

### **Certificate in Counselling Studies – Level 3 The Collaborative Counselling Academy:**

I have a BSc (Hons) Degree in Midwifery and worked as a midwife for ten years. However, for the last five years I worked as a school nurse supporting young people with their mental and emotional wellbeing.

I would like to take this opportunity to thank the FPSA for their very generous funding, which enabled me to complete my CPCAB Level 3 Certificate in Counselling Studies. By doing so, I feel I have developed and grown both personally and professionally. These new skills and knowledge will allow me to better support the young people in which I work.

#### **Summary of training:**

The CPCAB Level 3 certificate in counselling was held on a Tuesday evening from 6- 9.30pm from October through May 2022 and included 3 Saturday workshops. Assessments and written work consisted of:

- \*Two written assignments, one on research findings and another on the theory of person-centred counselling.
- \*Regular self and weekly learning reviews
- \*Assessed simulated counselling practice
- \*Case presentations and workplace simulations
- \*Six hours of own personal counselling with a qualified counsellor
- \*Externally assessed written paper.

For me I especially enjoyed learning about the theory of person-centred counselling. I felt I developed a richer insight and depth into the skills I use every day when supporting young people, including empathy, congruence, and unconditional positive regard.

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.

By completing my Level 3 in counselling skills, I feel I am better equipped to help young people build resilience, develop new coping skills, make better sense of relationships, manage change, explore, and give voice to difficulties arising from varying life experiences.

I am extremely grateful to the FPSA foundation for enabling me to complete this training and I am hoping to continue my counselling journey and complete my level four which is two years part time alongside my current role.