance is below 90% a Certificate will not be awarded.

Please note students wishing to go on to train as professional counsellors or psychotherapists will be given tutors' opinion as to their suitability for further training. Certificate students will be interviewed for those courses by other tutors but completing the Certificate course is not a guarantee of acceptance on other courses.

# DIPLOMA IN HUMANISTIC INTEGRATIVE COUNSELLING

This course is officially Accredited by the British Association for Counselling & Psychotherapy, the College may introduce changes to course content, requirements or assessment criteria in order to satisfy requirements of the accrediting body, or alterations that are identified as needed to satisfy current best practice.

**COURSE TUTORS:** Sally Valentine Dip.Couns., Dip.Sup. Pippa Copleston, MA, UKCP Reg., MBACP. Louise White Dip. Couns. BSc (Hons). Psychology, PGCE  
**OTHER TUTORS:** Joanna Beazley Richards MSc, BA (Hons), CertFE, Dip.TMHA, CPsychol, TSTA, AFBPS, Robert Haddock MBACP. Stephen Richards Dip. TMHC, Dip.Sup. John Baxendale BA, Adv.Dip.FCP. Fran Harris , Dip.Couns.

This is a humanistic course, covering all the main aspects of the theory and practice of counselling. The philosophy is humanistic and the theory and methods taught are integrative. The course integrates 3 core models:

- The Person-Centred approach (the bedrock of the Wealden Diploma)
- Transactional Analysis
- Gestalt

We put a strong emphasis on hands-on skills practice and each student's personal development.

Working in year groups, we are able to create a warm and safe environment offering great potential for personal growth.

With the high tutor/student ratio for the skills component, the tutors are able to offer a great deal of support and individual feedback. In regular tutorials students can freely explore their progress throughout the course.

The course covers all the main aspects of the theory and practice of counselling, in a clear and accessible way.

We use a variety of creative methods throughout the year, helping students approach topics from differing perspectives, and enabling them to incorporate creative methods into their client work.

**Applicants will be expected to attend a selection interview.**

**Expectations:** 60 hours previous training in counselling skills or equivalent before joining the course.

Own counselling or therapy weekly throughout the training.

Adherence to BACP Ethical Framework, and membership of BACP from the start of the second term of the course.

Counselling sessions with clients, under the 'umbrella' of a counselling agency, usually from end of first year of the course.

Supervision once clients are being seen (not included in basic fee but usually provided free by agencies).

To attend tutorials with course tutors.

**Training  
Provided:**

480 hours of tuition delivered over 80 one-day modules over two years. The course normally runs on a Wednesday, Thursday or Friday and there are three Saturday workshops included in each academic year.

30 hrs (5 days) of workshops from our open programme for each year (these are included in the overall course fee ). Students may choose their own workshops.

A tutorial each term.

**Group size:**

Wealden College features the chance to study and learn in small groups. We maintain an overall ratio of no more than 12 students per tutor for skills work. This offers a high level of tutor availability and support, and the possibility of great depth in personal work.

**What is not  
included:**

Cost of personal therapy; students are required to be in regular weekly therapy from the start of their training until they take their exam, with a suitably qualified counsellor.

Cost of Supervision (usually provided by placement agency to the level required).

**Completion of  
course:**

Successful completion of the course is based on continuing assessment of skills during the course, written work (learning journal, essays, case study) and completion of a final oral examination plus completion of a total of 150hrs of 1:1 supervised counselling plus 50hrs of work based experience gained in a placement or approved setting.

There is no automatic progression to the second year, nor from the second year into exam preparation. Students need to have demonstrated their commitment to the training and their ability to reflect the course and college philosophy. They must also have attained a sufficient level of skill. 90% attendance is required in order to progress to the next stage.

Students have up to two years following the completion of the taught part of the course (if needed) in which to complete the necessary hours and prepare for examination.

**Coursework:**

- Maintenance of a learning journal.
- Yearly essay.
- Four mini essays
- Case study, with tape & transcript.
- Maintenance of a logbook of training.
- Reading from set text books and recommended book list.

# TRANSACTIONAL ANALYSIS TRAINING

**Course Director: Joanna Beazley Richards MSc, BA (Hons), Dip.TMHA, CPsychol, TSTA, AFBPS, FRSM, MBIM.**

**Lead Trainer for Clinical TA John Renwick TSTA**

All the TA training offered by the Institute is recognised in the UK by the Institute of Transactional Analysis (ITA). For more information about the ITA please see their website, [www.ita.org.uk](http://www.ita.org.uk). It is recognised in Europe by the European Association of Transactional Analysis (EATA) and worldwide by the International Transactional Analysis Association.

Our TA Psychotherapy Training leads towards accreditation as a Certified Transactional Analyst with Psychotherapy speciality: CTA(P) and is recognised by the UKCP. The UKCP is the leading body in the UK for recognition of psychotherapists and provides eligibility for registration.

## **The training programme**

The Foundation Certificate provides an introduction to Transactional Analysis and can be done as a stand alone course or can be accredited towards your ongoing training in TA.

The full psychotherapy training consists of four years of ten weekends study. This consists of the one year long Foundation Certificate, which can be used as a training in its own right, which will be followed by a process of 3 years exam preparation towards becoming a Certified Transactional Analyst (CTA).

This preparation can be taken at the trainee's own pace but the exam can only be taken upon completion of the four years training.

Progress through this process will be reviewed on an annual basis in contractual relationship with the trainers. Students will need to meet with the requirements for completion prior to acquiring UKCP registration.

## **The training**

### **Aims of the Training Curriculum**

**We aim to provide the student with a training journey that will develop the personal attributes and qualities needed by a professional. To this end the student will:**

- Be in personal therapy with a qualified practitioner on at least a weekly basis, which is of the type that they are intending to practice.
- Participate in a process group "check in" at the start of each module of training.
- Participate in frequent experiential exercises which aim to provide change and development in personal growth and attributes.
- Receive regular feedback on the way that their peers and tutors experience them, including their attributes, qualities and attitudes.
- Be asked to develop an attitude of personal responsibility toward their own learning, their group participation, and care for their environment.
- Explore issues of race, culture, class, gender and sexuality.

**The objectives of the above are that by the end of training, our graduates will demonstrate an ability to:**

- Make contact with their clients with depth and immediacy.
- Relate to clients with genuineness, unconditional positive regard and empathic understanding, with good boundaries and clear contracts.
- Maintain appropriate self-support.
- Give and take feedback constructively.
- Be stable under stress and help clients through crises.
- Use supervision conscientiously and effectively.
- Work constructively with colleagues from other professions.

## **Foundation Certificate**

### **The Course Content**

Philosophy and models of helping; forming the relationship, working in the here and now. Ethics and professional practice.

- The TA model of the person and mind.
- The TA model of gendered and culturally influenced human development.
- The TA model of human change and ways in which change can be facilitated.
- Clinical concepts to relate theory to practice.
- Ego states, establishing the therapeutic alliance (including contracting). Boundaries in practice.
- The functional model, egograms and transactions, contact, immediacy, the core conditions, active listening skills.
- The psychobiological hungers, time structuring, stimulation and strokes.
- Transference and Countertransference. Psychological games and how to avoid playing them.
- The Racket system. Feelings and Rackets feelings.
- Scripts, unconscious life plans and self-perpetuating strategies.
- The process communication model, including personality adaptations.
- The TA model of human development. Personality adaptations.
- TA models of groups.
- Psychopathology.

The Foundation Certificate training will include an in depth study of Transactional Analysis over 10 weekends. Within the year each trainee will need to do a TA101 (Introduction to Transactional Analysis) if they have not already done so.

During the Foundation Certificate there is an expectation that trainees will go into or proceed with ongoing therapy, to meet UKCP HIPS requirements, this should be TA therapy with a UKCP registered therapist.

There will be a piece of written work to complete in the Foundation Certificate, along with a journal of training and process and a log of training.

Supervision of practice is not a requirement at this stage unless the trainee is having client contact through their work practice. Supervision should be with a UKCP registered (P)TSTA.

The Foundation Certificate is focussed on theoretical understanding as well as an introduction to good practice. The first of the two days of each weekend will be aimed at a specific theoretical principle. The second day will be largely concerned with developing skills in relation to the theory.

At the end of the Foundation Certificate each trainee WHO HAS COMPLETED SATISFACTORILY will receive a Foundation Certificate in Transactional Analysis.

## **Advanced TA Clinical Training – Topics Covered**

(The curriculum rotates, so you may join any year)

### **Schools of TA Year**

- Classical School of TA.
- Work with ego states.
- Work with Transactions and games.
- Work with Rackets and the Script system.
- Work with Cathexis School.
- The Gouldings work and the Redecision school.
- Relational TA.
- Body psychotherapy.
- An extensive engagement with existing literature which includes a critique of the TA model.
- An exploration of the philosophical foundations of the TA model.
- A critical look at the multiple layers of human experience and the multidimensional nature of the therapeutic relationship.
- Understanding of basic research techniques and their application to the investigation and evaluation of psychotherapeutic practice.
- The relevance of studies and research findings in human development, psychopathology, neurophysiology, memory, diversities, ethics, legal issues in relation to psychotherapy and social science.
- Research methodology.

### **Professional Practice Year**

- The context of TA psychotherapy.
- TA assessment in clinical practice.
- TA contracting.
- Establishing, maintaining and repairing the relationship with clients.
- Treatment planning.
- Transference and countertransference in TA.
- TA techniques at each stage with individuals.
- TA techniques with different pathologies.
- TA group work.
- Using TA supervision. Ending with clients in TA practice.

### **Treatment of Different Difficulties year**

- Suitability of approaches for different clients.
- Clinical diagnosis and TA – what Berne really said.
- Fear and anxiety – TA diagnosis and treatment.
- Sadness and depression – TA diagnosis and treatment.
- Eating disorders – TA diagnosis and treatment.
- Obsessions and addictions – TA diagnosis and treatment.
- The psychoses and Schizophrenia – TA diagnosis and treatment.
- Personality disorders – Disorders of the self.
- TA group psychotherapy.

To start the training, the trainee will have to have completed the first year at the centre or be able to APL from another TA Psychotherapy course.

Trainees can register with UKCP and/or ITA as candidates in training at this stage.

The trainee may sign a training contract with the aim of working towards the exam process.

The second year will focus more on the development of counselling and psychotherapy skills.

The theory will be more diverse and in depth.

There will be two essays to complete over the year. All trainees who are considered to be at an appropriate level may establish a placement for therapeutic practice under the supervision of the practice supervisor.

The trainees will undergo supervision and continue with therapy and will keep a learning journal and a training log.

### **How to qualify as a CTA**

Qualification as a Certified Transactional Analyst is via both written and oral exams.

#### **Written**

- Professional portrayal.
- Description of training experience.
- Case study of client work.
- Number of mini essays where candidates describe how they use TA concepts in their work with clients.

#### **Oral**

- Interview with a panel of 4 qualified practitioners.
- Focuses on how the candidates apply TA to their professional practice.
- Utilises 3 audio transcripts of work with clients.

Eligibility to sit the exams depends on the satisfactory completion of the training programme, the agreement of the trainer as to your readiness and meeting EATA, ITAA and UKCP entry requirements.

Key elements cover training hours, work with clients, supervision, personal therapy, professional membership of the ITA, training contracts and psychiatric placement. The EATA Professional Training and Standards Committee (PTSC) requirements (EATA Training and Examination Handbook, 2003 revision) are:

- In all, there must be at least 2,000 hours of professional preparation for the CTA examination, including training, supervision, practical experience and personal development.

Of these hours, there must be a minimum of:

- 750 hours practical experience (of which at least 500 must be as primary practitioner using TA, and at least 150 of which must be of work with groups, couples or families);
- 150 hours supervision (of which at least 75 must be in TA by a PTSTA or TSTA);
- 600 hours of training and professional development (of which at least 300 must be TA training).

The additional hours (i.e. up to the overall total of 2000 hours) can be accrued according to national requirements and guidelines, and may take the form of additional training, psychiatric placement, supervision, personal psychotherapy, conferences and workshops.

### **The contract**

Your training is a three way process between yourself, your trainer and the Wealden Institute.

- The Wealden Institute has a responsibility to provide the appropriate facilities and environment and appreciates feedback on this.
- Your trainer has a responsibility to facilitate a safe atmosphere and provide the necessary theoretical material for learning to take place. Also to make available space for discussion on any training issues that may arise.
- You as a trainee have a responsibility to fulfil the necessary requirements of the course, respect the training environment and adhere to the philosophy of the programme.

- All parties have a responsibility to uphold confidentiality in order to protect your personal and professional details.

There is also a three way contract between you, your trainer and the ITA.

- The ITA provides the theoretical framework and the ethical structure which underpins your training programme.
- Your trainer facilitates the appropriate environment for the learning to take place.
- You as a trainee have a responsibility to fulfil the necessary requirements of the course and adhere to the ITA code of ethics.

### **Assessment**

There will be continual monitoring by self, peer and tutor assessment during training, as well as the completion of the written assignments.

All trainees need to keep a journal of their training and learning experience.

Trainees are expected to keep a log including training hours, supervision hours, therapy hours and clinical hours throughout their training.

### **Who is the course for?**

TA Psychotherapy training is for:

- Anyone wishing to become a TA therapist;
- Counsellors who have already completed their training and wish to add TA to their repertoire of skills;
- Professionals who want to enhance their professional development;
- Anyone who wants to develop the skills and theory learned on the TA101 course.

The course is suitable for people who have

- done the TA101, or intend to do so during the Foundation Certificate;
- and a relevant degree;
- or a suitable counselling qualification;
- or a qualification in a relevant profession.

Selection is made by application form and personal interview with a trainer and another appropriate staff member.

Trainees should also be student members of the ITA.

### **The trainers**

The trainer team will provide your accredited training in Transactional Analysis for the Foundation Certificate. These are Training and Supervising Transactional Analysts (TSTA), or PTSTA, registered with the UKCP and follow the relevant codes of practice.

Joanna Beazley Richards, TSTA will be your main trainer throughout the Foundation course and will support and monitor your progress. John Renwick, TSTA, is the lead trainer on the Psychotherapy Advanced Clinical training. There may also be times when visiting trainers will provide different aspects of the theory. All visiting trainers are qualified and registered with their appropriate body.

When calculating the costs, trainees should include personal or group therapy. For trainees who are starting to practice, there is also the cost of supervision to take into account.

Trainees must also be student members of the ITA (Institute of Transactional Analysis) and pay the relevant membership fees.

**How to apply**

Please contact us using the application form. When we have received your form, we will then invite you for an interview.

Following your interview and receipt of your references we will contact you personally to let you know the outcome.

# **DIPLOMA IN SUPERVISION**

**Course Tutors: Stephen Richards Dip.TMHC, Dip.Sup.  
Cathy Davey Dip.Couns., Dip.Sup.**

This one-year course aims to provide participants with a comprehensive introduction to the role of supervisor in the caring professions.

A team of trained, qualified and experienced supervisors teaches the course.

While particularly designed for supervisors of counsellors and psychotherapists, it is suitable for people who wish to be supervisors of volunteers, social workers, nurses, and others in the caring professions.

It is particularly appropriate for those wishing to prepare for accreditation as a supervisor by the British Association for Counselling and Psychotherapy.

**Requirements and Assessment:**

- Previous training in the caring professions that they intend to supervise.
- Attendance at 24 day modules, held on Fridays.
- Background reading.
- Completion of a project on supervision.
- Submission of a taped supervision session at the end of the course.
- Receiving ongoing supervision while on the course.

During the months of completion of the assessment, the course participants will be practising supervision under supervision.

The Course follows the BACP recommendations for the Training of Supervisors and will help to prepare participants for their accreditation as supervisors by the BACP.

# **ADVANCED DIPLOMA IN FORENSIC COUNSELLING AND PSYCHOTHERAPY**

**Counselling in relation to criminal and legal issues**

**Course Director: Joanna Beazley Richards MSc, BA (Hons), Cert ED, Dip.TMHA, CPsychol, TSTA, AFBPS, FRSM, MBIM.**

**Link Tutor: Stephen Richards Dip.TMHC, Dip.Sup.**

**Contributing Tutors: Robert Haddock Dip. Couns, MBACP, Pat Smale Dip.Couns., Dip.Sup, Laurie Coates Dip TA Psych.**

## **Course Structure:**

The course is delivered over eight sets of three day modules running from Saturday to Monday.

## **Selection Criteria:**

The course is open to candidates who have training in counselling or psychotherapy. Selection is via interview.

## **Course Content and Learning Outcomes are as follows:**

- 1. The nature of forensic counselling and history of treatment of forensic and criminal clients** – current practices.
- 2. The psychology of criminal conduct** – Theft and deception, violence, sexual offences.
- 3. The legal processes and the criminal justice system** – The courts and the process of law.
- 4. What works, the effectiveness of work with forensic clients** – what the research tells us.
- 5. Assessment and diagnosis of forensic clients** – Methods of assessment. DSM IV and other means of diagnosis. Treatment planning, short term and long term work, contracting, selection of treatment methods.
- 6. Treatment interventions with forensic clients**
  - Cognitive behavioural.
  - Psychodynamic.
  - Humanistic.

### **Monitoring treatment of forensic clients**

- ongoing assessment of treatment effectiveness.
  - contract review.
  - transferences and countertransference.
  - supervision issues.
- 7. Report writing for the legal system**
    - the criteria for a good report.
    - report proforma.

### **Courtroom procedure**

- review of the court.
- who sits where and does what.

### **Cross examination technique**

- how to give your evidence and be cross-examined on it.

- 8. Ethics and professional practice issues in criminal counselling**

- codes of ethics.
- what they mean in practice.
- examples of how to keep to your boundaries.

## **Module 1 – The Nature of Forensic Counselling and History of Treatment of Forensic and Criminal Clients**

By the end of Module 1 participants will demonstrate an ability to:

- a) define counselling and psychotherapy.
- b) state 3 areas of application of counselling and psychotherapy to forensic work.
- c) summarise the development of forensic counselling work within the British Isles.
- d) identify and describe the local treatment programmes in their area – project.

## **Module 2 – The Psychology of Criminal Conduct**

By the end of Module 2 participants will demonstrate an ability to:

- a) state three theories of criminal conduct.
- b) evaluate the theories in terms of contribution to the field.
- c) apply some psychological theory to understanding theft and delinquency, violence and sexual offences – project.

## **Module 3 – The Legal Processes and the Criminal Justice System**

By the end of Module 3 participants will demonstrate an ability to:

- a) describe the criminal justice system in Britain.
- b) state the role of the courts within the system.
- c) describe 3 changes in the system that have happened during their lifetime.
- d) identify and describe the courts and their function in the local area – project.

## **Module 4 – What Works the Effectiveness of Work with Forensic Clients**

**By the end of Module 4 participants will demonstrate an ability to:**

- a) state the criteria by which treatment programmes are judged.
- b) apply those criteria to a programme for one type of crime – project.

## **Module 5 – Assessment and diagnosis of Forensic Clients**

**By the end of Module 5 participants will demonstrate an ability to:**

- a) state the difficulties of assessing forensic clients.
- b) state the purpose of assessment.
- c) list the areas of the DSM and their uses.
- d) state the stages of treatment of two schools of counselling or psychotherapy.
- e) state the advantages and disadvantages of contracting for forensic clients.
- f) write treatment outcomes.
- g) write a treatment plan.

## **Module 6 – Treatment Interventions with Forensic Clients and Monitoring Treatment of Forensic Clients**

**By the end of Module 6 participants will demonstrate an ability to:**

- a) state the assumptions underlying CBT.
- b) describe the developments of CBT from its roots to current practice.
- c) describe its applications in forensic settings.

- d) state the main advantages or disadvantages of this approach with forensic clients.
- e) state the assumptions underlying psychodynamic counselling.
- f) describe the developments of psychodynamic counselling from its roots to current practicing.
- g) describe its applications in forensic settings.
- h) state the main advantages or disadvantages of this approach with forensic clients.
- i) state the assumptions underlying humanistic counselling.
- j) describe the developments of humanistic counselling from its roots to current practicing.
- k) describe its applications in forensic settings.
- l) state the main advantages or disadvantages of this approach with forensic clients.
- m) state the processes involved in monitoring treatment.
- n) state the role of supervision in forensic counselling and psychotherapy.

### **Module 7 – Report Writing for the Legal System, Courtroom Procedures and Cross Examination Technique**

**By the end of Module 7 participants will demonstrate an ability to:**

- a) state the criteria of a good legal report.
- b) evaluate a court report.
- c) know the key personnel in the court room and state their roles.
- d) state the purpose of good evidence
- e) state qualities of good evidence

### **Module 8 – Ethics and Professional Practice Issues in Criminal Counselling**

**By the end of Module 8 participants will demonstrate an ability to:**

- a) state what is meant by ethics and professional practice.
- b) describe the purpose of codes of ethics and professional practice.
- c) state the codes of ethics and professional practice applying to their court work.
- d) apply their own codes of ethics to a forensic counselling situation.

# **ADVANCED DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY WITH CHILDREN AND FAMILIES**

## **Core Teaching Team:**

- **Joanna Beazley Richards, Chartered Psychologist, UKCP registered Psychotherapist. (lead trainer)**
- **Stephen Richards, Qualified Teacher of children with learning difficulties, qualified counselling supervisor. (Link tutor)**
- **Sally Valentine, Qualified Counsellor, specialist in working with children and families.**
- **Heidi Amy, Child therapist, specialising in play therapy with troubled children.**
- **Cathy Davey, accredited counsellor and qualified supervisor specialising in the affects of Substance Misuse on Children and Families and working with Children in Care.**

An opportunity for trained therapists to develop understanding and skills in working with children of all ages, and with families.

This course is for women and men who are trained counsellors or therapists, and who wish to develop their skills in working with children and families.

The course will enable participants to become professional, ethical practitioners with children of all ages, using a variety of models and techniques.

It also provides an opportunity to develop an understanding of how families work, and how to help them to function better.

## **Course content**

The course is based upon a humanistic, integrative approach, drawing on a number of models for its content. The main models drawn upon are Transactional Analysis and Gestalt, but psychodynamic and family systems theories also inform the teaching.

We use a range of teaching methods, many of them experiential, and art, sandplay, clay drama and story telling are used alongside the talking therapies.

## **Assessed Work**

Participants are required to complete three pieces of course work. These are;

An observation study of a child.

An observation study of a couple or family.

An essay on child development.

## **Level of entry**

The course is designed for trained counsellors and psychotherapists. It is anticipated that participants will have studied for at least two years at Diploma level or equivalent before entry to this course, but they do not need to hold a qualification. A CRB clearance must be obtained before actual work with children is undertaken.

## **Learning objectives;**

By the end of the course, participants will demonstrate an ability to:

### **Module 1.**

- a) Define counselling and psychotherapy with children and families.
- b) State the major issues in relation to counselling children and families.
- c) Know the history of therapeutic work with children and families.
- d) Place the profession in its legal context.

### **Module 2.**

Describe a model of the family.

### **Module 3.**

- a) State issues in work with small children.
- b) Be familiar with methods for working with small children, including the use of play and art.

### **Module 4.**

- a) State issues in work with older children.
- b) Be familiar with methods for working with older children, including the use of play, sand tray work and art.

### **Module 5.**

- a) State issues in work with teenagers.
- b) Be familiar with methods for working with adolescents, including the use of drama, storytelling and art.

### **Module 6.**

- a) Be able to state a number of methods of assessment of the therapeutic needs of children and families.
- b) Be able to apply case formulation to therapeutic work with children and families.

### **Module 7.**

- a) List a number of difficulties experienced by children, including abusive experiences.
- b) Be able to apply therapeutic techniques to specific issues.

### **Module 8.**

State ways in which families may become dysfunctional.

### **Module 9.**

Special difficulties, including Autistic Spectrum Disorders, Attention and Hyperactivity problems, Tourette's disorder, Learning Disability.

### **Module 10.**

Be able to describe specialist interventions with families experiencing a range of difficulties.

## **Recognised EMDR Training - Crowborough**

**Led by: Sandi Richman, EMDR Europe Approved Trainer**

EMDR is recommended by the National Institute for Clinical Excellence as an approach to trauma therapy. It is not a simple technique characterized primarily by the use of eye movements. EMDR is founded on the premise that each person has both an innate tendency to move toward health and wholeness, and the inner capacity to achieve it. EMDR is grounded in psychological science and is informed by both psychological theory and research on the brain.

There will be 24 places available for the full training. This is for accredited practitioners in counselling, psychotherapy and psychology.

Some places may be available for people eligible for accreditation, providing they have completed at least 300 clinical hours under supervision, and submit their CV and reference from their supervisor.

**It will start in July 2010 and will finish in January 2011, dates as below:**

### **Part 1**

**Friday 30<sup>th</sup> July 2010                      5pm – 9pm**

**Saturday 31<sup>st</sup> July 2010                      9-5pm**

**Sunday 1<sup>st</sup> August 2010                      9-5pm**

**Followed by supervised clinical practice**

### **Part 2**

**Sunday 14<sup>th</sup> November 2010                      9-5pm**

**Followed by supervised clinical practice**

### **Part 3**

**Saturday 15<sup>th</sup> January 2011                      9-5pm**

**Sunday 16<sup>th</sup> January 2011                      9-5pm**

**Followed by supervised clinical practice**

## **CONTINUING PROFESSIONAL DEVELOPMENT & SHORT COURSE PROGRAMME**

We offer a programme of short courses, which is constantly updated and published separately to this prospectus.

Courses offered are suitable for a variety of purposes including:

- personal development (suitable for everyone including clients).
- professional development for beginning and seasoned practitioners.

For up to date details, go to the College section of our website [www.wealdeninstitute.co.uk](http://www.wealdeninstitute.co.uk) for our separate short course and continuing professional development programme.

### **WEALDEN FRANCE – WORKSHOP PROGRAMME (contact the Institute for dates this year)**

The French Centre of the Wealden Institute is based in South West France, in the rolling foothills of the Massif Central, east of Bordeaux.

The courses and workshops currently programmed at the French centre, including the two day TA101 course, are listed separately. In order to enrol on any of these courses or seminars, please contact the office directly.

### **APPLYING FOR A PLACE**

#### **Vocational Courses**

The Application Form is on the following pages.

You will need to complete this and to attach a letter of application. Please also send the attached two “Reference Request” forms direct to your referees.

Once we receive this we will contact you to arrange an interview where this is necessary and/or to invite you to visit the College if you have not already done so.

Our interview process is relaxed and intended to support you and us in ensuring the suitability of the training for you. We encourage you to visit the College separately from the interview, either at one of our Open Days or via individual appointment so that you have as much information as possible in choosing your course.

Any offer of a place will be subject to satisfactory references.

#### **Short Course/Continuing Professional Development Programme**

A booking form will be found either with the paper list of short Courses or on the individual course flyer/information sheet. Please complete this and return to the address on the form with your payment to reserve your place. Your place on the workshop will not be reserved until the College has received your application form and payment.



EDUCATION	DATE	EDUCATIONAL OUTCOME

**Use a separate sheet if necessary.**

**EXPERIENCE:**

Please list your employment and/or volunteer experience chronologically, beginning with the most recent. Attach additional pages if necessary.

DATES	NAME OF EMPLOYER	NATURE OF WORK	PAID OR VOLUNTEER

**CURRENT EMPLOYMENT:**

**REFEREES:**

Please list two people who you know well, but with whom you do not have a close personal relationship, and will submit a reference on your behalf. Two “reference request” letters are attached to this form. Please forward them to your referees.

**Name and Address of current referees [please state relationship and how long known]:**

1.
2.

**LETTER OF APPLICATION: (Please attach)**

Please write a letter of application. It would be helpful if you state your reasons for undertaking training at this point in your life and what use you intend to make of the training, in no more than 500 words.

**Data Protection:**

Wealden Psychology Ltd adheres to the requirements of the Data Protection Act 1998. The information you provide will be used to process your application, and if accepted on a course to administer and manage your student relationship with us. This may involve sharing with appropriate third parties including professional bodies eg BACP, placement agencies etc. It will be processed fairly, accurately and confidentially and will not be disclosed to others unlawfully.

Please complete this application form, sign and return it together with a letter of application to the address where applicable to:

**Admissions Secretary, Wealden College, 2 Quarry View, Whitehill Road, Crowborough, East Sussex, TN6 1JT.**

*I confirm that the information I have provided is accurate, and that I wish to apply for a place on the course indicated.*

Signed: .....

Name: .....

Date: .....



**Wealden College  
OF  
COUNSELLING & PSYCHOTHERAPY**

**REFERENCE REQUEST**

**REFERENCE REGARDING: (Name of applicant)**

-----  
The above person is an applicant for admission to **train as a counsellor, psychotherapist or coach on the course below:**

-----  
We will appreciate a confidential statement from you assessing the applicant's capacity to meet the intellectual and emotional demands of counselling or psychotherapy training. In addition, please indicate how long and in what capacity you know the applicant (this should not be a close personal relationship). We would welcome any additional comments. Please return the completed reference to **Admissions Secretary** at the address below. Thank you for your time.

**NAME AND ADDRESS** -----

**OF REFEREE:** -----

**TELEPHONE NO:** -----

**SIGNATURE OF REFEREE:** -----

**DATE:** -----

**2 QUARRY VIEW, WHITEHILL ROAD  
CROWBOROUGH  
EAST SUSSEX  
TN6 1JT  
TEL/FAX:(01892) 655 195**



**Wealden College  
OF  
COUNSELLING & PSYCHOTHERAPY**

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**NAME AND ADDRESS** -----

**OF REFEREE:** -----

-----

**TELEPHONE NO:** -----

**SIGNATURE OF REFEREE:** -----

**DATE:** -----

**2 QUARRY VIEW, WHITEHILL ROAD  
CROWBOROUGH  
EAST SUSSEX  
TN6 1JT  
TEL/FAX: (01892) 655195  
email: [info@wealdeninstitute.co.uk](mailto:info@wealdeninstitute.co.uk)**

**FEES FOR 2010/2011** See page 36 for terms. From the 1<sup>st</sup> of July 2010.  
**ALL FEES QUOTED BELOW ARE FOR ONE YEAR**

<b>Certificate in Counselling Skills Course</b> (30 x 2 ½ hour evening modules) (OR 5 x 2 day weekend modules) (OR 2 x 5 day modules in France)	£395 for the course (Oct 09)*
<b>2 year Diploma in Counselling</b> (40 one day modules per year plus 5 one day workshops from our open programme per year)	£3675 per year, payable in advance, or three payments of £1325 at the start of each term. *
<b>Foundation Certificate in Counselling and Psychotherapy (Transactional Analysis)</b> (10 weekend modules per year)	£1320 per year, payable in advance, or three payments of £540 before the start of each term. *
<b>Advanced Training in Transactional Analysis Psychotherapy</b> (10 weekend modules per year)	£1765 per year, payable in advance, or three payments of £690 before the start of each term. *
<b>1 year Diploma in Supervision</b> (24 x 1 day modules)	£2050 for the course payable in advance, or three payments of £790 before the start of each term. *
<b>Advanced Diploma in Forensic Counselling &amp; Psychotherapy</b> (8 x 3 day modules)	£2400 for the course payable in advance, or three payments of £900 before the start of each term. *
<b>Advanced Diploma in Counselling &amp; Psychotherapy with Children and Families</b> (10 weekend modules)	£1900 for the course payable in advance, or three payments of £750 before the start of each term. *
<b>EMDR Training</b>	£1250 for the course
<b>TA101 Courses (2 days)</b>	£105.00 *

\* See additional notes on next page.

**Wealden College is an independent college. We work hard to keep our fees as low as possible, but we do not have access to education authority funding or support. We are a recognized provider of training for students who wish to apply for career development loans.**

**All cheques payable to Wealden College. Payments may be made over the telephone or in person by Debit Card or by Credit Card. If made by Credit Card an additional 2.5% will be added to the fee but NO extra charge is made for payments by Debit Card. (Please note: we are unable to accept the following cards: Amex, Diners Club and JCB.)**

**The above fees are payable in accordance with our normal terms and conditions.**

**For courses of more than a year's duration a slight increase in fees may occur each year approximately in line with inflation.**

## **TERMS**

The course fee may either be paid in one single payment (to be received before the start of the course) or by 3 termly payments to be received by or before the dates specified [this option costs more than a single annual payment]. (The deposit is deducted from the third payment).

If cleared payment by pre-arranged dates is not received, Wealden College will make an administration charge of £50.

Students are responsible for the full course fees for the complete academic year once they have accepted the place. Fees are not refunded, and if a student withdraws from a course part way through the year, the full fee is payable for the remaining part of the year.

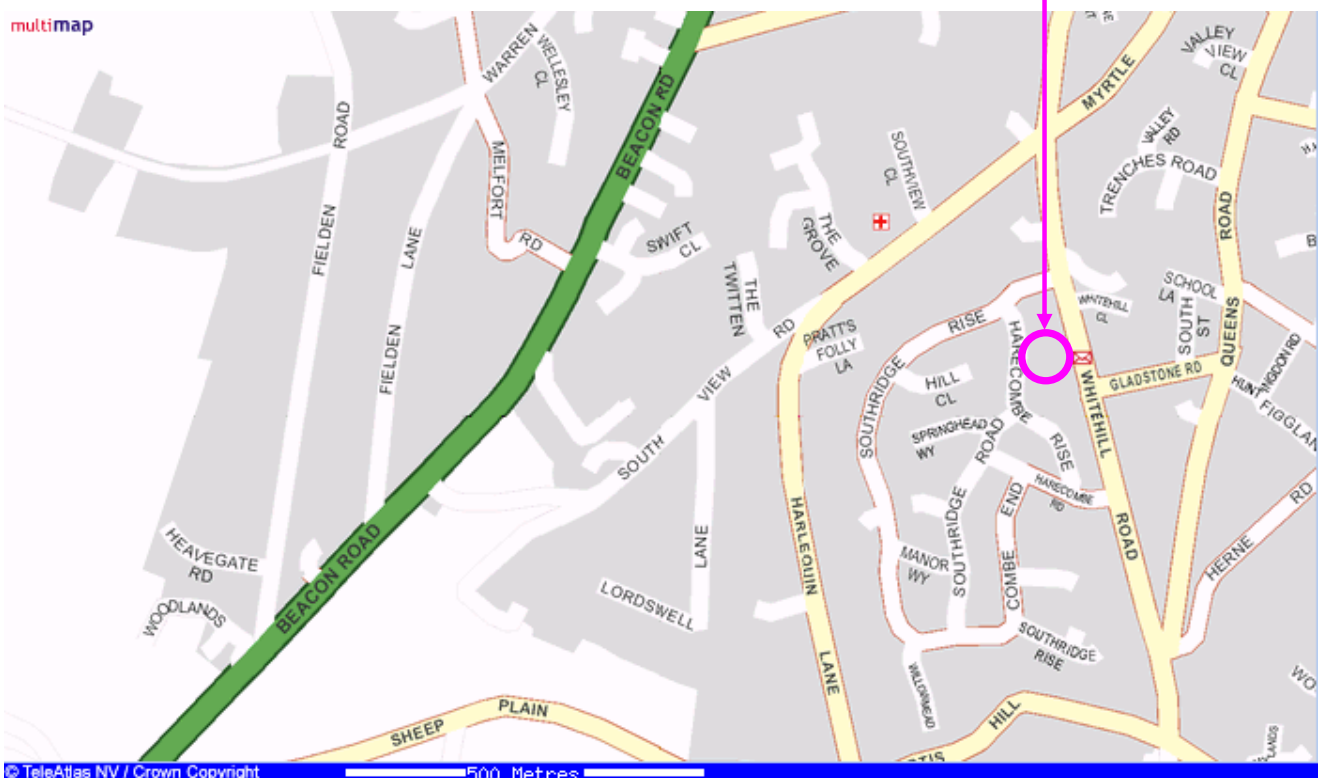
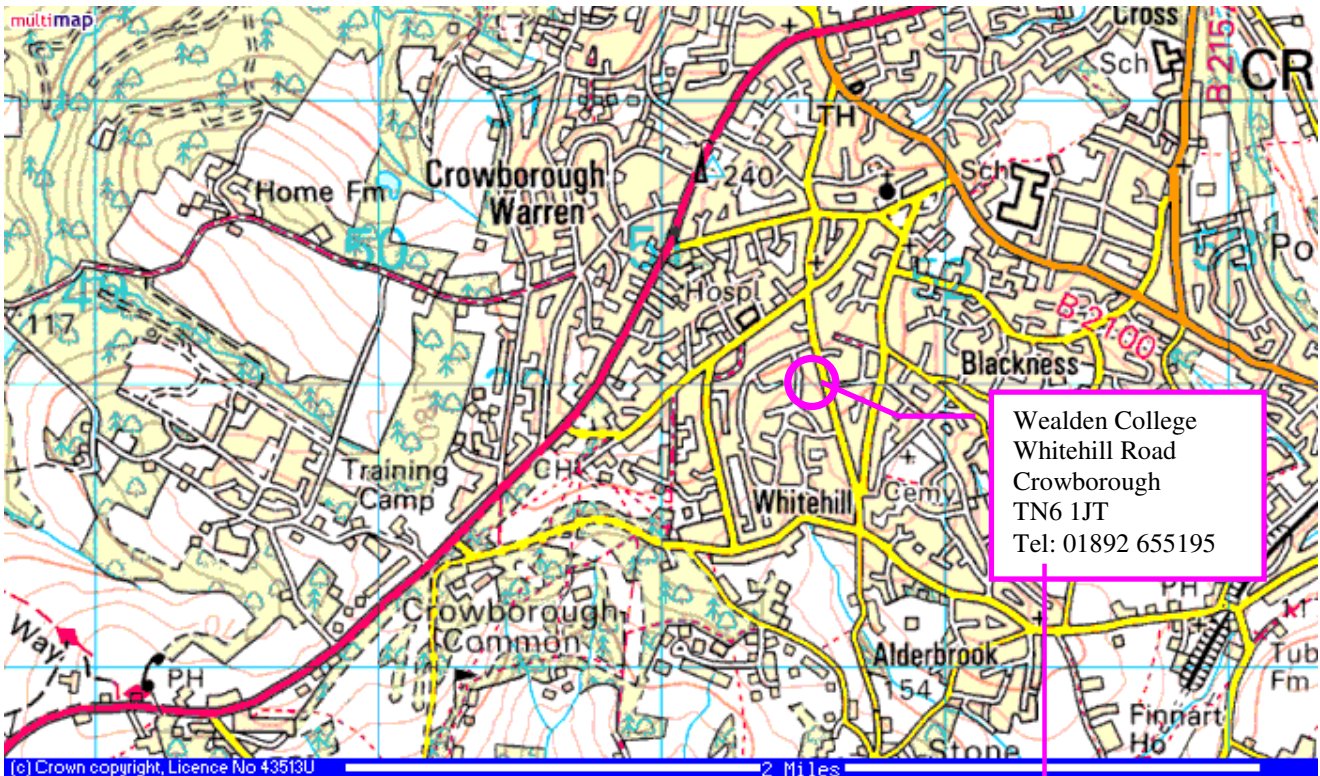
If the College asks a student to withdraw from a course, the student is liable for the fees up to and including the end of that term.

Students should note that there is no automatic right of progression from one course stage to the next, as this is assessed on the criteria set out for each course.

We take out legal proceedings to recover fees owing to us.

If students experience financial difficulties we are willing to consider a proposal for payment over an extended period of time in appropriate circumstances. If the proposal is accepted by the College Director, that is considered to be binding. We suggest that students take out an insurance policy that will cover their course fees in unforeseen circumstances.

If Wealden College cancels a course for which a student has paid, the full amount paid will be refunded.



Wealden College is located in Whitehill Road just 15 minutes walk from the centre of Crowborough. Crowborough is located on the A26 about 6 miles south of Tunbridge Wells.

By car Brighton is 45 minutes, Tunbridge Wells 15 minutes, Hastings and Eastbourne 45-60 minutes. There are buses from Brighton, Lewes and Tunbridge Wells. There is a railway station in Crowborough in the Jarvis Brook area of the town.