

Training details

Course: Diploma in Counselling Teenagers

Awarding body: The Institute for Arts in Therapy and Education (IATE)

Dates: September 2025 – July 2026

Resulting in BACP registration on completion of 100 supervised client hours

Name, qualifications and relevance to work role

Jade Levesley, BA (Hons) Special Educational Needs and Inclusion. Mental Health and Trauma-Informed Practitioner supporting refugee and migrant families in Children's Services upskilling as an integrative creative counsellor.

Summary of the training

I enrolled on the Diploma in Counselling Teenagers at IATE to follow a passion for supporting teenagers and sitting alongside them in this fast-paced world as they navigate the transition from childhood to adulthood.

The course is an integrative counselling diploma with a focus on using the arts, underpinned by attachment theory, Emotion Focused Therapy (EFT), Mentalisation-Based Interventions, and Dyadic Developmental Psychotherapy (DDP). It also covers the neuroscience of emotions and relationships, equipping practitioners for psychoeducation work.

Alongside the taught element, I completed a placement as a school counsellor and am about to start a new creative counselling placement! I self-funded (and continue to fund) my weekly personal therapy and clinical supervision fees, alongside course fees and travel to and from London for weekend study days. I am enormously grateful to the Foundation for Professionals in Services to Adolescents (FPSA) for its contribution to my training – it has allowed me not only to qualify as a counsellor and sit alongside adolescents at a time of need, but also to follow a passion I could not otherwise have pursued.

Experience and application of the training

Alongside my placement, I have continued in my role in Children's Services, supporting refugee and migrant families through an especially difficult time for them. The diploma has given me further tools to support teenagers as well as families dealing with ongoing trauma as well as racism and feelings of being othered. I use the arts to dig deeper with the families I support, adding a different dimension to our assessments in social care.

I am also sharing my learning with colleagues, offering attachment-play sessions for staff built around PACE (playfulness, acceptance, curiosity and empathy). I've seen the impact of this not only on my own practice and on families' experiences of services but also on staff team morale, which in turn continues to benefit service users.

On completion of my placement hours and with the BACP registration I plan to work full time as an integrative creative counsellor supporting 12 – 25-year-olds.

Thank you, FPSA – I am so grateful.