

Certificate in Young Persons Counselling
September 2019 - July 2020

Upon making my application to the FPSA and being awarded the generous grant, I was able to undertake this course which is aimed at qualified therapists looking to specialize their practice within the area of child and adolescent therapy. Prior to completing this training, I had previously completed my level 4 Diploma in Integrative Counselling which included the modalities of Person-centered, Gestalt and Transactional Analysis. Whilst this training was robust and left me very confident in these modalities; I felt it was very important to further enhance my knowledge, skills and confidence in child and adolescent therapy. I currently work with children and young people within the NHS and my private practice.

The training was offered by No5 in Reading. The course ran over 2 days once a month. The content of the days involved lectures (theory based), seminars and active participation (skills triad / experiential learning groups). The training was facilitated by the course tutors and co-facilitated by visiting lecturers on specialist topics. Included within the training was subjects such as trauma, child development, neuroscience & brain development, mental health in adolescence & the role of medication & diagnosis, working creatively within the therapy room. Due to the restrictions put in place during COVID, it was necessary for the course to be transferred online. The group coped really well with this, and we were able to continue with the skills work and group sessions remotely. The standard of teaching remained excellent despite the challenges that arose due to COVID.

Alongside my attendance on the teaching weekends, I was required to complete 50 hours of supervised practice with young people. We also had to submit 2 written essays, a presentation, complete a reflective journal throughout the duration of the course and submit a portfolio upon completion of the course / clinical hours.

I am extremely grateful for the FPSA in providing the opportunity to me to attend this training, without their support I would be unable to complete the training. It is very relevant to my everyday practice, and I have no doubt that it has enhanced the work I do with young people.

Senior CAMHS Clinician & Psychotherapist