

Level 4 Diploma in Therapeutic Counselling (NCPS accredited)

This Diploma course was part time over 2yrs duration, total time of 420hrs study, in addition a 100hrs on placement and at least 10hrs personal counselling. The course included 32 weeks on a Monday evening, 4:30 pm– 9:30pm and 9 Saturday workshops during the academic year, these ran from 10 am – 4 pm. I studied this alongside my role as school nurse supporting young people with their mental and emotional wellbeing.

Units covered:

- Working ethically, safely and professionally as a counsellor
- Working within a counselling relationship
- Working with client diversity in counselling work
- Working within a user-centred approach to counselling
- Working with self-awareness in the counselling process
- Working within a coherent framework of counselling theory and skills
- Working self-reflectively as a counsellor

Person Centred Counselling is a practical view of human nature, based on the belief that people are essentially good and have the ability to reach their full potential, if their environment and conditions are inline to support this process. For a healthy self to emerge a person should not feel they have to conform to the expectations of others, nor should they be expected to fit in with social norms, particularly when these go against their true authentic self. However, growing up in society today is challenging, particularly with the conditions of worth placed upon us, social media, and other such pressures. Therefore, such influences can interfere with this process and cause emotional distress and disturbance in our young people.

Carl Rogers's person-centred therapy empathises the importance of creating a supportive and non-judgemental environment in which individuals can explore their thoughts and feelings. The counsellor's role is to provide unconditional positive regard and to facilitate the client's self-exploration and personal growth.

Rogers's theory has been applied in education as way of promoting student- centred learning. Student centred learning emphasises the importance of creating a supportive and nurturing environment in which students are encouraged to explore their interests and take responsibility of their own learning.

Rogers's theory has also been applied in organisational developments as a way of creating a supportive and collaborative workplace. This approach emphasises the importance of creating a positive and respectful workplace culture and highlights the depth of Rogers's theory and how it is intertwined in everyday life, yet for many we are unaware.

Throughout my training I have grown as a person, as well as a practitioner. I have worked for 18 months in an agency, as part of the course requirements; offering psychological support to police officers and staff, which has enriched my experience, knowledge, and growth. Within my job role and personal life, the skills and insight I have gained will continue to enhance the emotional support that I can offer my young people.

I am extremely grateful to the FPSA foundation for enabling me to complete this training, without this it would not have been possible, thank you from the bottom of my heart.