

UK OPEN LEARNING

Home study courses

A large, close-up photograph of a woman's face, looking upwards and to the left. Her hands are framing her face, with fingers resting on her cheeks. The background is a soft, out-of-focus white.

Counselling & Pyschotherapy

Tel: 0800 043 4288
www.uk-open-learning.com

OCN Level 4 Diploma in Counselling and Psychotherapy



Why not completely change the direction of your life and begin doing something really worthwhile?

If you like working with people and helping others overcome their problems, our Counselling and Psychotherapy course could be the answer.

Many people today need Counselling to help them cope with their problems such as Personality Disorder, Eating disorder, OCD, Addiction, Anxiety, Depression, Divorce, Sexual Orientation to name but a few. . .

And that's where you come in

This course will provide you with an excellent foundation and combined with our "unique" practical training in which you will be allocated a client who you will assist via the telephone (Subject to you passing your interview) this will allow you to take the first steps to becoming a qualified counsellor.. .

YOUR CHANCE FOR AN ENJOYABLE AND REWARDING NEW CAREER



What will I learn on the course?

By taking our Diploma in Counselling and Psychotherapy, you will gain a thorough understanding of what is expected of a Counsellor.

You will be able to use your newly developed skills to help people in need. It could be people at work, it could be close members of your family, it could be long-time friends.

Just think how much they could benefit from your knowledge and experience or you could apply for employment in the field of Mental Health.

No prior knowledge is needed . . .

Who can take the Diploma in Counselling and Psychotherapy?

UK Open learning's Diploma in Counselling and Psychotherapy is open to any one and no prior knowledge is needed. However, the course could be particularly helpful for anyone working on a day to day basis with people such as Prison Officers, Health Workers, Care Workers, Police Officers and so on.

How does the Course work?

The Diploma in Counselling and Psychotherapy is from UK Open Learning, one of the UK's leading distance learning providers. The great thing about distance learning is that you can study from home or work, at your own pace and in your own time.

What's more, you will have your own personal FULLY QUALIFIED tutor offering support via email and post, and our student advisors are also contactable by telephone.

How is the course designed?

The Diploma in Counselling and Psychotherapy is fully comprehensive and covers a wide variety of topics such as types of counselling, listening skills, crisis mediation, bereavement, stress problems, depression, eating disorders, alcohol, drug and substance abuse and much more.

It is designed into units and you will complete a series of assignments, submitted by post or email and marked by your personal tutor. There is no final exam.

Is there any practical training?

Yes, Even though our course is all distance learning we can arrange for you to support a client via our unique telephone support service. This is done following an assessment of your skills and suitability and with the clients consent. You will be monitored carefully by your tutor and feedback sheets submitted as part of your portfolio.

If you are currently in employment and find that your day to day job involves helping people such as Nursing etc. then we will ask you to complete a record of your "face to face" counselling which will go towards your total hours when you wish to become a member of any professional body.



Will I be able to practice as a Counsellor/Therapist after taking the course?

Yes, at this time anyone can call themselves a counselor/therapist but a Diploma In Counselling & Psychotherapy will show potential clients and employers a level of learning and knowledge that others may not necessarily have.

Our course is accredited and the qualification carries 6 learning credits which you can put towards for further learning.

In 5 years or so the government will be introducing regulation to people offering talking treatments. Although at this time we do not know the criteria for being accepted for regulation we do know that a Diploma In counseling and psychotherapy will put you in good stead, in addition to this it would be a good idea to become a member of a professional body.

Can I join in Counselling Organisations?

After completing this course you may well consider joining a professional body such as the counselling society, ISPC International Society of Professional Counsellors or the BACP.

All these organisations have different levels of membership and different requirements for gaining membership. This can make it hard for us to give you a definitive answer on whether, after completing this course, you are guaranteed to gain membership what we can tell you is if you:

- Complete this course over two year's part time

- Complete a supervised placement

- And gain practical experience which can be gained through this course

It would be unlikely for you not to gain membership and in fact previous students have after this course gone on to gaining membership. We can of course offer you advice and guidance on obtaining membership to a professional body once you have completed the course and your tutor can provide written references to support your application.

Is the Diploma in Counselling and Psychotherapy accredited and recognised?

Yes. the course is accredited by OCN an approved awarding body with strict quality assurance to ensure you receive the best training possible.

The course is level 4 and carries 9 learning credits which can be used towards further learning at Colleges etc.

Can I use letters after my name?

Yes. Dip.Couns & Psych

How long do I have to complete the course?

24 months or 150 hours of study whichever is soonest.

What happens if I've paid for the course but find it unsuitable?

Not a problem. If you return it within seven days, we'll give you a complete refund.

COURSE CONTENTS

Introduction

Before Starting the Course
The Basics of Counselling and
Psychotherapy

- What is Counselling and
Psychotherapy?
- Who is a Counsellor / Psychotherapist?
- When is a Counsellor not ready to
Counsel?
- Who needs Counselling?

Models and Approaches of Therapy

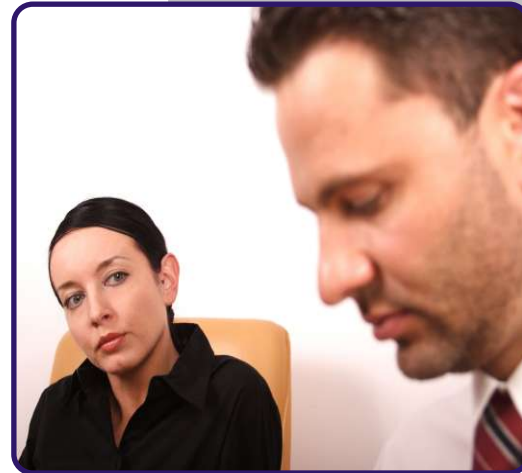
- CBT
- Hypnotherapy
- DBT
- Mindfulness
- Interpersonal Effectiveness
- Distress Tolerance
- Emotional Regulation
- Drama and Art Therapy
- Psychotherapy and Psychodynamic
Psychotherapy
- CAT
- Person-Centred
- Solution Focused Therapy
- EMDR
- Gestalt Therapy

Types of Counselling

- Addiction
- Anxiety
- Divorce
- Stress
- Sexual Orientation/ Gender Identity
disorder
- PMS

Accompanying Treatments

- Antidepressants
- Antipsychotics (major tranquilizers)
- Sleeping tablets
- Minor tranquilizers



Mental health conditions

- Depression
- Major Depressive Episode
- Manic Episode
- Mixed Episode
- Hypomanic Episode
- Major Depressive Disorder
- Dysthymic Disorder
- Bipolar I Disorder
- Bipolar II Disorder
- Cyclothymic Disorder
- Eating Disorders
- Anorexia
- Bulimia Nervosa
- Binge Eating Disorder
- Borderline Personality Disorder
- Schizophrenia
- Dependent Personality Disorder
- Gender Identity Disorder

Delivery of Counselling and Psychotherapy

- Individual Counselling
- Group Therapy
- Couples Therapy
- Family Therapy
- Online Counselling
- Telephone Counselling
- SMS Text Counselling
- Video Counselling

Listening Skills and Validation

- Stages of Listening
- Common Problems
- Types of Validation

How to Help Someone in Crisis

- Suicide
- Self Harm
- Eating Distress
- Relationship Breakdown

Common Problems in Counselling and Psychotherapy

- Supervision
- Clients with Communication Problems
- Observing your limits
- Ready for counselling?
- Power and Control Issues
- Transference
- Counter-Transference
- Projection and Projection Identification
- Issues of Dependency
- Aggression
- Safety Issues
- Therapist's Personal Issues Interfering

Abuse and Trauma

- Explanation
- Staying Safe
- Abuse and the Law
- Domestic Violence, Crime and Victims Bill 2003
- Rights of Victims
- Injunctions
- Applying for an Injunction
- Evidence Required
- Breaking a Court Order
- Role of the Authorities
- Reporting Abuse as a Counsellor / Therapist
- The Inner Child
- Relationships after Abuse
- Why do people abuse?
- Trauma work

Useful Strategies

- Therapist's toolbox
- Therapeutic tools and interventions
- Splitting
- Projective identification
- Life Goals and Target Behaviours
- Stabilisation
- Keeping a Diary
- Boundaries in Therapy
- Grounding
- Self Help
- Endings

Being a Therapist

- Assessment
- Commitment
- Stabilisation
- DBT Skills
- Trauma work
- Reconnection
- Endings
- Confidentiality
- Benefits and issues of registration and accreditation
- Professional liability insurance
- Setting up your own practice
- Continuing professional development
- Working Ethically
- Terminology in the mental health system

Useful Tools

- Chain Analysis of Problem Behaviour (Part 1)
- Chain Analysis of Problem Behaviour (Part 2)
- Start up pack
- BPDWORLD ASSESSMENT SHEET
- Depression Questionnaire
- References

COURSE FEES

Please see our current price list.

Our course advisors are here to help - just telephone **0800 043 4288**.

We are open 9am until 5pm Monday to Friday.

Closed Saturday and Sundays. (Emails answered all weekend and evenings)

All courses can be ordered online or if you wish to pay by interest free instalments contact us now.

Our postal address is:

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CA22 2UU**

Email us at sales@uk-open-learning.com

**DON'T MISS THIS OPPORTUNITY TO
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TODAY!**

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